

UKRAINIAN WOMAN IN THE WORLD

2010 Special Issue

Ukrainian Canadian Women of Distinction
World Federation of Ukrainian Women's Organizations

UKRAINIAN WOMAN IN THE WORLD SPECIAL EDITION

Official Publication of WORLD FEDERATION
OF UKRAINIAN WOMEN'S ORGANIZATIONS

Office: 2118 A Bloor Street West, Suite 206
Toronto, Ontario, M6S 1M8, Canada
Tel.: (416) 762-2006 Fax: (416) 762-2007
www.wfuwo.org

Editorial Board:

Chair: A. M. Szepetyk **Members:** M. Szkambara, O. Danylak

CONTENT

Woman of Distinction Award	1
Mary Szkambara "A Word from the President"	2
Ukrainian Canadian Women of Distinction	5
Woman of Distinction Award, Artist's Description	6
Senator A. Raynell Andreychuk	7
Olha Zaverucha Swyntuch	10
Zenia Kushpeta	13
Marsha Forchuk Skrypuch	15
Myroslava Tataryn	18
Blue Heart Campaign	21
Canadian Diabetes Association (Ukrainian Diabetes Chapter)	25
Exercise and the Older Adult	28
Elder Abuse	30
Christmas Traditions and Toys at the Ukrainian Museum of Canada	32
Project Pier 21	34
The Tale of a Ukrainian Immigrant	37
Demystifying Ukrainian Immigration to Canada	43



Woman of Distinction Award,
sculpture by Oleh Lesiuk

LOOK AT THE WORLD THROUGH WOMEN'S EYES



Mary Szkambara
A Word from the President

The Fourth World Conference on Women held in Beijing in 1995 addressed the public and the governments with the following words, "Look at the World through Women's Eyes". To do this, one needs to step into women's shoes for at least one moment, to feel women's pain and apprehension, to take on their troubles and at last, to help women change society through self-assertion and shifting the balance of power thereby taking their rightful place in it.

Since 1975, during the Decade of Women, the United Nations continued to adopt resolutions citing the equality of all genders. Women were to be equal participants in all levels of public decision making: business, politics, economy and social issues. In the 1980's in Copenhagen, the United Nations upheld the voices of women from around the world supporting the elimination of all forms of discrimination against women. In 1995 in Kenya, Africa, women at the Conference demanded that equal opportunity, should be, equal sharing of decision making in political structures at national and international levels.

The Fourth World Conference on Women held in Beijing produced the following results, "Overall, the analysis of the national reports on the implementation of the Platform for Action revealed that there had been no major breakthrough with regard to equal sharing of decision making in political structures at national and international levels. In most countries of the world, representation of women remains low. Even in countries where a "critical mass" in decision making positions within the public sector has been achieved, there are few women on boards of directors of major business corporations. There is need for

more careful monitoring of progress in ensuring women's equal participation in these positions of economic power."

Since 2006, two studies were published by the United Nations and they recommended that urgent steps be taken to abolish all gender discriminatory laws. Without equitable laws women have no formal recourse when it comes to protecting and promoting their rights, and therefor cannot fully participate in society. Having legal equality gives women a level playing field from which to build their capabilities and realize their hopes and dreams. The time has come to repeal all laws that discriminate on the basis of sex.

Women make up 54% of Canada's population, yet how many politicians in Canada, in Ontario and in the city of Toronto are women? The same question can be asked in other countries. The world is indifferent to the problems of women, however, women must not wait for others to eliminate the conservative patriarchal mind set that defines the traditional roles of men and women.

As women, we must react with indignation against leaders of countries who in 2010 come out with comments such as, "women belong in the kitchen, not in politics." The comment was made by the newly elected President of Ukraine, Mr. Yanukovich. To add insult to injury, the newly appointed Prime Minister of Ukraine, Mr. Azarov continued with his derogatory comments stating that women do not belong in a political cabinet of ministers because they are a distraction for the men. Azarov enraged Ukrainian feminists groups and they retaliated by accusing him of gender discrimination and holding "Neanderthal views".

The World Federation of Ukrainian Women's Organizations in a Press Release of March 3, 2010, appealed to President Viktor Yanukovich to act responsibly in decision making policies for the integrity of Ukraine and its sovereignty.

We have much to do to overcome the barriers that have been placed before us in order to achieve equality for women. We need confident and dedicated women leaders who will shape the pathway for others to follow.

In this Special Edition "Ukrainian Canadian Women of Distinction" we have selected five extraordinary women who, through their determination, perseverance and courage have shaped a pathway for women to follow. We are extremely proud of these women. They have gone where others have feared to go. We are grateful for their leadership, their ingenuity and dedication to their causes.

UKRAINIAN CANADIAN WOMEN OF DISTINCTION



Senator A. Raynell Andreychuk is honoured for her dedication and commitment in promoting freedom, democracy and human rights throughout the world. Special recognition is to be given Senator Andreychuk for the work done in Ukraine during the presidential elections to assure that the elections were democratic, free of corruption and adhered to the Constitution of Ukraine. Senator Andreychuk has served as Canada's permanent representative to the United Nations, Human Rights Commission. She was active in the Upper House urging recognition of the Ukrainian famine 1932-33 as a genocide.



Olha Zaverucha Swyntuch is honoured for her dedication and commitment in establishing the Credit Union Movement in Ukraine. Mrs. Zaverucha used her extensive knowledge, skills and expertise to train young women and men to take on leadership roles and establish Credit Unions in their towns, cities and villages. Presently, there are over 700 successful Credit Unions in Ukraine. Mrs. Zaverucha has been a leader in the Ukrainian Canadian Community for many years.



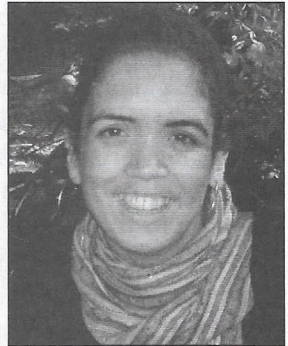
Marsha Forchuk Skrypuch is honoured for her perseverance and dedication in writing stories for Canadian students and educating them about the horrors of war. Through her novels she exposes young readers to experience such issues as the internment of Ukrainian-Canadians by the Canadian Government during the First World War, Famine, Genocide Holodomor of 1932-1933 in Ukraine, and Ukrainian Immigration to Canada. Through her books Mrs. Skrypuch provides a vehicle for children to deal with unfamiliar and fearful issues.

UKRAINIAN CANADIAN WOMEN OF DISTINCTION

Zenia Kushpeta is honoured for her work with the developmentally challenged in Ukraine. Ms. Kushpeta established Dzherelo, a rehabilitation centre for disabled children in Lviv, where she also established Faith and Light Groups to assist their families. Today there are 28 “Faith and Light” communities in 11 different cities of Ukraine. She started to work with developmentally and physically challenged children, who were often excluded from activities or ignored. It is Ms. Kushpeta’s hope to change people’s attitudes towards disabled people.



Myroslava Tataryn a Saskatchewan-raised activist is honoured for her work with the disabled in Canada, Ghana, Ukraine, South Africa and Uganda. Ms. Tataryn has been active in promoting the inclusion of people with disabilities in worldwide AIDS advocacy. Myroslava has become an activist in fighting for the rights of the disabled in the developing world especially those with HIV/AIDS. She speaks publicly about building alliance between AIDS and disability rights movements. She is an adviser on disability issues for Stephen Lewis’s AIDS Free World.



**WOMAN OF DISTINCTION
AWARD
of the
World Federation of Ukrainian Women's Organizations**

Artist's Description

The award recognizes and honours outstanding women for their contribution to the development of Ukrainian society and also of individual Ukrainian communities in different countries of the world.

It is in the form of a sculpture of a woman in stylized Ukrainian costume proudly bearing a fiery chalice emblazoned with the WFUWO logo. From the chalice radiate flames and sparks symbolizing the light, warmth and energy which the honouree brings to her country's Ukrainian community and family.

An important symbol in the composition is the traditional Rushnyk (ceremonial cloth) with depictions of the leaves and berries of the Kalyna (viburnum) bush. The Rushnyk stretches diagonally from the lower left, wraps around the woman's slender waist and rises up to her right hand, symbolically echoing the refrain of a beloved song: "And we shall raise the red Kalyna..."

The figure stands confidently on the Earth's globe from which she draws her life force: the mutually-energizing ties of the World Federation with the myriad Ukrainian Women's organizations throughout the world.

The elements of the sculptural composition move in rhythm and together form a complete upward spiral. This inner dynamic underlines the potential and prospect of the world-wide movement of Ukrainian women as a powerful motive force.

The sculpture is executed in bronze, mounted on a marble base. Engraved plaques with inscriptions in English and Ukrainian are affixed to the front and back of the base.



**SENATOR
A. RAYNELL ANDREYCHUK**

Born in Saskatoon, Saskatchewan, Senator Andreychuk received her elementary and secondary schooling there and then entered the University of Saskatchewan receiving a Bachelor of Arts degree followed by a Bachelor of Laws degree. Thereafter, she spent some 9 years practicing law in Saskatchewan.

In 1976, she was appointed a Judge of the Saskatchewan Provincial Court, at which time she set up a family court in Regina under the jurisdiction of the Provincial Court. She went on to serve as Associate Deputy Minister of Social Services in Saskatchewan.

