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winter 96

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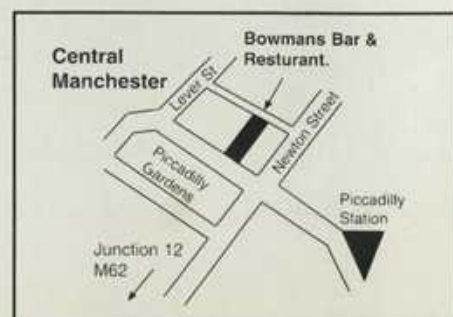
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Printed by:

UIS Ltd, 200 Liverpool Road,
London N1 1LF.

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Published by Peter Solowka.

To subscribe to *Zdorov!* please send cheque or P.O. for £10.00 (inc. £3.00 p&p) to Peter Solowka, 63 Royal Park Terrace, Leeds LS6 1EX, or call on 0113 274 3404

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solowka

“ speaks....”

Dear Reader,

We're here again with yet another version of Ukrainian life U.K. style. There have been many battles (mainly with ourselves), to produce this issue bringing some defeats but also lots of victories. The greatest victory is that *Zdorov!* is now available in Canada!

Based on the U.K. style, a group of Toronto Ukrainian journalists are producing their first issue to be published in December 1996! It will be a little different from our magazine as they have to compete with lots of publications, but the overall feel will be young, exciting and colourful (as we try to be). If they are successful, life will become easier for all here at *Zdorov!* UK, as we will be able to share news stories, and maybe even advertisers. We wish them good fortune.

Our greatest casualty has been our sometimes controversial and crusading editor Irena Kuszta. After many valiant struggles against bureaucracy, apathy, ignorance, and increasing mortgage commitments, she finally succumbed to the lure of a full time job with excellent career prospects (*you told me she was in rehab - PF*). She is still contributing to the magazine but is unable to give enough commitment to do all the tasks that being editor involves. In the struggle to provide this service we can say that she's down but not out (*don't you mean down and out - PF*).

Just when things were looking very bleak, along came a knight in shining armour to deliver us from defeat and continue the just cause. Peter Fundela gave up his social life (*not likely - PF*) and all his spare time to put together this issue (and is still doing so as I write). I hope he loves the job and it isn't too much of a strain (*stop grovelling - PF*).

To try to remove the pressures on us all, we'll be delegating many of the tasks involved in running the magazine. By now most people have a good idea of the type of stories we run, and the information that needs to be included, so we feel that certain areas should be given to other people to do. For instance, 'Local News Editor' is a task that could be done by anyone from the community with their 'ear to the ground', as could the task of 'Sports Editor' be done by any fan of Ukrainian sports. All that is necessary is that the responsible person gathers together enough relevant stories to fill the pages for that section, and then communicates this by the publication deadline. This must be the way forward for us as we cannot depend on one individual to carry the burden of the whole magazine on their shoulders.

On a more positive note, we are still expanding, not only within the U.K., but to people in other countries. This issue has attracted lots more interest from businesses than previous issues and we have made positive connections with organisations in Ukraine and Canada. To date, we have had 90% of people subscribing to the first four issues renew their subscription, and I expect that will be higher when the final reminders go out (some subscribers have paid up to issue 11!). I wish more of you would buy the magazine though, as a survey (and my own eyes) show that most of you read somebody else's copy!!

As always, we try to cover stories and events which we think will interest you. If we fail or succeed let us know with your letters. We did try to support the AUGB in this issue by interviewing them on the 50th anniversary of that organisation in the U.K.. However, they were too busy to be interviewed (a process that would

take about an hour), and said that they would issue a prepared statement which we could publish. In the end not even this turned up, and to be honest, I doubt we would have published it. We know you are more interested in their answers to important questions than their carefully prepared statements. They are the largest Ukrainian organisation in the country and their views and opinions will have a large effect on future Ukrainian life. For your sakes we will continue to try to get them involved in our publication.

As a final and rather bizarre note, a recent meeting of Rochdale Ukrainian Club decided to ban *Zdorov!* from its premises. After a year of helping us sell it, and being involved in the listings section, a meeting took offence to something in issue four and decided we are not good for the Ukrainian community of Rochdale. I'm afraid you'll have to subscribe - which is the most reliable method of receiving *Zdorov!* It just goes to show how important it is to be independent as most people are aware that it is not our intention to offend, and what we do is by no means as extreme as publications such as 'The Sun' which are often seen in Ukrainian clubs.

Anyway, after the success of last summer's *Zdorov!* Ball, the next one held at Bowman's restaurant (in Manchester again - I'm afraid) on the 11th January 1997, is likely to be even better. So I'll see you there, and 'do pobachenya' till next year.

Peter Solowka

home news

Newly weds separated by Home Office

A Ukrainian man and his new Ukrainian bride have been separated by the Home Office. She has been ordered to leave the country or be deported for breaching the marriage guidelines for foreigners. Both pensioners (in their 70's?), they met in their local club while she was visiting relatives in March of this year. Within two months they were married and intended to spend the rest of their lives in England. However, home office regulations do not allow people to settle in the UK while here with visitors permits. Even though they are legally married, she has to leave the country and then apply for a residence permit. This could take many months to organise through the embassies in Ukraine and London. This seems such an unfair treatment of people in their last years, and will cause untold damage due to stress and uncertainty about their future. The man (who does not wish to be named, for fear of repercussions from the Home Office), told us that at present solicitors are acting on their behalf and their photos, passports and marriage certificate are all in the hands of the Home Office who are reviewing the matter. An update will be featured in the next issue of Zdorov!

Ukrainian CID in Huddersfield

A crack team of Ukrainian police, health and education officials are seeking further expertise from officers in Huddersfield. Learning from the years of experience of West Yorkshire Police Training School, they hope to take their new skills in police training, health care and anti drugs education to Ukraine to help combat the growing drug problems. The visit follows a trip that Yorkshire police made to Ukraine last year to witness the drugs problem which has escalated since drugs can easily be smuggled over the border.

Chernobyl Appeal

Yorkshire & Humberside CND has set up an appeal for the children of Chernobyl and are urging people to sign their petition against nuclear power and weapons. The appeal is linked with the Leeds based 'Chernobyl Children's Project' which sends vital aid to people in the area affected by Chernobyl and brings children over to receive medical care in this country.

For further details ring the 'Chernobyl Children's Project' on 0113 247 4321 or contact Yorkshire & Humberside CND at 22 Edmund St, Bradford, BD5 0BH. Tel: 01274 730795.

Calderdale

Age Concern Appeal

Stephanie Shields of Age Concern Calderdale is trying to contact first generation Ukrainians in the Calderdale area. Working with older people around Halifax, she noticed that Age Concern were receiving almost no requests for their services from Eastern Europeans settled in the area, even though most must now be in their seventies. Age Concern is a voluntary organisation

which aims to research the needs of old people, and advise on how to get the help needed. As a charity, they provide advice on home security, health care, accident prevention, benefit entitlement etc., as well as building links between organisations that can help older people.

Stephanie recently obtained a grant to research the needs of Eastern Europeans in Calderdale and although not all the data has been collected, a few things have become clear to her. Firstly, Ukrainian families, like many UK families, do not tend to have an extended family network. As they get older, they are more isolated than many ethnic groups. She found a great desire among Ukrainians to see their children succeed and believes that this success has taken children away from their home towns. With the dispersal of the children and in some cases a poor command of the English language, old Ukrainians are often not aware of the services available for them. She also found that many old people do not wish to accept help from 'outside' organisations, not trusting any authority, and being too proud to accept charity.