In 1987, she was named High Commissioner to Kenya, Uganda, and Ambassador to Somalia, and the Comores. Concurrently, she served as Canadian representative to the United Nations Environment Program (UNEP) and Habitat. In 1980, she was appointed Ambassador to Portugal. During the course of her diplomatic appointments, she also served as Canada's representative to the United Nations Human Rights Commission.

In 1993, Senator Andreychuk was called to the Senate of Canada, the first woman appointed from Saskatchewan. She has served on numerous committees, including Aboriginal Peoples; Legal and Constitutional Affairs; Rules, Procedures and Rights of Parliament; Conflict of Interest for Senators and the Review of the Anti-terrorist Act. She was instrumental in setting up the Senate Standing Committee on Human Rights and has chaired the committee undertaking major studies on International Human Rights machinery, laws and treaties as well as the Convention on the Rights of the Child. She presently chairs the Senate Standing Committee on Foreign Affairs and International Trade.

Senator Andreychuk served as Chancellor of the University of Regina for two terms.

She has served as the International Law and Human Rights convenor for Parliamentarians for Global Action, leading a worldwide coalition of parliamentarians working for ratification and implementation of the Rome Treaty – the International Criminal Court. Parliamentarians for Global Action are also active in conflict resolution work.

Presently, Senator Andreychuk is Political Rapporteur of the NATO Parliamentary Assembly and is the representative to the NATO-Ukraine Council of the NATO Parliamentary Assembly.

She co-founded and continues to co chair the Canada Africa Parliamentary association. She has also served on the Commonwealth Parliamentary Association and is a Board Member of the Parliamentary Centre.

Senator Andreychuk has been a dedicated supporter of voluntary associations and community service. In the past, she has been President of the Y.M.C.A. of Canada, Chair of Katimavik, Chair of Canada World Youth, President of Regina Family Services Bureau to name a few.

Over the years, Senator Andreychuk has been an active member in the Ukrainian Canadian community, including membership in the Ukrainian Canadian Congress, Ukrainian Business and Professional Clubs and was the Honorary Chair of the Ukrainian Canadian Congress 75th Anniversary Commemoration of Holodomor activities in Canada. She is Honorary Patron of the Kobzar Literary Award established by the Shevchenko Foundation.

Senator Andreychuk introduced the resolution on Holodomor Ukraine Famine/Genocide in the Senate, which was adopted on June 19, 2003. She also sponsored Bill C-489 in the Senate of Canada, which established a Ukrainian Famine and Genocide (Holodomor) Memorial Day and recognized the Ukrainian Famine of 1932-33 as an act of genocide.

After Ukraine's Independence, Senator Andreychuk was a member and Chair of the Canada-Ukraine Legislative Project. She was a member and is Vice-Chair of the Canada-Ukraine Parliamentary Friendship Group. She has participated in meetings with Ukrainian politicians, government officials, judicial officers, academics and members of NGO's from Ukraine.

For her substantial contribution in the development of the Ukrainian-Canadian relations, she was awarded the Order of Prince Yaroslav the Wise medal. In Canada, she received the Taras Shevchenko Medal and in Saskatchewan, the Ukrainian Nation Buildings Award. Also the Ukrainian Canadian Professional & Business Association of Calgary awarded her a Special Lifetime Achievement Award.

She has also been the recipient of Her Majesty Queen Elizabeth's Golden Jubilee Medal, the Queen Elizabeth II Centennial Medal, The Y.M.C.A. Fellowship of Honour, the Vanier Outstanding Canadian Award, the Regina Y.W.C.A. Women's Award.

After being the first Chair of the Saskatchewan Institute of Public Policy, she received the title of Honorary S.I.P.P. Fellow.

Senator Andreychuk received an Honorary Doctor of Laws from the University of Regina and was recognized as one of the top 100 distinguished graduates in the 100 year history of the University of Saskatchewan..

The World Federation of Ukrainian Women's Organizations is proud to include Senator Raynell Andreychuk among the Ukrainian Canadian Women of Distinction.



Parade Marshall Senator Raynell Andreychuk.

OLHA ZAWERUCHA SWYNTUCH



Over a twenty year period, Olha Zawerucha Swyntuch has been an inspiration and an exemplary leader in the global credit union community. In 1980, Olha joined Buduchnist Credit Union in Toronto where she excelled as General Manager until 1986. She then moved to So-Use Credit Union and spent the next 7 years in a similar position. Her credit union experiences were just the beginning to her global credit union journey.

In 1990, the Canadian Co-operative Association (CCA) was first approached to assist in the development of credit unions in Ukraine. The CCA recognized the potential which the Council of Ukrainian Credit Unions of Canada (CUCUC) provided because of its appreciation and understanding of Ukraine and its needs.

It was on May 5, 1993, that Olha Zawerucha Swyntuch was assigned by the Ukraine Credit Union Develop Assistance Project (UCUDAP) Phase I, to head the mission as Field Office Manager in Kyiv, Ukraine. With the financial support of \$1.2 M from the Canadian government through CIDA, the Council and Olha went to work.

For the following three years, Olha lived and breathed credit union development in Ukraine. Although Ukraine was technically an independent country, a strong distrust of imposed authority from Moscow and little experience in the workings of democratic organizations created additional challenges in the development of credit unions in Ukraine. Not to mention, the variety of factors such as rampant inflation and declining standard of living which were an added complication.

By 1994, there were 60 credit unions and 12 were considered model credit unions. Olha's work was instrumental in these accomplishments;

her work included internships programs, meetings with 400 people regarding the establishment of credit unions; seminars in 7 regions with 80 students; and numerous meetings with governmental bodies regarding credit union legislation.

In 1995, she hosted a “Women in the Credit Union Movement” Conference in Kyiv and 49 representatives from 29 credit unions from various regions in Ukraine attended. The two-day conference included women from Canada and Ukraine and they spoke on a variety of women’s issues in today’s credit unions. Women from both countries had the opportunity to exchange ideas, share experiences, make suggestions, and share motivational techniques and to discuss challenges in the workplace. The focus of the conference was to promote women and gender equality in the credit union movement and in the development of future projects.



When the Ukraine Credit Union Develop Assistance Project (UCUDAP) Phase I went into another phase, Olha returned to Canada and pursued her life interest in the Ukrainian community. She became President of the Ukrainian Canadian Social Services (Toronto) Inc. (UCSS) and continued in this post until March 2001. Then as a Board member assumed the position as Chair of the UCSS Aid to Ukraine Fund (Pomich Ukraini) where she continues her work in providing assistance to needy families and children in Ukraine and other countries. Olha is also a Board member of So-Use Credit Union and continues to assist the Credit Union Project in Ukraine by providing consultation on an as needed basis.

In 2001 Olha was elected as president of the Council of Ukrainian Credit Unions of Canada where she helped to foster a voice for all Ukrainian Canadian credit unions by defining new ideas and strategies to promote the Council as a respected body in the community.

Olha has been a long time member of the Ukrainian Canadian Women's League and in the past was asked to represent the organization on women's issues in Africa, Denmark and Mexico. She took part in a variety of activities such as organized a hunger strike in support of Ukrainian political prisoners, intelligentsia, prepared press releases about political activists, poets and writers in Ukraine and participated in meetings with politicians and world leaders on these issues.

Olha is the granddaughter of homesteaders, Ahafia and Ilko Hrycay, who emigrated from Ukraine to Ethelbert, Manitoba in 1913. Her parents, Pauline and Stan Stadnyk were founders of the Ukrainian Orthodox Church Parish in Sudbury where both parents served on church organizations. Olha has followed in their footsteps as a leader in the Ukrainian community.

The World Federation of Ukrainian Women's Organizations is proud to include Olha Zawerucha Swyntuch among the Ukrainian Canadian Women of Distinction.





ZENIA KUSHPETA

It is not often that you meet someone like Zenia Kushpeta, director of the Emmaus Center at the Ukrainian Catholic University (UCU), founder of the Faith and Light and L'Arche communities in Ukraine and also the founder and driving force behind the Dzherelo Children's Rehabilitation Centre.

When Zenia arrived in Ukraine she found the public's attitude towards the disabled largely fostered by the position of the Ukrainian Government which supported institutionalization over integration. Generally these people were hidden from view. She realized the urgent need for services for the disabled but was surprised at the scope of the problem. She set out to change society's attitudes towards the disabled first by founding Dzherelo Children's Rehabilitation Centre, to serve children with cerebral palsy, Down syndrome, or autism needing physical rehabilitation and social integration, then daily workshop programs for persons with disabilities and the Emmaus Centre of spiritual support. Through these programs she strove to raise awareness of the community regarding the unique gifts and special role of people with disabilities.

To-day in addition to the Dzherelo Children's Centre in Lviv there are now twenty-eight "Faith and Light" communities in 11 different cities of Ukraine in Lviv, Kyiv, Zhovkva, Ternopil, Zhytomyr, Uzhhorod, Khust, Tiachiv, Stryj, Truskavets and Kamyanets-Podilskyj, the L'Arche Kovchek community recognized by L'Arche International and 5 workshop programs for persons with intellectual disabilities.

What makes Zenia's achievement all the more remarkable is that her background isn't in health care - she's a former professor of music and concert pianist.

Miss Kushpeta is the child of Ukrainian immigrants to Canada. She studied music at the University of Toronto and after graduation won a scholarship to the prestigious Peabody Institute of John Hopkins University in Baltimore. It was here in 1978 she received a Master's degree in performance.