Clearly work needs to be done to help our parents generation receive all that they are entitled to. Stephanie believes that more day-care workers are needed who are from the community and have the necessary language skills so that the trust of old people can be gained. She appeals for anyone with information about isolated old people in Calderdale, or similar experiences from different areas to contact her at Age Concern Calderdale, 10 Wards End, Halifax, West Yorkshire, HX1 1BX or telephone her on 01422 359086.

Pop Group

wants Ukrainian Girls!

England based pop group 'The Ukrainians' are actively looking for Ukrainian girls from the U.K.

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Although this internationally acclaimed 'Folk Rock' band has (in five years of touring) gained a reputation for its rock 'n' roll antics, parents need not lock away their daughters, for the group are looking for vocalists to help with their new musical project.

Starting in late December, 'The Ukrainians' will begin recording their next LP for Cooking Vinyl Records. Once completed, the band expects to be touring most of the year, not only in the UK, but as far afield as Poland and Canada. 'It's a great opportunity for someone to see the world, but it will be hard work and takes a great degree of commitment' said a band spokesman. Anyone who should like to know more should call the group on 0113 274 3404 (0113 274 404).

Ukrainian Music Forever?

An application is being made by Peter from *Zdorov!*, and Aleric Neville (a recording engineer from Leeds) for lottery funds to create a Ukrainian musical archive.

The project intends to find and record as many musicians of our parents generation as possible, so that their particular skills are not lost to us.

"We all know that there are few musicians of our generation who can play like the old folk," said Peter, "But what is even more important is that their music is unique! Those that went to Canada were influenced by them, those living in Ukraine had 50 years of 'russification', whereas our people had only their own style based in the Ukraine of the 1930's".

The application will be made early in 1997 and should it be successful, it is hoped that recordings will be made all through the year. As the lottery only deals with charitable activities, the recordings would only be available for charity records, either for Chornobyl funds or for community projects. All people who would wish to be involved (both clubs and individuals), either as

performers, or organisers, please call or write to *Zdorov!* as soon as possible.

Ukrainian Philharmonic Orchestra visit Leeds

The National Symphony Orchestra of Ukraine will be performing at Leeds Town Hall on Saturday 8 February 1997 from 7.30 p.m. This event takes place during the 60th anniversary of the foundation of this internationally acclaimed ensemble, known to the world-wide musical public by numerous recordings and the group's special relationship over many years with composers of the calibre of Khachaturian, Prokofiev and Shostakovich. The musicians will be visiting Leeds as part of an international anniversary tour.

Ukrainian Professors visit UMIST

UMIST (University of Manchester Institute of Science and Technology) recently played host to two prominent Ukrainian professors. Professor Oleg Mayorov, Vice-President of the Ukrainian Association of Computer Medicine, President of the Dept. of Medical Technologies, and Professor of Biomedical Electronics in Kharkiv was accompanied by Professor Nikolai Hvishuk, Rector of the Postgraduate Medical Institute in Kharkiv. They were taken to the local branch of A.U.G.B. where they were met by the Ukrainian ambassador, Professor Sergei Komissarenko who made a special presentation.

X-Filed Varenyky?

A few reports have reached *Zdorov!* of sightings of Varenyky in northern supermarkets. These small varenyky have been ready frozen with labels 'Made in Canada' on them. However, in trying to track down these mysterious foods *Zdorov!* came across a wall of official silence. Both Safeways

and Sainsbury's, where reliable sightings had been reported, denied any knowledge of this product. Apparently, there are no computer records of any imports from Canada, nor any foods described as Varenyky or Pirogi (often used in Canada to describe varenyky). This information will be sent to Mulder & Scully. If anyone else has any sightings, please let us know.

Bandura Hero

Alan Prosser from British folk-rock group 'Oysterband', has just released his first solo CD "Hall Place" which features him playing the Bandura on two tracks. Speaking to *Zdorov!* Alan explained: "Although Oysterband are known mainly for our modern interpretations of British folk music, we've always been fascinated by the connections we can make with traditional music from other parts of the world. I came across Uki music when we toured with The Ukrainians and found that our songs dealt with the same subject matter as theirs. I'm always drawn to strange new instruments but the Bandura was certainly a challenge, just tuning it took a morning. Maybe for the next CD I'll stick to a Domra."

Relief Fund

Eastern European Relief is a new charity formed this year to help the people of Solotyj Potik in the Buchach region of Ukraine. For further details, contact Ron Sudds at Eastern European Relief, 27 Derwent Rd, Ipswich, IP3 0QR.

Chornobyl Gala Evening

A spectacular gala will be held on Saturday May 31st 1997 at Kidderminster Town Hall. A Ukrainian band, cabaret, stalls, displays, tombola, raffles, refreshments and a bar are all promised for what will surely be one of the biggest events in the West Midlands. All proceeds will go to the Ukrainian Children's Appeal Fund organised by the Association of Ukrainian Women in Great Britain. Patrons of the gala evening include Canon Mykola Matyczak, Lessia Djakowska, David Hallam MEP, Anthony Coombs MP and members of the Roman Catholic Church, Methodist Church and a local Polish Priest. For further details contact Slava Barchuk at 27 Clarence St, Kidderminster or call Slava on (01562) 747906.

The Ukrainians are looking for female vocalist(s) to help in the recording and promotion of the next LP. Recording begins January '97 and the touring from the end of March through the summer will be a full time commitment.

For further details please call 0113 274 3404, or write to The Ukrainians, PO Box 67 Leeds LS5 3TE

home news

ukrainian news

Prince Charles in the dark in Ukraine visit

An embarrassing power failure marred the Prince Charles' ten-day goodwill tour of newly independent former Soviet republics which began on Monday 4th November. The Prince was greeted like a pop star in Kyiv from students waving banners which proclaimed "Charles, we love you". He arrived at the city's Borispol airport and was greeted with the traditional offering of bread and salt by three Ukrainian women dressed in national dress.

Later the prince visited Kyiv's Glory Square to lay a wreath at the Tomb of the Unknown Soldier.

An official dinner at the Mariyinskiy Palace where the Prince was to dine with President Kuchma, was blighted by a power failure. Whilst embarrassed officials fumbled in the darkness for the fuse wire, a presidential limousine was ordered to pull up outside the main doors and illuminate the corridor with its headlights.

After ten minutes, the palace was relit and the official dinner began.

Ukrainian children clueless about Stalin

In a recent survey of 200 Ukrainian schoolchildren questioned about Josef Stalin, only half identified him as the former Soviet ruler who executed millions of Ukrainians during three decades of imperialism.

Aged between 9-14 years of age and from the Khmelnytsky region, 31 of the children said he was an executioner; 13 said they had never heard of him and dozens gave other professions of which 11 said he was a pop star!

Mushrooms kill nine

Nine people have died in Ukraine after eating poisonous wild mushrooms. Ukrainians are resorting to picking wild mushrooms to feed their families as living standards drop causing food shortages. A total of 247 people have died in the past three years after eating poisonous mushrooms and 3,200 have suffered side-effects.