An extended two-year stay in Paris followed her studies, after which Zenia returned to Canada. She then worked for 10 years as a music instructor at Toronto's Royal Conservatory of Music and in the School of Music at Queen's University, as a pianist performing in solo recitals, and as a soloist touring with local orchestras. But Zenia Kushpeta wanted something more. She decided to pursue a field she had always been interested in but also one in which she had not had any formal training or qualifications. She found a volunteer position with L'Arche Daybreak Community in Richmond Hill, Ontario. This experience would change her life and impact community development and attitudes to those with special needs in a very dramatic way.



On June 28, 2008 Zenia Kushpeta received one of Ukraine's highest awards the Order of Empress Olha 3rd degree in recognition for her work with the physically and developmentally challenged in Ukraine.

The World Federation of Ukrainian Women's Organizations is honored and pleased to recognize Zenia Kushpeta as a Ukrainian Canadian woman of distinction.

Excerpts taken from:

Adrian. "A day with Zenia Kushpeta. posted: Thu Apr. 03, 2008."
<http://www.canada-ukraine.org/forms/viewtopic/php?t=32>

Grzeskowiak, Mark. "From Concert Pianist to Humanitarian."
<http://www.medhunters.com/articles/zeniakushpeta.html>



MARSHA FORCHUK SKRYPUCH

While Marsha's heritage is Ukrainian, she grew up speaking only English. Marsha's grandfather had been interned during WW1, and that experience marked him for life. Marsha's father was bullied every single day at school and he wanted to spare his own children this pain, so he made them speak English. Like all teens, Marsha rebelled. Since she knew nothing of Ukrainian heritage and history, she was drawn to it. Her local library had no novels or books about the Ukrainian experience. Because she couldn't read about Ukrainians, she decided to do the next best thing. She read Russian, Polish and Jewish stories. While these plunged her into a different time and place, she noticed a disturbing trend. Ukrainians were portrayed in these stories as negative stereotypes. This spurred Marsha on to research Ukrainian history which became an eye-opening experience. She learned about the oppression and domination that afflicted Ukrainians for centuries and she learned about everyday heroism. Since she couldn't read about these people in novels, she began to write the stories herself. She wrote and wrote. Marsha has now written more Ukrainian-themed historical fiction than any other author in the English speaking world.

But she didn't stop with Ukrainians. "If I want people to step into my shoes and read about Ukrainians, I must be willing to step into other people's shoes as well," she says.

So Marsha plunged into another culture's history as well. She chose a people that had been as oppressed as Ukraine's. She wrote five novels set during the Armenian Genocide making her the most prolific English language novelist on that topic.

"I write about people who must give up everything that is dear to them and travel to a new country. To me, these people are heroic."

Marsha has an Honours BA in English Literature and a Master of Library Science Degree. She is considered a Canadian inventor for developing a washable breast pad in the 1980s for nursing mothers. Marsha's books have received more than 30 nominations and awards. Her highest award is the Order of Princess Olha, awarded by President Yushchenko in 2008 for her writings on the Holodomor ("Enough", "The Rings" from "Kobzar's Children").

Bibliography

"Stolen Child", Scholastic, February 2010, Scholastic (children's novel)

"Call Me Aram", illustrated by Muriel Wood, Fitzhenry & Whiteside, 2009 (chapter book)

"Daughter of War", Fitzhenry & Whiteside 2008 (young adult novel)

"Dear Canada: Prisoners in the Promised Land: The Ukrainian Internment Diary of Anya Soloniuk", Spirit Lake, Quebec, 1914-2007, Scholastic Canada (children's novel)

"Aram's Choice", illustrated by Muriel Wood, Fitzhenry & Whiteside, 2006 (chapter book)

"Kobzar's Children: A Century of Untold Ukrainian Stories", anthology edited and stories selected by Marsha Skrypuch, Fitzhenry & Whiteside, 2006 (anthology)

"Silver Threads", illustrated by Michael Martchenko, Fitzhenry & Whiteside, 2004 Penguin 1996 (picture book)

"Nobody's Child", Dundurn, 2003 (young adult novel)

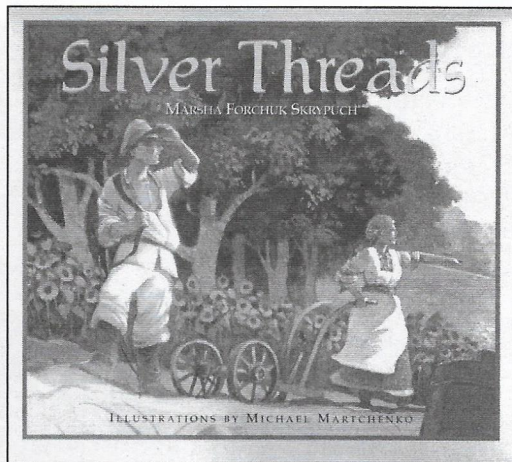
"Hope's War", Dundurn, 2001 (young adult novel)

"Enough", Fitzhenry & Whiteside, 2000 (picture book)

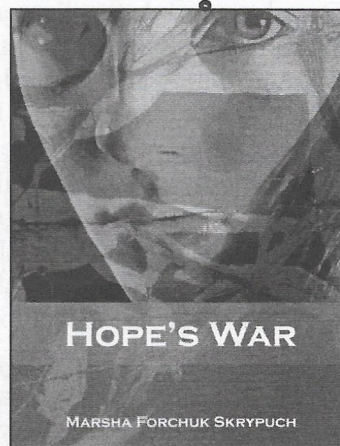
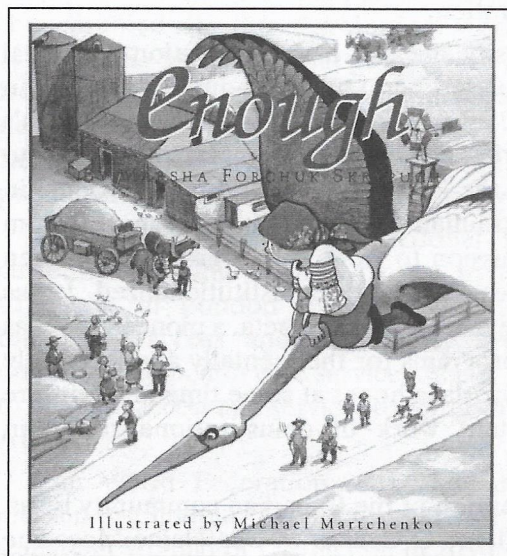
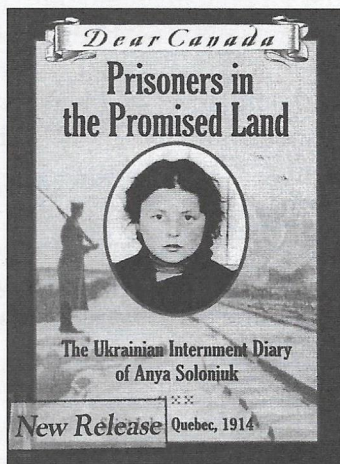
"The Hunger", Dundurn, 1999 (young adult novel)

"The Best Gifts", Fitzhenry & Whiteside, 1998 (picture book)

The World Federation of Ukrainian Women's Organizations is honoured and pleased to recognize Marsha Forchuk Skrypuch as a Ukrainian Canadian Woman of Distinction.



MARSHA FORCHUK
SKRYPUCH'S
BOOKS



MYROSLAVA TATARYN

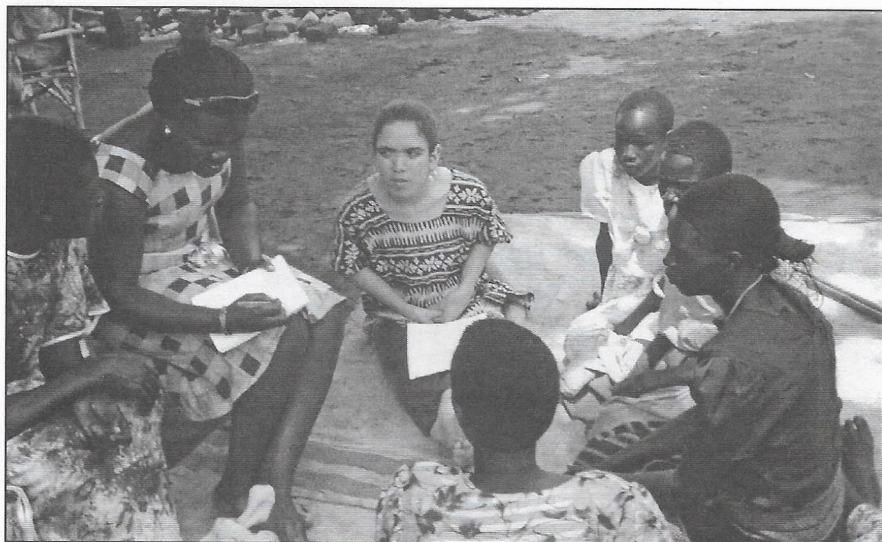


Myroslava Tataryn is the first born child of Marusia Truchan-Tataryn and Fr. Myroslav Tataryn who both grew up within the Ukrainian community in Toronto. She was born prematurely with severe joint problems which necessitated several surgeries and extended hospital stays after her birth. But with her parent's support, faith and never ending encouragement she was not affected negatively by her disability. In fact it helped her to gain strength and perspective in life.

She was raised in the Ukrainian communities where her father served a Ukrainian Catholic pastor to post war Ukrainian immigrants. It was this early exposure to a community who had struggled through economic hardships and countless prejudice but emerged nevertheless, loving and generous so that she grew up unaware of the marginalization that people experience in migration.

In high school and university she had a strong passion for social justice issues. She completed an undergraduate degree in Developmental Studies and Environmental Science at Queen's University in Kingston, Ontario. Soon after she took her first trip to Ukraine where she worked at the Help us Help the Children Camp in Vorohta along with other Ukrainian Canadian students mostly from Toronto. She requested permission to work with a group of children with various physical disabilities who had been institutionalized. It was during this experience that she met Zenia Kushpeta, a pioneer who has devoted her life to establish programs for the mentally and physically challenged in Ukraine and Myroslava hopes at some time in the future to contribute to the important work of deinstitutionalization in Ukraine.

Myroslava came to the attention of the Canadian community by an article written about her by Elaine O'Connor in Chatelaine Magazine



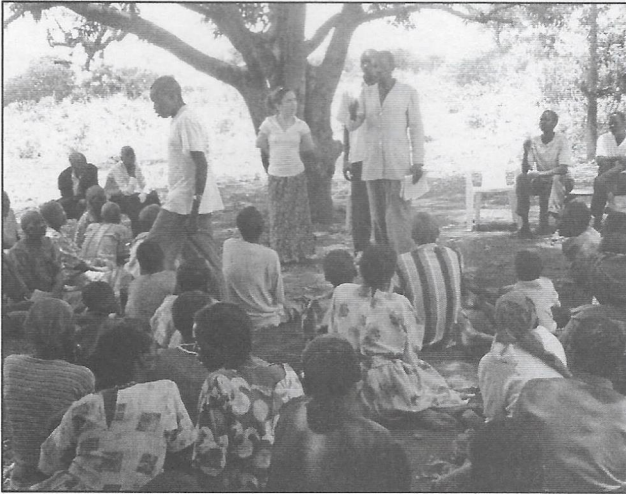
Myroslava teaching young African women.

in 2009, titled “We have our eye on Myroslava Tataryn?” This article noted her Easter Seals talks, her volunteering in Ukraine, and her competing as wheelchair athlete and her trip to Ghana in 2002 where she saw that only people with disabilities were begging. This experience got her thinking and she questioned the realities of having a disability.

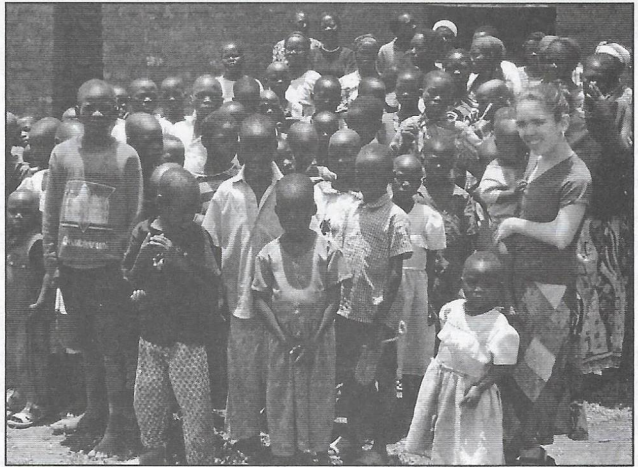
Myroslava has since become an activist in fighting to win rights for the disabled in the developing world – especially those with HIV/AIDS. She found that people with disabilities are often excluded from HIV/AIDS initiatives in the false belief that they don’t have normal sexual drives. She is an advisor on disability issues for Stephen Lewis’s Aids Free World and in this role meets with the often ignored people and takes their concerns to policy-makers.

In 2008 Myroslava won a Global Youth Fellowship and she is currently pursuing a M.Sc. degree in Public Health in Developing Countries in London England. Her work and studies focus on increasing access and community involvement for people with disabilities to health care services. She is particularly interested in how to increase access and services to those with HIV/AIDS in Sub-Saharan Africa.

The World Federation of Ukrainian Women’s Organizations is pleased to honour Myroslava Tataryn as the youngest Ukrainian Canadian Woman of Distinction in 2010.



Myroslava teaching young people about HIV/AIDS prevention.



Myroslava in South Africa.

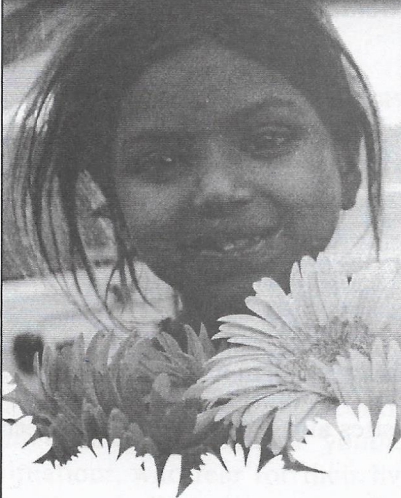


Myroslava with Ukrainian children at a Ukrainian camp.



UNODC

United Nations Office on Drugs and Crime



www.unodc.org/blueheart

WHAT IS THE BLUE HEART CAMPAIGN?

- An awareness raising initiative to fight human trafficking and its impact on society.
- The Blue Heart Campaign seeks to encourage involvement and inspire action to help stop this crime.
- The campaign also allows people to show solidarity with the victims of human trafficking by wearing the Blue Heart.

AND THE BLUE HEART?

The Blue Heart represents the sadness of those who are trafficked while reminding us of the cold-heartedness of those who buy and sell fellow human beings. The use of the blue UN colour also demonstrates the commitment of the United Nations to combating this crime against human dignity.

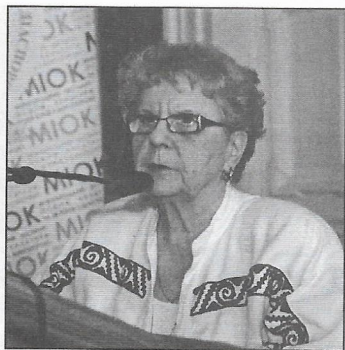
In the same way that the red ribbon has become the international symbol of HIV/AIDS awareness, this campaign aims to make the Blue Heart into an international symbol against human trafficking. By “wearing” the Blue Heart you will raise awareness of human trafficking and join the campaign to fight this crime.



HOW CAN I “WEAR” THE BLUE HEART AND SHOW MY SUPPORT?

To take part and “wear” the Blue Heart, you will only have to follow a few simple rules on UN website concerning the use of the Blue Heart logo. We would like to encourage as many awareness-raising activities as possible around the globe and invite individuals, non-profit organizations, the private sector, intergovernmental organizations and Member States to become part of the Blue Heart campaign by:

- Joining the Blue Heart Facebook group and “wearing” the Blue Heart on your Facebook profile.
- Visiting the campaign’s website and “wearing” the Blue Heart on your site or on your awareness-raising materials (www.unodc.org/blueheart).
- “Wearing” a link to the campaign on your website and “wearing” the Blue Heart in your newsletter, websites and blogs when you inform about the campaign.
- Making and “wearing” your own Blue Hearts to raise awareness (you can download the specifications from UN site).
- Spreading the word about the campaign through your own networks and contacts.
- “Wearing” the Blue Heart when organizing and participating in awareness-raising activities around the world to make key- anti-human trafficking related dates, e.g. in Europe to mark the EU anti-trafficking day on 18 October or one of the international days related to slavery, women or children.
- Donating funds or making in-kind contributions to the campaign and related events.



Orysia Sushko

WORLD FEDERATION OF UKRAINIAN WOMEN'S ORGANIZATIONS

**Roundtable on "Anti-Trafficking"
"Blue Heart Campaign Launch"
September 19, 2009**

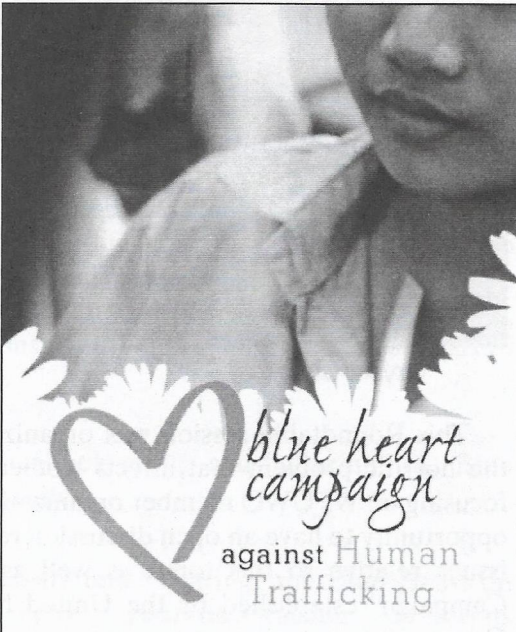
This Roundtable session was organized to create an awareness of the horrific problem that affects women, children and men globally, focusing on WFUWO member organizations. This session provides the opportunity to have an open discussion regarding the tragic and serious issues relative to this topic, as well as to launch the "Blue Heart Campaign" established by the United Nations Office on Drugs and Crime.

Each year hundreds of thousands of humans are sold or forced into the sex trade, a fact in itself, which is the lowest form of personal dignity abuse and most definitely contrary to Human Rights. Most of those affected are women or youth, who exist in unbelievably horrific situations, who fear for their lives and the lives of their families, but have no choice in the matter. This situation is prevalent in all areas of the world and therefore requires very definite action to eliminate this indignity at the national and international levels. Our session today provides us with the opportunity to examine this situation and set a course of "anti-trafficking" action.