Western navy snubs Russians for Ukraine

Western naval visits to the Ukrainian Black Sea bases is causing a larger drift between the Russian and Ukrainian militaries. The two countries are already in dispute over the ownership of the Black Sea fleet and the western naval visits are seen as support for the Ukrainian navy.

Recently HMS Chatham paid a visit to Odessa and the British sailors took part in a memorial service at the Tomb of the Unknown Sailor before parading down Odessa's

Potemkin Steps.

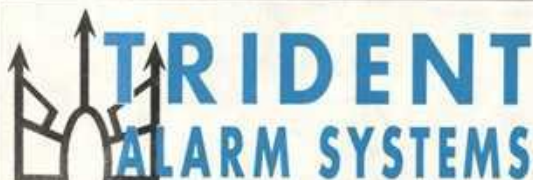
One Ukrainian war veteran said: "These visits ... underline that we are a separate nation, and this is immensely important." However Ukraine cannot be seen to fall out with Russia as this will intensify relations. A recent poll of 1000 officials showed that only 12 per cent wanted full integration with Nato, while nearly 40 per cent favoured closer ties with Russia. This has prompted some politicians to question whether sailors could be relied to stand up to Russia.

Body-builders make light work of dis-used artillery

Ukrainian fitness fanatics are turning tanks and redundant artillery into weights and dumb-bells. Sport Dla Vshi, a Kyiv outside-based gym helps thousands of citizens get into shape by providing a free facility which is open all-year round. The brains behind the gym come from Yuri Kouk who said: "I have hunted around for scrap metal from any source. Recently I have been given parts of tanks and armoured personal carriers as armaments are being reduced." The gym also uses spare parts from ships and railway carriages.

Economy boost

The Ukrainian economy is reportedly picking up after five years of 'post independence stagnation'. A new constitution has been ratified by the Supreme Rada of Ukraine, and at long last the new currency 'the Hryvna' has been introduced. This now period of inflationary stability means that investment by western companies is now likely to happen on a larger scale. Source: Quest Ukraine International Business Agency.



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Readers Survey *The Results*

Compiled by Irena Kuszta with Peter Fundela

The *Zdorov!* readers survey was made up mainly of regular subscribers. As more than half our sales are via clubs, the survey could not encompass all our readership but we suspect you are casual club goers.

The number of old subscribers is great! So is the number of people reading the magazine that hardly go to clubs or the church. These are fringe community people and we are a main link to what's happening.

Half the people who go to clubs go only for special events, which suggests that more events are required at clubs. Everyone wants their kids to speak Uki. Amazing, as many of the respondents describe their own skills as poor. It would be interesting to see how many intend to send their kids to school or teach them at home. Is it just an empty desire?

People seem to react to the more controversial topics. Very few remark on the vox pops which we all know are very popular. The desire for news from Ukraine, and bits on history, traditions and culture is very strong.

Age of subscribers :

U-18	3%
19-24	0%
25-34	41%
35-44	31% (past it)
45 +	24% (well past it)

Sex:

Male	56%
Female	44%
Unsure	0%

Club Visits:

Weekly	29%
Monthly	14%
Seasonally	24%
Annually	6%
Don't go	28%

Of those that go, ones going for 'special events' (i.e. big piss-ups) 45%

Church Visits:

Weekly	14%
Monthly	16%
Seasonally	31%

Annually	10%
Don't go	28%
Of those that go, ones going for 'special events' (or whose parents make them go)	57%

Language skills

Poor	25%
Passable	15%
Good	23%
V. Good	37%

Do you have children?

Yes	44%
No	56%
Other	0%

Do you want your children to speak Uki?

Yes	100%
-----	------

In contact with relations?

Yes	82%
No	18%

Have you travelled to Ukraine?

Yes	67%
No	33%

How important is being Uki to you?

Very	75%
Sometimes	19%
Not really	6%

How many people have read this copy of *Zdorov!*?

Average = 4.78 people	
Where did you get it from?	
Relative	16%
Friend	17%
Post	17%
Club	16%
Church	1%
Event	33%

Favourite and least favourite articles - are difficult to assess as most of our subscribers registered before issue three and half of the filled in forms related to the first issue! The following articles are in descending order of popularity:

Relationships - Quizzes - Melnyk's quest for truth - A word a day - News from Ukraine - Gay Ukis - Travel - Club news

and profiles - What's on - Talk back - Letter's page - One year on
Least favourite articles were:
Gay & Uki - Quizzes - Relationships - Addresses - CYM - Cartoons - Swearing - Chornobyl charities - Spelling and grammar mishtakes!

What would you like to see more of?

(Very few replied to this - not used to thinking for themselves!)

News from Ukraine (Well for those 33% who haven't been yet, go! - come back and write an article)	35%
Traditions (i.e. cooking, national dress etc)	16%
UK news and events	16%
Ukrainian Life	8%
History	7%
Serious topics (i.e. Is there a God?)	5%
Better jokes	5%
Products for sale	2%
Readers letters	2%

Noteable suggestions included in the above were:
Uki songs with translations, tourism tips (*Moscow's good this time of year*), sport (*Mike Tyson is a Uki!* - *Watch this space*), regional costumes (*not sure if they meant in Ukraine or the UK hromada?*)

Are you interested in?

	(Most %)			(Least %)		
	1	2	3	4	5	6
Politics	65	30	10	30	10	25
Personalities	62	0	35	25	5	15
History	70	40	15	30	5	0
Traditions	83	40	30	10	10	0
Culture	84	55	15	20	0	10

Will you recommend/pass it on to friends?

Yes	69%
No	31%

Is *Zdorov!* good for the Uki community?

Yes	100%
-----	------

Letters to the Editor

Pampuski dreams

Dear Zdorov!,

Both my son and I are avid readers of *Zdorov!*, thoroughly interested in the serious articles and amused by the humorous sections. As a novice at the Ukrainian language I committed a real 'howler' when my son read your 'Looking for a friend to share your pampushki with?' article. "What is a pampushki?" I was asked. "I think it's a sleeping bag" was my reply. When my husband stopped rolling on the floor with laughter, he explained the real meaning of a 'pampushki'. One red-faced novice went back to the kitchen to cook some borscht!

My Ukrainian husband also enjoys glancing through *Zdorov!*, by the way.

Thank you again for your hard work - to all of you working to produce *Zdorov!*.

I sincerely hope that the AUGB will help fund your magazine in the near future and I shall write to them to ask about it. Perhaps if all readers did the same it would help you to continue publishing a very useful, readable magazine for those of us who are not quite so fluent with Ukrainian as we'd like to be - (i.e. those of us who don't know our 'lishka' from our 'pamnychki'!)

Doris E.J. Hanczaryk, Herts

Thanks for your letter and all your support. Sleeping bag I ask you! You've got a wicked mind. Wouldn't like to bet what you and your husband get up to in yours. Eating pampushki I expect.

With regards to the AUGB, we couldn't even get an interview out of them, never mind any cash. Have they closed down?

From Dorset with love

Dear Zdorov!,

Having recently moved from Snowdonia to Dorset, we were certain that we would find lots of Ukrainians in this area. I do hope that through *Zdorov!* we can find other families with young children in the Southwest. I suppose we should introduce ourselves properly: My husband Carl is English/Hungarian/American, a veterinarian and keen hiker. I am Ukrainian, born in New Jersey, emigrated here 6 years ago and a dedicated organic gardener (also a keen

hiker). Maksym, our lively 3 year old, enjoys nature, chocolate and dancing, and will climb anything, and would really be very excited at the chance to speak Ukrainian with other children. Ours is a bi-lingual home, a little thatched cottage in the Dorset countryside north of Bournemouth.