The goal of the session is as follows:

- 1) Raise awareness of the issues globally, focusing on countries where Ukrainians have settled.
- 2) Launch the “Blue Heart” Campaign.
- 3) Disseminate information to assist in combating the “Trafficking of Humans”
- 4) Acquaint ourselves with the needs of the victims, and determine what is required in order to assist them.
- 4) Develop a “Plan of Action”, which must include liaison with Government at all levels, establish support groups and safe havens.

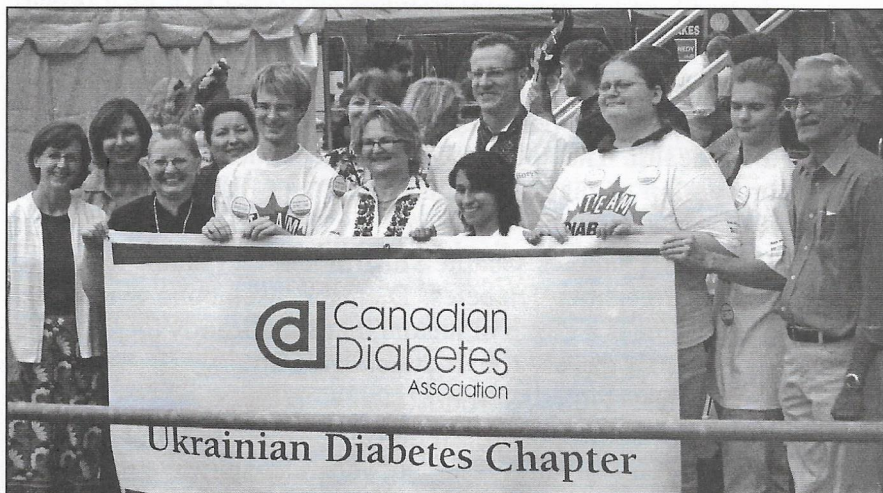


*blue heart
campaign*
against Human
Trafficking

An international campaign
against a modern form
of slavery

Human trafficking is a crime that strips people of their rights, ruins their dreams, and robs them of their dignity. It is a crime that shames us all. Human trafficking is a global problem and no country is immune. Millions of victims are entrapped and exploited every year in this modern form of slavery. To rally world public opinion against human trafficking, UNODC has launched the Blue Heart Campaign. It is open to all those who want to participate and wear the Blue Heart as a symbol of their support for this campaign.

CANADIAN DIABETES ASSOCIATION UKRAINIAN DIABETES CHAPTER



3rd left Dr. Luba Komar, President Ukrainian Medical Association of North America, Toronto Branch, centre Mary Dubyk Wodoslawsky & Borys Wrzesnewskij with members of the Canadian Diabetes Association, Ukrainian Chapter

Humber Nurse Wins 2009 Volunteer of the Year Award

by Kearie Daniel, Hospital Reporter

After a long day at work, most people look forward to heading home for a warm dinner. But Humber River Regional Hospital's Diabetes Educator, Mary Dubyk Wodoslawsky (RN) is making her way to a local pharmacy in Swansea Village, Toronto instead. There she plans to talk to locals (in Ukrainian and English) about approaches to prevent and treat diabetes.

It's this dedication that prompted the Canadian Diabetes Association's (CDA) GTA Chapter to honour Mary Dubyk Wodoslawsky with the 2009 Volunteer of the Year Award.

"I was so surprised," says Dubyk Wodoslawsky, who is also a founding member of the CDA's Ukrainian Diabetes Chapter.

She is clearly pleased to have received the award; but stresses that recognition is not why she does the work she does. Volunteering is something Dubyk Wodoslawsky simply sees as part of who she is. Her passion is diabetes education and for the past 25 years, she has spent every working day providing assistance to people with diabetes.

As a Ukrainian-Canadian herself, Dubyk Wodoslawsky was aware that many people in her community were not accessing the services available to them. So she decided if they wouldn't come to her, she would go to them.

She goes to churches, community centres and festivals; anywhere they will have her, to talk about the risk factors a diet full of traditional high starch dishes such as perogies/varenyky, borsch and cabbage rolls pose to their health. The ultimate goal is to educate people about diabetes prevention or diabetes management and maintaining a good quality of life.

The Ukrainian Diabetes Chapter distributes Ukrainian language education literature about Diabetes, Diet and Metabolic Syndrome. Metabolic Syndrome is a group of factors that significantly increase the risk of cardiovascular disease (heart attack and stroke).

In many ways, Dubyk Wodoslawsky is a woman full of contradictions. She is soft spoken, but fiercely passionate about diabetes education. She seems shy and reserved, yet treks halfway around the world every year with charity organization Children of Chernobyl Canadian Fund and devotes much of her time outside of her home helping others. "This work and all the volunteering I do. That's just what I do," she says. "It's who I am."

March 04, 2010

 healthzone.ca

Beets and perogies in Ukrainian diet help fuel diabetes.

by Paul Irish, Staff Reporter/Toronto Star

Originally from Ukraine, Pavlina Syanska has cut down on her perogie consumption since she got diabetes. She makes them, but can't eat too many.



Call her the poster girl for willpower! Pavlina Syanska, originally from the Ukraine, is a cook at one of her community's social support organizations. But she insists she rarely, if ever, snacks while in the kitchen.

"I eat at home ... that's enough," she says through an interpreter at the Ukrainian Canadian Social Services at Jane and Bloor Sts. "Here, I just cook." It's easy to take her word. She's 61, but looks closer to 51. She has her weight under control and has a bright smile. Syanska, who was diagnosed with Type 2 diabetes shortly after she arrived in Canada in 1999, says it took her by surprise. She has no family history of the disease.

A lot of Ukrainians live with Type 2 diabetes and some point to a diet high in starch as the villain. Perogies may be an obvious culprit, but many don't realize that borscht, which is made from beets, can't be overlooked. The vegetable converts into sugar when digested.

"I don't eat too many perogies, but I do have a fondness for cakes and other baked desserts," Syanska says with a smile. "I like them, but I have really cut back."

Mary Dubyk Wodoslawsky, chairperson of the Ukrainian chapter of the Canadian Diabetes Association, knows very well the difficulties the community has with Type 2 diabetes, and has been giving seminars the past five years to help. "First, I make it clear (traditional) food is not unhealthy; it's the amount," she says. "We can't expect people to stop eating their favourite foods. Just make sure you adjust the quantity!"

Dubyk Wodoslawsky, who has been a charge nurse for 28 years at the diabetes education centre at Humber River Regional Hospital, says few Ukrainians ever visited the centre. She knew many were elderly or newcomers and there was a language barrier. So she started offering diabetes information seminars in community centres and clubs. Two years ago, she asked the Canadian Diabetes Association to create a Ukrainian chapter. "We've been able to get the information (pamphlets) translated into Ukrainian. You can't believe how that helps."

Syanska says the seminar taught her the pitfalls of the North American diet, relatively heavy on fast foods, and got her own diet on track. She still eats traditional foods, but in moderation.

"I was surprised when I received my diagnosis, but I wasn't dismayed," she says. "I just try to keep eating healthy, being active and staying happy." Dubyk Wodoslawsky says many immigrants arrive in Canada and are enamoured with all the sweetened juices lining grocery shelves. "I ask them to consider eating real fruit," she says.

The need for exercise is made clear at the discussions, even if it is just a simple, regular brisk walk. She's confident her travelling seminars are reaching the right people. "I get a lot of feedback from the public meetings," she says. "I bump into people who have attended one of the seminars, and they tell me they've taken my advice and thank me for it."

Ukrainian pamphlets on Diabetes are available by request from the World Federation of Ukrainian Women's Organizations, 2118-A Bloor Street West, Suite 206, Toronto, ON M6S 1M8 Canada or email wfuwo@rogers.com.

(Reprinted with permission – Torstar Syndication Services)

EXERCISE AND THE OLDER ADULT



Katherine Kapuszcza
Fitness (Trainer) Expert

In our “golden age” we all want to be healthy, active and independent but some of us will develop diseases, so to grow old gracefully we **MUST** be engaged in an active healthy lifestyle. Most of us grow old ungracefully with substantial limits within our bodies and quality of life and suffering from ills of growing old.

It is known that physical activity prevents certain diseases such as heart disease, but more data suggest that, physically active people outlive those who are inactive and that regular physical activity helps to maintain the functional independence of older adults and enhances the quality of life for people of all ages.



Clinical Outcomes Associated with Resistance Training

- Decreased depressive symptoms
- Decreased symptoms of coronary artery disease
- Decreased visceral and total body fat
- Improved arthritis signs and symptoms
- Improved static and dynamic balance
- Improved gait
- Improved sleep
- Increased bone density
- Increased capacity for aerobic work
- Increase functional independence
- Increased insulin sensitivity
- Increased muscle mass, strength, endurance
- Increased range of motion and joint function
- Increased self-efficacy
- Increased total energy expenditure

Clinical Outcomes Associated with Aerobic Exercise

- Decreased total body and visceral adipose tissue
- Decreased LDL, increased HDL levels
- Decreased arterial stiffness
- Decreased resting heart rate and blood pressure
- Increased energy expenditure
- Increased blood volume
- Increased glucose disposal rate
- Increased glucose tolerance
- Increased maximal aerobic capacity

Without the above benefits of exercise, older adults isolate themselves from family and society not wanting to be a burden. It is wise to educate oneself in healthy well-being through functional exercise to strengthen and build self efficacy and independence.

Ukrainian Canadian Social Services (Toronto) initiated an exercise program for its older women in 2009 and sessions are held Tuesdays and Thursdays starting at 10:30 – 11:30 a.m. weekly.

Those who have attended regularly speak of the benefits and overall feeling of well being which they experience from their participation in the program. The World Federation of Ukrainian Women's Organizations suggests that its member organizations consider including an exercise program among their many activities.

ELDER ABUSE

The World Federation of Ukrainian Women's Organizations encourages women's organizations to raise awareness regarding important issues to women. In the fall of 2009 WFUWO along with one of its member organizations the Ukrainian Women's Organization of Toronto invited a speaker from Ukrainian Canadian Social Services to speak to this issue of elder abuse. Both the presentation and discussion which followed indicated the importance and concerns to women have about abuse. Those present found it helpful to learn about the signs of abuse and resources available in the community...

Symptoms of elder abuse?

Victims of elder abuse may show signs of:

Depression, fear, anxiety, passivity

Unexplained physical injuries

Dehydration or lack of food

Poor hygiene, rashes, pressure sores, or

Over-sedation

There are other signs of elder abuse. For example, if money or personal items such as eye glasses, jewellery, hearing aids, or dentures are missing without explanation, it may be because of elder abuse.

No one should jump to conclusions, but signs and symptoms should be taken seriously. What sometimes seems like self-neglect may turn out to be elder abuse.

Why does elder abuse happen?

Elder abuse happens because of the abuser's power and control over an older person. In some cases, it may also be linked to an abuser's: drug or alcohol problem; history of anti-social behavior, or mental health problems

Abuse is more likely to happen when the family is going through a period of high stress, including the stress of looking after the older person.

Old age is a difficult time for many people, a time of failing health, reduced income, the loss of a meaningful role, or the death of loved ones. These problems can create great unhappiness for older people and can damage relationships with spouses and children. In extreme cases, this damage can lead to abuse.

The abuser may not allow people to visit or talk to the older person. The older person may be isolated from the community, social services, and even from other family members. In some cases, the elder abuse may be part of a cycle of violence in the family. The person who abuses an elderly parent may have been abused by that parent. The elder abuse is a form of getting even with the parent for past wrongs.

Staff in nursing homes and other long term care facilities may abuse residents physically or mentally. Abusers are likely to be frustrated staff members who are not able to do their jobs properly. This can be because of poor training, low pay, over-work, or under-staffing. Staff may also have personal problems that affect the way they provide services to older people under their care.

There is no excuse of abuse. The personal circumstances or problems of the caregiver do not excuse abuse of the older person. These problems may be factors in the abuse but they do not justify it.

Who abuses older people?

Most elder abuse is caused by a family member. This could be a son, daughter, spouse, grandchildren or other relative. This family member is often dependent on the older person for money or a place to live. The abuser may have difficulties such as chronic unemployment, psychological or personal problems.

Information provided by:

Christine Klukowsky, Ukrainian Canadian Social Services, Toronto from a publication written by Judith Wahl and Sheila Purdy, Advocacy Centre for the Elderly and Community Legal Education, Ontario

CHRISTMAS TRADITIONS AND TOYS AT THE UKRAINIAN MUSEUM OF CANADA

Daria Diakowsky
Exhibition Co-curator

In celebrating 65 years of service to the community in Canada the Ontario Branch of the Ukrainian Museum of Canada, housed at St Vladimir Institute in Toronto, mounted a special exhibit. In doing so it paid tribute to its founders and caretakers, members of the Ukrainian Women's Association of Canada.

Building on the joyous celebrations of the Christmas season a wealth of print material was exhibited dating from the beginning of the 1900s to the present. Greeting cards, St. Nicholas Plays, collections of carols, culinary classics, and ethnographic studies of the season and of traditional folk toys filled the cases lining the walls. Each collection told numerous stories of ways in which traditions and identity were maintained, adapted and recreated in a new home, Canada. Well worn, cherished and rare artifacts in muted tones gave way to brightly illustrated and solid contemporary works printed both in Ukraine and North America.

A creche from Lviv carved from linden wood graced the entrance of the museum, and a scene depicting the moment of the appearance of the first evening star on Christmas Eve in a Hutzul household at the turn of the previous century anchored the exhibit. The first celebrated the birth of the Christ Child while the latter acknowledged the role of the Ukrainian village in establishing and maintaining the many customs Ukrainians hold dear to this day.

Display cases with gifts for children and adults made for fascinating viewing and two cases displaying part of the museum's extensive doll collection were show stoppers. An exceptional example of needle work was evident in two sorochky (shirts); ornamented in the Bukovynian

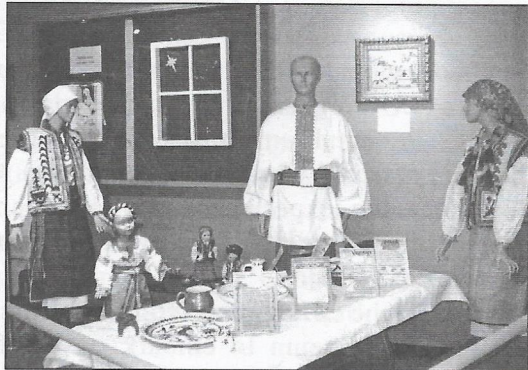


*Board Director President, St. Vladimir
Institute Paul Strathdee with Exhibit Curators
Sonia Holiad and Daria Diakowsky*

style and incorporating gold and silver threads (one for a girl and the other for a boy). These were showcased and presented as traditional Christmas gifts.

“Christmas Traditions and Toys” was created in a spirit of cooperation with the sharing of artifacts from the private collections of card collector Borys Zayachiwsky, the libraries of St. Vladimir Institute and the Toronto Branch of the Ukrainian National Federation. Contemporary books and toys were generously lent by “Koota Ooma”. Additional costumes came from the Ukrainian Academy of Dance. Examples of straw Christmas ornaments were created by artist Nataliya Valenyuk.

Groups of children from various schools in Toronto and Hamilton as well as adult groups visited the exhibit and were provided with age appropriate experiences. Individuals came from far and wide. Many more were introduced to the exhibit by the media which provided extensive coverage.

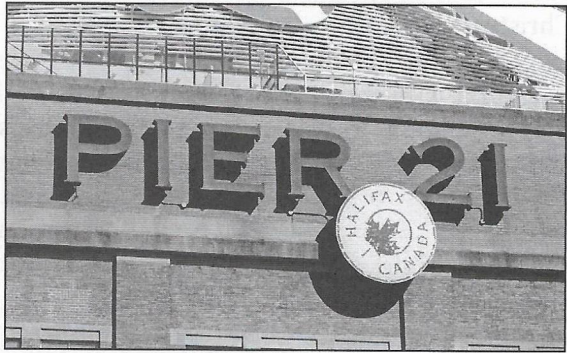


The mandate of the Ukrainian Museum of Canada, Ontario Branch is to acquire, preserve, research, study, document and display representative artifacts which portray the Ukrainian heritage and its contribution to Canada and to share this knowledge with other Canadians. From modest beginnings it now houses a collection of over 3000 artifacts which include kylims, embroidered sorochky (shirts), headdresses, rushnyky (ritual cloths), complete folk costumes, pysanky (Easter eggs), dolls in costume as well as ceramics, maps, icons, books, Ukrainian currency, postage stamps and post cards. Our collection continues to grow thanks to the generosity of donors and through the acquisition of artifacts. The Museum is also grateful for the ongoing assistance of the Province of Ontario, the SUS Foundation, the Taras Shevchenko Foundation of Canada and the Honourable John Yaremko, Q.C.

Our new exhibit will be opening in late spring and we welcome visitors, students and volunteers. Come and pay us a visit.

PIER 21 PROJECT LAUNCHED BY THE LUCW

Lesia Shymko
League of Ukrainian
Canadian Women



The National Executive of the League of Ukrainian Canadian Women (LUCW) has initiated an exciting new undertaking entitled the “Pier 21 Project: From Europe to the shores of Halifax — the story of the third wave of Ukrainian immigration to Canada.” The project will document the experiences of Ukrainian immigrants who passed through Pier 21 in Halifax, Nova Scotia upon first arriving to Canada after World War II.

In 2008, the LUCW entered into discussions with representatives of the Pier 21 museum to embark on the first phase of this national initiative.

The project will involve researching and documenting this era of Ukrainian-Canadian history by gathering eyewitness testimonies, photographs, documents, literary materials, and archival material of historic value. The information collected will comprise a permanent Canadian exhibit in Halifax.

On June 25, 2009, Prime Minister Stephen Harper announced the Government’s intention to designate a National Museum of Immigration at Pier 21. A signing ceremony marked an official agreement between the Government of Canada and the Pier 21 Society, the Pier 21 Foundation, and the Halifax Port Authority to create a national museum of immigration at Pier 21. This site will house travelling and permanent collections, including the historic materials currently being gathered by the LUCW.

Why is this project important?

Between 1928 and 1971, one-and-a-half million people of various nationalities, passed through Pier 21 upon arriving in Canada, including

new immigrants, war brides, displaced persons, and evacuee children.