So if there's anybody out there who would like to sample our borscht or our homemade apple wine, please get in touch.

**Carl and Motria Tymkiw von Schreiber,
Thatch Cottage,
Long Crichel,
Wimborne, Dorset, BH21 5JU**

Great letterhead and if you don't find any friends in Dorset, then you'll always have a friend in Zdorov! (Your home sounds idyllic - will you send us some wine! Pleaseee!)

Our friends Canadian

Dear Zdorov!,

Congratulations on your publication and the future Canadian version. Recently at an annual Canadian Foundation of Ukrainian Studies meeting I passed around a copy of your publication to the members present (from all parts of Canada) and they were VERY interested and several members are going to subscribe to your magazine and the Canadian publications.

Raya Shadursky, Ukrainian Canadian Professional and Business Federation, Ontario, Canada

Dear Zdorov!,

Just to let you know I couldn't wait to get back from Ukraine to read the Summer edition. Please keep up the good work and I wish you all the success in the world. The Ukrainian community needs people who are not afraid to speak out.

I have just had three wonderful weeks in Drohobych in the Lviv region. If only you could see the wild flowers and the greenness of the fertile land and the amount of house building in the area.

The people, including teachers and doctors, are in a terrible situation having not been paid for over three months. They still turn into work everyday to see what they can do. Can you imagine Britain working for nothing!

Mrs L. Maguire, Berks

No I can't Linda. It seems that Ukraine's recent economic recovery has been at the expense of it's people.

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Summer's CYM **Zdvyh** Competition Winners

Here are the winner's of this years annual CYM 'Krayovyi Zdvyh' competition which was held at Tarasiwka, as per usual.

Photos by: Roman Remeynes



Anna Yaroeka -
Bradford



"Hopak" - Gloucester



"Rushyv Poizd" - Gloucester

Competition winners

Recitals

1. Older Youth - Anna Yarocka
- Bradford

Choirs

2. Female over 18s and
Seniors - Gloucester

Vocalists

3. Older Youth - Quartet -
Coventry

Choir with Orchestra

4. Older Youth - Bradford

Orchestra

5. Mixed choir - Carlisle

Dance groups - over six members

6. Female over 18s and
Seniors female - Halifax

7. Mixed over 18s and
Seniors - Gloucester

8. Female Older Youth -
Manchester

9. Male Older Youth - Derby

10. Mixed Older Youth - Derby

Dance groups - up to six members

11. Quartet, Over 18s and
Seniors - Nottingham

12. Older Youth, trio - Carlisle



"Hotsulske Kolo" -
Manchester



"Sribne
Kolo" -
Coventry



"Marsh Stefana" - Carlisle

Samohon:

the deadly moonshine

By Petro Gula Nestor

When I mentioned that I was researching a story on samohon, everybody I talked to had a story about it. It's quite amazing. "Oh yeah my grandmother used to make it. She would flavour it with cherries and other fruits." Others had a relative, distant or immediate, or a friend who either made samohon, had a reliable source for it here, or had a stash that had been brought from Ukraine.

Samohon is the Ukrainian word for moonshine, hooch, white lightning, panther piss, etc. This is the alcohol one cannot buy in an off-license. It is passed on between friends. It has been made for centuries in Ukraine and was the subject of one of the first laws passed by the government after independence was won in 1991. Knowing that there was absolutely no way they would be able to stop making samohon, the government did the logical thing. They decriminalised it.

It is unknown what madman, or woman, ever figured out the distillation process. But the distillation of alcohol is not a relatively new phenomenon. The Chinese, being the first to just about anything, were distilling Rice Beer as early as 800 B.C.. Aristotle (380-320 B.C.) knew about distillation, but for some reason never applied this knowledge to alcoholic beverages.

No one knows whether distilled alcohol came to Ukraine through Europe or from the East. Judging by some of the old Cossack

songs, it has been around for ages.

Alcohol itself has played a large part in Ukrainian history. Legend has it that when Kniaz Volodymyr the Great was shopping around for a religion, he chose Christianity over Islam because Moslems couldn't drink. If Volodymyr had been a teetotaler, the history of the world would be much different. But that's another matter.

The common perception is that samohon is bad. While it is true that some of the stuff can be the most gut-wrenching and vile liquid you will ever pour into your stomach, samohon can also be the nectar of the Gods. The effect of drinking samohon is unlike any produced by store-bought booze. It is a really great rush. Like my friend in Ukraine says before imbibing some Samohon, "goodbye brain, we'll meet tomorrow."

Bad samohon can be poison. I don't use the word poison figuratively. You can die from the stuff. Or go blind. Or be so sick that you wish you were dead. When you are faced with a glass of the stuff, keep this in mind.

On the other hand good samohon will not give you a hangover the next morning - no matter how much you ingest.

I cannot recommend that readers of this article scurry off to their workshops and start constructing a still to make samohon. There are good reasons for this.

IT IS ILLEGAL. IF YOU SCREW UP YOU CAN DIE.

The reasons are not given in any particular

order. You choose what is more important.

It's not illegal because the governments really care about people's health. It's illegal because there is a great deal of revenue generated from taxes on alcohol.

One samohon maker said, "If I make 100 litres of wine which is of so-so quality, what am I supposed to do with it? Spill it down the drain? Forget it! Distil the stuff and I'll get between ten and twenty litres of alcohol at about 160 proof."

With a logic that can only come about through many years of drinking samohon, many distillers contend that since it is now perfectly acceptable to make your own beer and wine at home, soon it will be okay to distil your own alcohol at home.

The distillation process begins with an alcoholic concoction called mash. This is something which has fermented and has an alcohol content of between 5 and 15%. Most of the home distillers usually use home-made wine that has gone bad, or other such stuff. The mechanics of each recipe is simple. Sugar plus water plus yeast will give you a fermented mash. It will taste horrid but that's life. The worst this mash tastes the worse the final samohon will taste.

From there you take the mash and put it in a still. There are many ways to screw up and produce fine poison. One way is to have the temperature too low when cooking the mash. This produces methanol - drink this and you die. Temperature too high - you produce propanol - drink this and you die.

I'm reminded of a story I heard in Ukraine. This story is true. Two guys made a batch of samohon, drank some, and died. At their wake, the same stuff was served. Ten more corpses resulted.

If there are any impurities in the still, such as lead or iron - you produce poison - drink this you can die, or at the very least be so sick you wish you were dead. When you are faced with a glass of the stuff, bear this in mind.

There are various materials one could use to construct a still. Copper and stainless steel (if you can buy it) are perhaps best because they are said to smooth out the taste of the alcohol. Glass is very good because it greatly lessens the chance that some metal impurities will find their way into the alcohol. However, glass does produce a

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SIMPLY THE BEST

harsher tasting alcohol than either copper or stainless steel. Plastic can also be used for the cooling coils but it leaves an unpleasant taste. When distilling the mash the first time (called a run), you normally get alcohol of about 30 to 40%. One might think that is okay because that's what's sold in stores, but this samohon is full of impurities that were in the fermented mesh. It tastes quite rough and is rarely drinkable with any pleasure. Distil it a second time, the second run, and you get a liquor of about 60 to 70%. Much better, although it can still have quite an unpleasant harshness to it. Filtering the alcohol will take some of the harshness out and purify the alcohol.