Canadians are familiar with the experiences of the first wave of Ukrainian pioneers who settled in western Canada in the late 1800's. However, the current Pier 21 museum, which features the stories of many 20th century waves of immigration— including those of the British, Americans, Italians, Germans, and Dutch— offers negligible information on the history of post-war Ukrainian immigration.

Most Canadians know very little about the harrowing history of post-World War II Ukrainian immigrants. Prior to their arrival to Canada, this diverse group of immigrants survived political repression under Nazi and Soviet regimes, genocidal famine, war, forced labour, displacement, and countless other experiences. It is therefore essential that their unique stories be documented as soon as possible, since many of these individuals have reached an advanced age and their experiences could be lost forever.

Despite living through unthinkable hardships, upon arriving in Canada, many of these Ukrainian-Canadian immigrants went on to pursue and excel in various careers — politics, business, science, academia, sports, music, literature, and the visual arts. Many of these unique Canadians are respected members of Canadian society and have served as community leaders in various organizations, including the LUC and LUCW.

The information-gathering process

The League of Ukrainian Canadian Women has begun a Canada-wide campaign to document the stories of Canada's post-World War II Ukrainian immigrants. LUCW branches across Canada have begun gathering information on Ukrainian-Canadians with a unique story to tell about their family's history and experiences leading to their arrival in Canada after the War.

The LUCW is expected to gather over one hundred individual stories from which 10 unique experiences will be chosen. Professionally documented video-interviews will be conducted with the selected individuals in Ukrainian, English, and French. The project will also collect a wide variety of materials for exhibit and archival purposes including, photographs, official documents, letters, post-cards, newspaper clippings, books, clothing, unique personal belongings, art and collectibles.

The materials will be organized as part of an English-language multi-media exhibit to be permanently housed in the National Museum

of Immigration at Pier 21. The League of Ukrainian Canadian Women also plans to publish a book in English and Ukrainian documenting these stories as part of a wider history of the organization.

How can you help?


The Pier 21 project is dedicated to preserving and sharing the unique post-World War II immigration stories of Ukrainian-Canadians. These stories and experiences deserve to be told because they form the broader story of nation building and diversity in Canada.

This undertaking will involve various activities, including research, videography, editing, translating, archiving, and other costs. To help finance the project, in the months ahead, the LUCW will hold a series of fundraising events in Canada.


You can help support the Pier 21 Project by attending these fundraising events or by donating directly to "Pier 21- LUCW" c/o 83 Christie St., Toronto, ON M6G 3B1.

Let's share the unique experiences of those Ukrainian-Canadians whose legacy of sacrifice, courage, and hope helped build a Canada that embodies the universal principles of compassion, human dignity, and liberty.

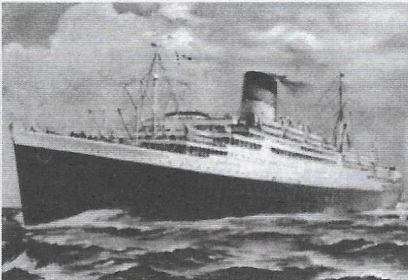
PIER 21



SHIPS



TUSCANIA III / NEA HELLAS



Anchor Line & Cunard Line - Greek Line

Ship Name History: Tuscania III - Nea Hellas - New York

Builder: Fairfield Co Ltd, Glasgow

Length: 552 ft.

Width: 70 ft.

Gross Tonnage: 16991

Funnels: 1

Masts: 2

Engines: Steam turbines (double-reduction)

Capacity: 267-1st class, 377-2nd class and 1,818-class passengers

Speed: 16

Built: September 16, 1922

Out of Service: October 12, 1961

SHIP FACTS

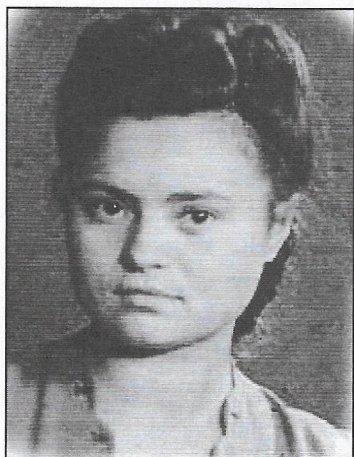
† The Tuscania was built in 1922 by Fairfield Company Limited of Glasgow. She was purchased by the newly-formed Greek Line in 1939 and renamed the Nea Hellas (New Greece).

VIEW ANOTHER SHIP

Additic: Gel

[BELL CANADA SHIPS DATABASES](#)

THE TALE OF A UKRAINIAN IMMIGRANT



Irene Turczyniak

I was born in Western Ukraine in 1924 in the village of Bohatkiwci. I lived there until I finished elementary school. Then, my parents enrolled me in high school in the picturesque city of Berezhany. There I attended school until 1939. September 1st, 1939 Hitler declared war on Poland. At that time Western Ukraine was under the Polish government. Hitler also made a deal with Stalin where the Soviet Union would occupy Eastern Poland and at this time Western Ukraine went into the hands of the Communists. The occupation lasted approximately two years, but the KGB managed to destroy everything that was in their path. Thousands of families were sent to Siberia and others were murdered in prisons.

In June 1941 the Germans declared war on the Soviets; however, prior to this Hitler promised Ukraine's independence. The Ukrainian anthem could be heard everywhere. Public buildings were with the blue and yellow Ukrainian flags. Ukrainians were hoping that better times had arrived, however this happiness didn't last long. Ukraine was betrayed by Hitler. During the second week of German occupation they arrested all of the Ukrainian leaders and politicians. Ukraine was occupied by Germany.

I was still attending high school. After graduation I enrolled at the University of Lviv. My major was chemistry. By January 1944 I had finished two semesters and started my third. The defeat of the German army at Stalingrad was the beginning of the end. The Soviet army was marching west again with full force. At the same time, the allied forces (Canada, the United States, France and England) were fighting the Germans from the west. By March of 1944, the front of the Soviet army was nearing our village of Bohatkiwci. My family packed whatever they could put on the horse-drawn wagon and took refuge in the west.

For three months we travelled, passing villages with the sound of artillery not far behind. Thousands of refugees were travelling a similar road. In August of 1944 we reached the village of Komancza, close to the Czechoslovakian border with painful hearts were leaving our beloved Ukraine. The border was patrolled and no one could cross.

On the third day, a long, empty freight train was passing through the village and stopped at the railway station. On the train were a few German soldiers and two of our priests asked them to take us across the border. They gave us only ten minutes to board the train. We were ready in less than that. The cry of children and prayers of many were heard in every car. Two nights and three days we were on that train until we finally crossed into Austria. The train stopped in the city of Gratz and were transferred into labour camps. In these camps people were sorted into groups by age, education and health, and sent to various places to work. Being a university student majoring in chemistry, I was sent to work as a pharmacist's assistant in the city of Rottenman. Here I worked until the German capitulation in 1945. At that time I met my future husband Tadej. We both used to study at the same university. It was nice to have him here as my companion. After the war, our families didn't stay long in Austria. We all moved to Munich. Germany was divided into four zones; the United States, Britain, France and the Soviet Union. At that time Germany was overcrowded with refugees. The governments of the Allied Forces organized UNRA (United Nations Refugee Association) camps. All empty facilities that served during the war as the German Army's quarters were now occupied by refugees. The camp to which we were assigned was located in the beautiful town of Mittenwald. It was surrounded by the high peaks of the Alps. From that time we were under the care of the U.S. government. All our food, clothing and other needs were provided by UNRA. Any extras could be purchased on the black market.

September 1945 I entered the University of Munich. Based on my previous grades and my work experience at the pharmacy in Rottenman, I was accepted into third year of the four year Pharmacy program. Tadej was accepted into his fourth year of Civil Engineering. Life was becoming more tolerant; at least there was hope for the future. At the same time people were progressing in the camps as well. A small building was renovated into a church. Many of us had brought paintings and holy icons from home and used them to decorate our new

church. My father was a teacher and was allowed to use four rooms in the building as an elementary school. A few other rooms were used for high school instruction. Among the six thousand inhabitants of this camp there were many doctors, priests, teachers, lawyers, etc. and children of all ages. Ukrainians were very resourceful, hard-working and made life in the camps as pleasant as could be expected under the circumstances.

At the beginning of 1947 we were told that immigration would begin soon. The first people who were to go were those who had relatives overseas. Tadej's father was the first one from our family to go to Canada. At this same time, Tadej and I entered our final year at university and we decided to get married. Our wedding took place on Sunday, September 21, 1947. It was witnessed by friends and family. On Monday, we returned to university and lived in Tadej's home. We worked very hard to achieve our degrees. Our plans changed however, when in the spring of 1948 we discovered that we were to become parents. Tadej and I decided that we would follow his family to Canada, while my parents and family went to the United States. Our daughter, Oksana was born on November, 1948. We had to wait six months before we were allowed to travel with an infant.

Our journey began in May. We were transported from Mittenwald to Naples, Italy. On May 30th we were on the Greek ship Nea Hellas heading west on the Mediterranean. The beautiful scenery of the Italian shores is difficult to describe; only a painter can do it justice. After five days we stopped in Lisbon, Portugal to pick up more travelers. From Lisbon, the journey across the Atlantic was long and rough. In total we spent twelve days aboard the ship travelling to Canada.

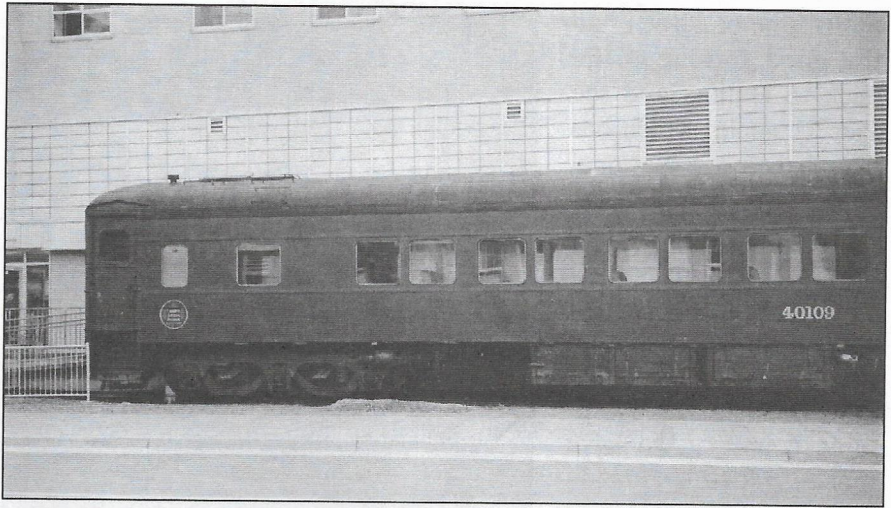
On the morning of June 10th, 1949 we finally saw the shores of Canada. I will never forget the day we set our eyes on the coast of Nova Scotia. It was a luxury to even dream about it. It was a relief to hear the Captain's voice call out, "This is the end of the journey. At eight o'clock this morning we will proceed to the port of Halifax." At that moment the tiredness of the travelers disappeared, and they swarmed onto the deck of the ship. The flickering lights of the city, and the shadows of the land were my first glimpses of my new home. This



The Turczyniak family arrived in Halifax, Nova Scotia on June, 1949 aboard the Nea Hellas.

generous country opened its doors to thousands of immigrants. I was standing beside my husband holding my daughter in my arms; it was very quiet and everyone was looking in the same direction, looking at the land that from now on would be our home. Surrounding us were our journey companions: old, young, some married and with children, some alone and looking lonely. There were so many people of different nationalities whispering prayers in their own languages, but all with the same thoughts that I was having. I was dreaming of our future, one clean room for our little family, a bed with a new mattress, a new baby crib, plenty of milk, and a slice of white bread with ham; all of these things which we had not had for a long time. Our priorities were simple. We needed little to be fulfilled and happy; all of these things which we had not had for a long time. We were eager to work hard and achieve those things which we had been deprived of for so many years. Suddenly, I was brought back to reality.

They were calling us to disembark and enter the immigration office at Pier 21. The immigration officers looked through our visas, stamped them and we were allowed to enter our new country. We also received \$30. for food. This was an important moment for us because it was the first act of charity shown to us by Canada. Then they informed us that the train to Toronto was waiting for us.



After a two day journey we arrived at our final destination, the city of Toronto. Toronto left us disillusioned at first. The city didn't look very cosmopolitan, but there was however, one main attraction—small family homes with flower gardens and trees on the front yards. Walking on the sidewalk pushing my daughter's carriage, I often dreamed that we would someday possess even the smallest of homes. This dream became a reality for me, not in Toronto, but on the advance of an acquaintance, who lived on the Holland Marsh, we bought five acres of land on which stood a small house.

When we first arrived there, it was early spring and the day was sunny. The soil was black and walking on it felt like a thick carpet. The house was very small and consisted of only two rooms. It was quite different than the one I had dreamt about, but there were willow trees sheltering it, and at the front of the house, green grass had begun to grow.

I have to admit that our new profession of being farmers frightened me a great deal. We didn't know where or how to begin. Good neighbours, many of whom were Ukrainians, taught us everything we needed to know. Each successive year of farming we prospered more and more. We bought more land, built newer and bigger homes, and raised four children who all went on to graduate from university. Canada was good to us and still is. At eighty-five, I still cherish my memories of the Holland Marsh and the opportunities it created for my family and me.

In June of 2009, I had the good fortune to go back to Halifax and see Pier 21 again, which has now become a National Museum of Immigration. Although it looks much different than it did in 1949, I will forever remember those exciting moments when I arrived in this beautiful, welcoming country. We have much to thank Canada for; freedom, a good home, a great life and wonderful opportunities. For that we shall forever be grateful.



CANADA'S IMMIGRATION MUSEUM
PIER 21

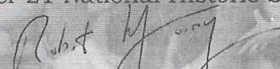
CONGRATULATIONS ON SIXTY YEARS IN CANADA

The Pier 21 Society is pleased to honour

Irene Turczyniak

Canada is a country of immigrants characterized by the bravery and hard work that are required to begin again in a new land. Thank you for choosing Canada. It has been a better country since you arrived and we hope that you will enjoy many more years in your adopted nation.

Sincere best wishes from the Board of Directors, staff and volunteers at
Pier 21 National Historic Site,


Robert P. Moody, Ph.D., C.E.O. Pier 21

DEMYSTIFYING UKRAINIAN IMMIGRATION TO CANADA

Anastasia Baczynskij

Anastasia Baczynskij lectured to a full room on January 31st. Her lecture, entitled "The Ukrainian Identity Crisis: Third and Fourth Wave Relations in Toronto," attempted to demystify the differences between the Third and the Fourth Waves of Ukrainian Canadian immigrants' version of Ukrainian identity.

The talk started with a detailed look at the process of identity formation. Ms. Baczynskij explained that identity is a socialization process, and that national identities are created for political purposes.

The different interpretation of "Ukrainianess" between the waves was based on several elements, she said. Those Ukrainian-Canadians who were part of the Third Wave (1947-1953 and their descendents), had a different socialization process than those of the Fourth Wave (1991-present and their descendents). She stated that historical context of immigration is very important to consider when dealing with Diasporic identities.

Third Wave Ukrainians came mostly from the Displaced Persons camps scattered in Austria, Germany and Italy. In these camps, the original Third Wave received very intense exposure to nationalist political parties who focused loss, disenfranchisement and the sheer pain of war, into a cause. These political parties focused the pain on the Soviet Union and the disorganized pain turned into organized political anger. These political parties hoped that if they organized the people efficiently, the parties would be able to oust the Soviet government and replace it. The political anger against the USSR which was nurtured by the political parties in the DP camps was passed on to children and grandchildren in Canada. Russian language use, communist politics, and atheism became the markers of enemies of Ukraine. Displaced Ukrainians, being forced to fend basically for themselves in these camps, began organizing elements of entertainment, schools, forums, reading rooms and churches voluntarily. As a result, they were fully prepared to repeat the process when their arrival in Toronto was arranged through the help of Ukrainian Canadians and the Canadian military in the late 1940s.

The discussion turned to the Fourth Wave who began arriving from Ukraine in the early 1990s. These Ukrainians left Ukraine, not because of the terror of war, but due to extreme economic distress. Furthermore, they can independently and directly from Ukraine, and were never exposed to massive camps where people were 'taught' what being Ukrainian 'meant'.

Nor were all of these immigrants against the Soviet Union or its policies, or even interested in politics at all. They were in fact socialized under the Soviet system, a system which concentrated on controlling identity formation and the extinguishing of ethnic nationalism. Many of these Ukrainians came from areas of Ukraine that no longer spoke Ukrainian due to intense Soviet Russification. However, this was a process organized by the State and thus a part of their identity plan.

Also, unlike the Third Wavers, the Fourth Wavers were not exposed to elements of civil society such as voluntary charitable organizations, because of the control of all organizations by the state, including religious institutions. Therefore, not all were used to participating in 'community' events, or attending church as 'members'. All of these elements were a part of daily life in Soviet Ukraine and formulated the identity of many. However, just as in the case of the Third Wave, this identity was created for a political purpose and came to be subconsciously.

Where the Third Wave was very homogenous in its understanding what it 'means' to be Ukrainian, the Fourth Wave is very heterogeneous. The Third Wave, said Ms. Baczynskyj, believes that there is 'connectedness' among all Ukrainians because of the pain that the Soviet Union caused. However, Fourth Wavers simply believe there is a 'commonality' between all Ukrainians because of their ethnicity, but nothing deeper.

Politics, not culture, deeply divides them. Ms. Baczynskyj stated that there has been a rapprochement between the members of the waves since the Orange Revolution because of the large showing of members of each wave at demonstrations organized in Ontario. However this was limited to those Fourth Wavers who believed in the tenets of the Third Wave Ukrainian identity. That is to say only those Fourth Wavers who believe in exclusive Ukrainian language use for Ukrainians, that historically Russians and Soviets were enemies, that religion and community are important elements and expressions of Ukrainian identity, are accepted as 'true' Ukrainians by the Third Wave. Demographically, these Fourth Wavers tended to be from western regions of Ukraine and tended to be Greek Catholic.

Ms. Baczynskyj ended her discussion with a though provoking question. "If the Ukrainian community continues to reject a wave that is already bigger than the Third Wave, what is the benefit for the Ukrainian community?" Her analysis was blunt, "Our loss is the Russian speaking community's gain."

*Reprinted from: St. Vladimir Institute—NEWS
Toronto, ON, Page 5, Spring 2010*

Printed by



TRIDENT Associates Printing • (905) 469-3553 • 1-800-216-9136
Українська Друкарня ТРИЗУБ • e-mail: tridentprinting@hotmail.com