The third run produces samohon of just under 90% pure alcohol. But don't shoot it straight. Although it will have no noticeable taste, except for the absolute purist, a shot of this will do a number on your internal organs. Believe me.

Also, allow no open flames near it. This stuff is very flammable. A lot of stills in Ukraine, which are heated with various types of fires, blow up.

Mix the samohon with spring water and some flavour. Let it sit for a while and it will be the best stuff you ever drank. Seriously. Because of the purity of the alcohol and what you cut it with, hangovers will be rare. I asked someone who makes samohon for any pearls of wisdom on the art of making

samohon. When the still starts to run, i.e. the first drops of alcohol come dribbling out the business end of the still, discard the first 100 ml (1 1/2 ounce). This is methanol and will kill you. The last distilled bit is low on alcohol and contains many impurities as well. Toss it.

When I asked another wise samohon maker if there is any way to test the samohon to make sure that it is not poisonous, the reply was, "drink it. If you don't go blind, get violently sick, or drop dead, then it's good."

"The best way to ensure that the samohon is

good is to be super careful through the whole process," says the wise one. "Construct the still properly, heat the mash at the right temperature, and everything should be fine. But the best advice is to follow the advice of somebody who has been making samohon for a long time. If that person is blind or in some ways incapacitated due to alcohol-related problems, seek advice elsewhere."

Anyway, as I am faced with a glass of the stuff, the only thing I am thinking is goodbye brain, we'll meet tomorrow.

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Kutia

Kutia is the ritual first dish of the 12 course Christmas Eve supper. The wheat represents the straw of the manger. The honey and poppy seed represent the Christ child; the honey being the spirit or blood of Christ and the poppy seed representing Christ knows what! Oops, sorry is that blasphemous. Anyway - here's the recipe:

- 2 cups of bran-free buck wheat (kasha)
- 1/2 cup of poppy seed
- 1/2 cup honey
- 1/4 cup of chopped walnuts

Soak wheat in water overnight. The next day, simmer in the same water for approximately 6 hours adding more water if necessary and stirring occasionally. Season with salt if desired, then add the honey. Pour boiling water over the poppy seeds and rinse until water is clear. Soak the seeds in lukewarm water for 30 mins before chopping/blending nuts into the now complete kutia. Serve hot or cold.



recipes

Krupnik

OK, it's not strictly a Ukrainian drink but it's props the bars in most clubs. Krupnik is sometimes called the healing drink because it heals the spirit. It may also be called the Ready Brek drink as it is best drunk on a cold winter's night just before you leave the club to walk home. You will need the following:

- 1/2 litre spirit or vodka (pref. Ukrainian or Polish)
- 1 small jar clear honey
- 15 cloves
- 2 cinnamon sticks, slightly crushed
- 2 allspice berries
- 1 strip of lemon peel

Put all the spices and the lemon peel into a small saucepan and cover generously with water. Bring slowly to the boil and simmer for 30 minutes to instil. In another pan, heat the honey until it is warm and liquid, and add the vodka to it.

Add the spice infusion with the spices still in it to the honey-and-alcohol base. Taste. Add water to your own pleasure, especially if you're using spirit instead of vodka. Pour the whole lot into a jar or bottle and store for 2 weeks. Shake it up every 2 days. Strain off any residue from the spices and rebottle. Serve warm in modest quantities. Tastes better than porridge!

Weddings

Who, when and why wasn't I invited?

Welcome to the new Zdorov! Wedding page, featuring you young lovers making that final commitment. Here is your chance to share that special day with the rest of the Ukrainian community, and for Zdorov! to increase its readership to all you mother inlaws. We hope you enjoy this new feature on all the newly weds, and keep sending us those wedding shots. Best wishes to all the winter brides.



Peter Lewyckyj was married to Maria Ochryn on 4th May 1996 at the Ukrainian Catholic Church in Bradford. The reception was held at the Ukrainian Club in Bradford and guests travelled from all over England including Peter's home town of Coventry. The couple now live in Bradford.

Nottingham's Bohdan Krywyj was married to his Ukrainian born wife Luba Valko at Nottingham's Ukrainian Catholic Church and a reception was later held at the Ukrainian Club. Guests travelled from all over England and the bride's family were present from Ukraine. The couple had to work through a lot of red tape to satisfy the British Consulate that they intended to settle in Ukraine after the ceremony and the Ukrainian Ministry required them to get married in a Ukrainian registry office prior to the English church wedding.



However, the groom's family and friends ensured that all the preparations were in order for their wedding day which will be remembered for the 'popraveny'. The Ukrainian tradition, which involves the groom having to offer a reward for the return of his kidnapped bride, was noted for the bride being kidnapped by Halyna Halik and a motley crew of girls who escorted Luba to a nearby pub and entered negotiations with the groom via a telephone. They demanded four bottles of vodka, a pair of tights and for the best men to stand on stage dressed in ladies gear and sing "Byla Mene Maty" as ransom. The men were later undressed and given a make-over and when the girls found out that the vodka was filled with water, most of the contents ended up on poor old Bohdan. The bride's family liked the relaxed atmosphere and the idea of an evening buffet. As Bohdan explained, "weddings in Ukraine are renowned for their gluttony where you are constantly pumped with food just so that you can drink more vodka".

Slavko Mykosowski from Manchester married Melissa Horpinitch of Melbourne, Australia. They previously met in Kyiv three years ago and planned to marry there, as Slavko quotes "the Paris of Eastern Europe."

The church ceremony took place in Volodymyrskyi Sobor, now a Ukrainian Orthodox Church which is steeped in Byzantine tradition and the Kyivski Orthodox Filaret and TV crews were eager to greet them for the special occasion. After the church ceremony a wedding procession took place with folk musicians to the monument of Taras Shevchenko.

The reception eventually got underway in Hotel Ukraine, with lots of wine, music and Chicken Kyiv as the main speciality.

The Champagne and Caviar Honeymoon was spent in Yalta, (Crimea) on the Black Sea. Slavko and Melissa also made good use of their mafia connections who arranged their last night stay in Livadia Palace of Tsar Nicholas II.

(Regular readers of *Zdorov!* may recall Slavko's appearance in issue 2 where he described himself as "free and easy". Is this still the case? Perhaps love is blind and hope is eternal! Ed)



If you are planning to celebrate a special occasion, i.e. a wedding, birth, planning to leave home, coming home etc, then we want to hear from you for our new feature called - 'Hatched, Matched & Despatched'! Please send your pictures etc. to Peter Solowka, 63 Royal Park Terrace, Leeds LS6 1EX.



The new 'Little and Large', Stepan 'Luddy' Pasicznyk and Joanna Kalynij were married by the Right Rev. Bishop Michael Kuchmiak at the Ukrainian Church of St. Olga in Peterborough on 28th September 1996.

Flowers were by Halyna Halyk and music by 'Chornomorski Kozaky'

'Luddy' asks - where's the accordion? - and thanks for lasting out the 'Perepyl'

Majority of wedding guests stayed at the same hotel in Peterborough, where the residents bar was kept busy all night. This followed on from an amply stocked free bar at the wedding itself. PHEW!!

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A PERFECT XMAS GIFT

Something out of nothing?

Hic!

by Irena Kuszta

Alcohol and Ukrainians; what do you think of the drinking habits among young Ukrainians. Is it any worse than other cultures?

Is it a problem that needs serious attention or should we turn a blind eye because our Ukrainian social branches couldn't survive without continuous support of the 'heavy' drinkers. By ignoring it are we neglecting the health of our friends or are we making something out of nothing?

It's an issue that *Zdorov!* will look into in depth in future issues but here's what some of you thought about the drinking habits of Ukrainians in the UK.



What drinking habits?
Stephan Vucio, 29, data analyst, Wolverhampton.

I think it's absolutely dreadful. Ukrainians drink far too much particularly when they go to functions. It's a way of life. All they (men) know is Vodka. There are a few men I know who don't but the majority of Ukrainians drink way above normal levels.

Anna Hucul, sauna and manufacturing worker, Bedford.



It's kind of acceptable on one hand but there's a really serious, underlying problem there. You feel something terrible is going to happen. It's sort of part of being Uki and the culture but it's almost abused.

Oksana Tyminska, 31, mother and gherkin pickler, Nottingham



There are rather extreme situations where it goes beyond the boundaries of social reasons. I'm talking about a hard-core of Ukrainians that seem to go over the top but generally lend themselves to drinking so easily and this hard-core group take advantage of that. I've only had experience of this with Ukrainians. I'm sure you get the same hard-core group with the English.

Sharon Ostrowskyj-Fedyk, 37, teacher, Nottingham.





Anna: The only true drinkers here are me, Nat and Sonia. We come in threes like a pack of Marks and Spencer's knickers. I only drink Babycham because the Vodka tastes disgusting.

Nat: I think it's a way of life but that's good because, for some people, that's all they've got.

Anna: A lot of people are f***in their personal lives and it transgresses down to their state of mind. This is all young people, not just Ukis.

Nat: By way of conclusion, we estimate by 1998 all 15 and 16 year olds will be ... er ... 17 and 18 years old. Yes we've had a drink or two. There's nothing like a good session.

Anna: Generally, I think it's disgusting.

Anna Smondulak, 15, catering manager, London.

Natalia Shkromyda, 13, student, London.

I think the idea that we as a culture are drinkers is over-inflated. It's no different with my English friends. It's the culture of Uki's and their reputation that makes it seem worse. A lot of blokes drink for a reason; whether it's complications in their lives or whatever. It may be some 'blokes' only form of release. I don't think Uki blokes drink more than anyone else.

Ray Gresko, 35, electrical design engineer, Coventry.



If I've ever heard a loaded question that's one. Ukrainians enjoy their drink, perhaps sometimes to excess but it's not a problem. It looks like they drink a lot because you only see these people once in a while at functions; you can see

them drinking here now. If you take the percentage of Ukrainian alcoholics relative to the English in Britain I doubt it would be worse.

Zenko Lastowetskyj, 36, business manager for Asda, Bradford. (Also head of CYB in Bradford.)

Uki men have more of a drinking problem than Uki women because the men don't want to face reality. All Uki blokes, they're weak. They see themselves turning into their fathers and they can't handle it so they turn to drink.

Halya Tanasijczuk, 24, sales manager, Coventry.



They drink to get drunk. There's also a reputation that we're drinkers which comes from Ukraine. A lot of English people go to Uki functions and they seem to drink much more than they would normally. It's like the reputation gives them an excuse.

Katrusha Zamulinska, 17, A level student, Leicester.



They're brilliant!

Maria Nixon, 30, supply assistant, Nottingham.

The habits are excellent. I regularly drink a hot cup of lemon tea.

Anna Soroka, 31, civil servant, Nottingham.



When you get to Tarasivka (Ukrainian Youth Association Headquarters) there are a lot of p***heads. From the outside it's not perceived as a problem because everyone looks like they're having a good time. It also keeps Camp in profit.

Petro Luczka, 35, production manager, Coventry.



Little Ukraine in New York

by Greg Kowalczyk

"Sting, Madonna and Tom Cruise are all regulars. It may be

something to do with the 420 different beers in stock."

Wolverhampton's Greg Kowalczyk was unhappy. Bored with his job, his love life and his miserable Uki friends, he decided enough was enough and so one day he packed his bags, bought an airline ticket and went to New York to follow in the footsteps of that great Ukrainian, Quentin Krysnyak. Sting even wrote a song about him, "A Ukrainian man in New York". Greg very kindly agreed to show us what we are all missing by writing an article of his journey so far. Now read on!

Think New York City, what springs to mind? The Statue of Liberty? Maybe the Empire State Building? As I scan the map, looking for the next tourist site to visit, I spot the words

"Little Ukraine" hidden away in the East Village of Lower Manhattan. It isn't listed in any of my tourist guides of the city, so I decide to write my own. With map in hand I head South, down 3rd Ave until I arrive at East 14th Street. The East Village.

It's a hive of activity. Sidewalk restaurants, bars and delicatessen shops, just waiting to satisfy one's tastebuds. Then, I hear the familiar sound of Ukrainian being spoken. I must be in the right place! Still walking South, I turn left into East 7th Street, and to my right I see the huge Ukrainian Catholic Church of St. George. Built in 1976, this church dwarfs most of the Ukrainian churches I have seen in England. Above the entrance doors is an impressive

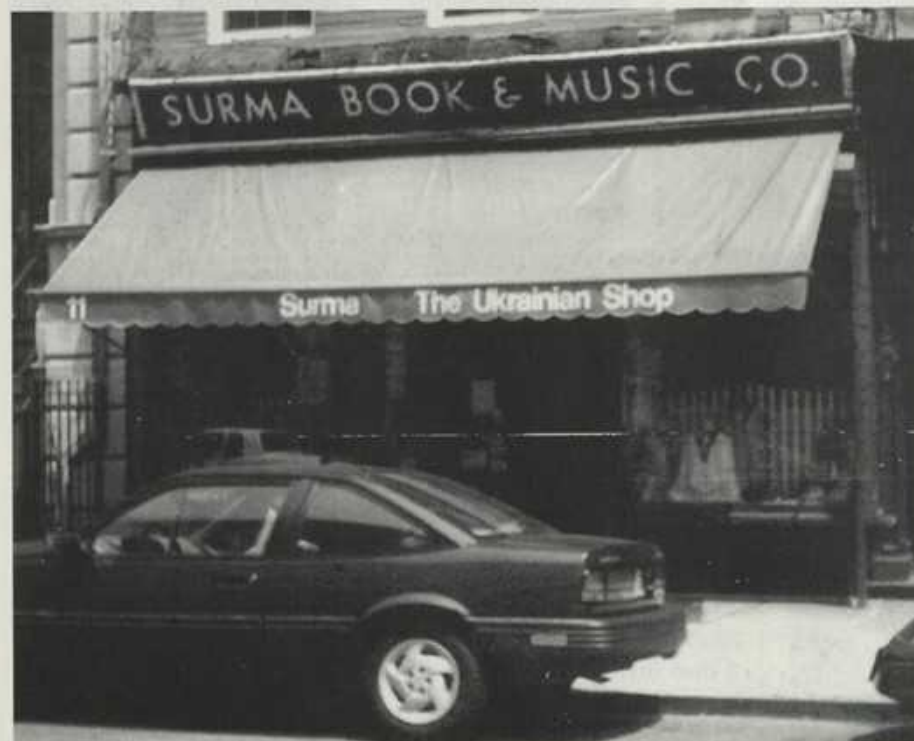


The Kiev Restaurant is popular with Ukrainians and tourists alike

golden mosaic which glistens in the sun. As I step inside, the enormity of the church and the beautiful stained glass windows really strikes me. The midday mass is about to start and the church is packed.

Afterwards, I leave and turn into Taras Shevchenko Place, where at the end of the block I find the St. George Ukrainian school. Unfortunately it is closed for the holidays so I can't go in and look around.

I head back in the direction of the church and see a little shop called 'Surma'. A lady greets me with a smile and "Dobri den" as I enter. While I browse, the owner Myron Surmach offers assistance. He is the father-figure



The Surma bookshop stocks a vast selection of books, videos and other Ukrainian gifts



St. George's Ukrainian Catholic Church with its beautiful golden mosaics

of the East Village and knows everyone and everything. His shop which opened in 1918, has a large selection of audio and video cassettes, books, embroidery, "Ukrainian Pride" t-shirts, ornaments, and other bric-a-brac, all reasonably priced. I buy the new Veriovka video and make a hasty exit before I spend all my money.

The temperature is climbing into the 90's and I need a drink to quench my thirst. I walk into 'Brewsky's' which was opened in 1986 by Jaroslav Kuziw or 'Jerry' for short. I introduce myself, and explain that I'm writing a guide about 'Little Ukraine' for *Zdorov!* and then thrust issue 4 of the magazine into his hand. Jerry is impressed and agrees to give me a guided tour.

Signed photographs of film and pop stars adorn the walls of "Brewsky's" as the bar is popular with the rich and famous. Sting, Madonna and Tom Cruise are all regulars. It may be something to do with the 420 different beers in stock. "Soon to be increased to 600", says Jerry proudly. He then leads me to his other bar called 'Burp Castle' which is 2 doors away. The walls are hand painted with pictures of the Middle Ages. Bar staff and waitresses are dressed as monks, while Gregorian chants are playing in the background. Underneath 'Burp Castle' and 'Brewsky's' lies a basement which Jerry plans to transform into yet another bar.

Jerry is also a member of the NY Ukrainian Landlords Assoc. which boasts 125 members. He then shows me around an apartment building of his which is being renovated. There are no Uki hotels in the city but Jerry would be happy to accommodate any visiting Uki's in one of his rooms.

A deal is in the pipeline with the owner of one of the largest clothing companies in the USA. If everything

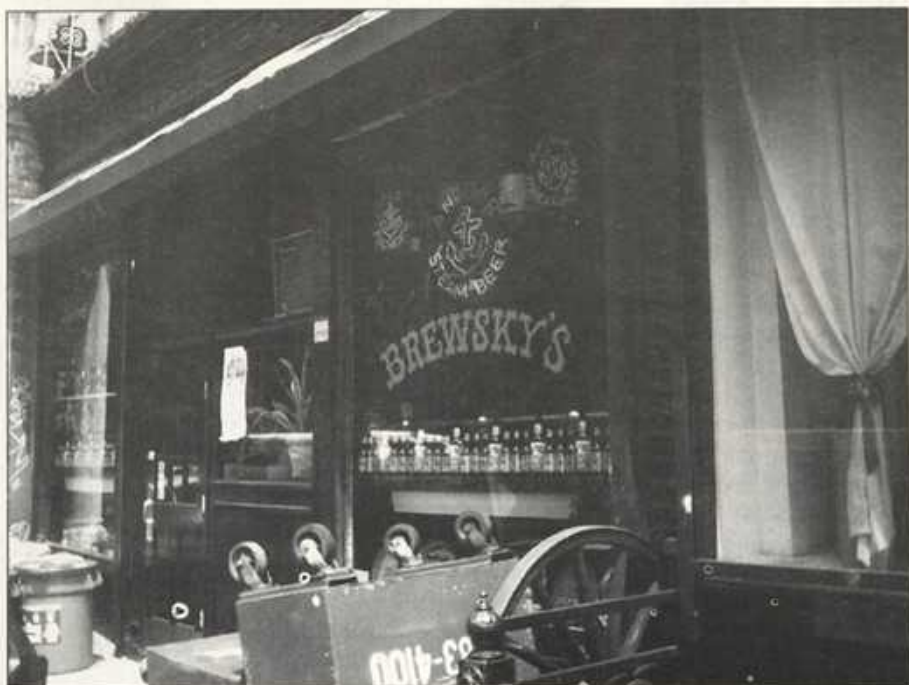
goes to plan, Jerry's dream of a chain of 'Brewsky's' will come true. I leave Jerry and cross the street to the Kiev Restaurant.

Situated on the corner of 2nd Avenue and 7th Street, the restaurant is popular with Ukrainians and offers both take-away and sit-in meals. The menu is varied with generous portions and reasonable prices.

Next stop on my tour is the Ukrainian Sports Club (locally known as YCK) which was established in 1949. I meet Ivan Kowal who is on the club committee and he fills me in on what teams and groups are based there. There are two soccer teams and a billiard/pool team which represent the club. The New York Dumka mixed chorus are also based here and practise every Friday. "YCK" produce a monthly newsletter under the initiative of Steve Kovalenko who is also player/coach with the New York Ukrainians Soccer team. The newsletter contains up to date news on all matters as well as providing specific information on soccer around the world.

Before I leave, I have a chat with some of the locals, who are friendly and hospitable.

Due to the size of the Ukrainian community in New York City (which is 70,000 strong), it would be impossible to cover everything "Little Ukraine" has to offer. From museums to dance schools, churches to deli's, it's all here. And if this isn't enough, try a visit to 'Soyuzivka' or 'Verkhovyna', the holiday resort for Ukrainians in Upstate New York.



Little Ukraines' Brewsky's bar, which is soon to sell 600 different beers

ukraines' success in atlanta

by Peter Fundela

With the Ukrainian football team riding high on the crest of a wave in the World Cup qualifying heats, it is all too easy to forget the success our national athletes won at this year's Olympic Games held in Atlanta, the first Ukraine has competed in as an independent country.

When Ukraine won the first gold medal we noticed, when the second came we began to talk, the third and we cheered. But no person could have predicted the remarkable achievement reached by gaining nine gold medals which placed them ninth in the final medals table.

Ukraine sent 220 athletes to compete in 25 events. Ironically Ukraine's success could have been greater were it not for likes of the pole-vaulter Sergey Bubka and the gymnast Hryhoriy Mysiutin who have long term injuries. Bubka's unexpected withdrawal was the speculation of wild rumours - one that he was caught in a battle between Donetsk and Dnipropetrovske gangsters and was told not to compete, and the other that he could not pass a doping test.

HOW THEY FINISHED				
	Gold	Silver	Bronze	Total
U.S.A.	44	32	25	101
Germany	20	18	27	65
Russia	26	21	16	63
China	16	22	12	50
Australia	9	9	23	41
France	15	7	15	37
Italy	13	10	12	35
South Korea	7	15	5	27
Cuba	9	8	8	25
Ukraine	9	2	12	23

However, what made success the more remarkable was the fact that Ukraine beat so many wealthier countries. To place this into perspective, *The Guardian* calculated a fairer medals table based on how countries performed according to resources available. They divided the total points won by each country (three points for gold, two for silver and one for bronze) by per capita gross domestic product (or economic wealth). If the medals table was based on this format, then Ukraine would have finished fifth behind China, Russia, Ethiopia and Cuba respectively.

One reason for Ukraine's success lies in the facilities invested by the state government. In an interview with the Ukrainian Sports Corporation, Valeriy Borzov, President of the National Olympic Committee of Ukraine said, "There are 104 Ukrainian national federations for various types of sport and all have been recognised by the relevant international sports organisations. Ukraine now has four higher and 15 specialized secondary educational establishments, and has opened the Kyiv State Centre for Sports' Medicine, the State Research Institute for Physical Training and Sport, and a Trainers' College. More than 580,000 children and young people study and train in the 1,500 children's and young people's sports schools and colleges which will provide a pool of future Olympic athletes".

Ukrainians were not heard to moan about the much-criticised facilities at Atlanta nor was there any ego's flying between competitors - (The only complaint heard was the lack of borscht and pampushki available). The athletes achieved their success through hard training and a self-belief and determination that has been inherited from their past Olympic successes with Russian Olympic teams.

What is even more encouraging is the margin of success each athlete won over their nearest rivals. The dominance of our sports heroes in their respective fields is evidence that our stars are to shine for many more Olympiads to come

Who were they?

We provide a run down of the athletes who picked up gold in Atlanta.

1. Liliya Podkopayeva (Gymnastics All-around event & Women's floor exercise)

Hailing from Donetsk, Ms. Podkopayeva took two gold medals in gymnastics. She was the 1995 world gymnastics champion. The 17-year-old is a very tough competitor who possesses grace and beauty. She trains with Club Dynamo and her coach is Halyna Losynska.

2. Inessa Kravets (Women's triple jump)

The 29-year-old from Kyiv is already world champion and record holder with a best leap of 15.50m. She has won numerous European, national and international victories. Her coach is Mykola Kushnir and she trains with the Ukrainian Armed Forces Team. Kravets was only fourth in the qualifying round but in the finals, she cleared 15.33 at the third attempt. After the triple-jump, Kravets withdrew from the long jump, in which she was favourite, citing lack of rest between both events.

3. Kateryna Serebrianska (Gymnastics individual all-round)

The 19-year-old from Symferopil was the 1995 over-all world champion in rhythmic gymnastics. Her coaches are her mother, Lyubov Serebrianska and Albina and Iryna Deriuhina. She trains with Club Dynamo. Serebrianska dominated the event and scored perfect 5.0's in the final round.

The event itself uses four separate apparatus: a ball, a rope, a ribbon and a club and the creativity with the apparatus and body score highly.

4. Roslan Sharipov (Gymnastics Men's parallel bars)

The 24 year old Sharipov hails from Tadjik but has lived in Kharkiv since 1986. The married father of one said that before the Olympics, he decided to concentrate on individual rounds. "I had one plan - to repeat my win on the parallel bars" he said. Sharipov took gold with the Unified team at Barcelona in 1992.

5. Oleksander Klichko (Boxing-Super-heavyweight over 91kg)

Klichko outscored Paea Wolfgramm of Tonga and said afterwards: "I gave 110

percent. I exerted the minimum energy and didn't take any risks that might keep me from winning".
Kyiv-born Klichko stunned the boxing world earlier by beating the U.S. favourite Laurence Clay-Bey.

6. Yevhen Braslavets and Ihor Malviyenko (Yachting- Men's 470)

Although not even rated before the regatta began, they deposed of the British favourites John Merricks and Ian Walker.

7. Timur Taimazov (Weight-lifting - 108 kg class)

The favourite, 26 year old Taimazov is from Kyiv and is the world-record holder. He has won two world championships and three Europeans in the last three years. Clean and Jerk and the snatch are the two techniques practised and the combined score determines the winner.

8. Viacheslav Oliynyk (Greco-Roman Wrestling - 90kg)

The virtually unknown Oliynyk came from nowhere to win this event. Wrestling is divided into two different disciplines: Olympic Freestyle which the United States excelled in; and the European favoured Greco-Roman in which contestants are forbidden to hold below the waist.

(Source: The Ukrainian Weekly and International Sports Corporation)

Kuchma congratulates athletes

After the athletes had returned to Ukraine, a ceremony and reception was held at the Mariyinsky Palace by President Leonid Kuchma in their



Photo: Theresa Rozha

honour. The president presented gold medal winners with Cross for Courage medals, as well as \$50,000. Silver and bronze medal winners received presidential badges of honour, and monetary prizes of \$30,000 and \$20,000, respectively.

Valeriy Borzov spoke of the role success in the Olympics will play in forming national awareness and patriotic feelings, adding that these Games proved Ukraine has great potential as an Olympic contender in numerous sports.

"The victories of the Ukrainian athletes - the participants of the Olympics - are a source of pride for Ukraine's citizens and foster national awareness," he said.

President Kuchma spoke warmly of the Ukrainian athletes. "The medals, the ovations, the applause which were given our athletes in Atlanta have simultaneously asserted Ukraine's standing," said the smiling president before greeting each athlete individually

with medals, certificates and cash awards.

The national anthem was played nine times and the national flag raised nine times in honour of each gold medal victory.

(Source: The Ukrainian Weekly)



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RAPE:

A Ukrainian Issue

Rape: The forced imposition of sexual intercourse on a human being

Although a sensitive and certainly controversial issue it does and will inevitably effect many women, Ukrainian or not. However, when does rape become a Ukrainian issue? - when Ukrainian women are raped!

Disturbing is it not? I personally know of four Ukrainian women who have been raped. They were all raped by Ukrainian men. Given that the victims are first generation Ukrainians that are known and respected within the community, then it should be a concern to us all. However, what is even more alarming is that none of these women have reported the matter. The question next is why?

I spoke to a rape victim, who is highly involved within the Ukrainian community. She tells me this is not an easy question to answer. Why would any woman report the crime? It was certainly not an initial response for her, particularly as the rapist himself was Ukrainian. So what stopped her?

She tells me firstly about the factor of being believed. Secondly she feels a confrontation with the rapist would bring disrespect into the

community and onto her family. However, by staying silent she is protecting that very community harbouring the rapist.

The issue of rape is brought closer to home if it occurs to a Ukrainian woman by a Ukrainian man. However because this questions your 'ethnic moralities of betrayal and loss of trust, it is not spoken about openly. Is the Ukrainian community also, therefore betraying your trust? The issue of rape threatens the very strengths we have built up as a community, its bonding, the security it gives and the excellent networking between communities and associations.

Admittedly it must be said that not all Ukrainian men are potential

“The issue of rape threatens the very strengths we have built up as a community...”

rapists. Though it would be naive to assume that Ukrainian men are not capable of such crimes.

This article is not a lecture about the cause of rape, or who should be to blame. It merely touches upon a deeper concern. Why don't we as a community take the responsibility to talk about such matters, however unpleasant. Why should these women feel they should be protecting men within their social circles because they are Ukrainian.

Yes, I am a hypocrite - I am writing anonymously.

If you have any views on this article, please write in confidence to Peter Solowka, 63 Royal Park Terrace, Leeds LS6 1 EX. All letters will be passed on to the writer.

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Talkback

I refer to Irena's interview 'One year on ... How has *Zdorov!* gone' No doubt her remarks deterred many a prospective Uki Club member from joining our much depleted ranks, and sent confirmation to our absent Uki sons and daughters, that they were right all along to drop out of the Uki club scene. Her description of decaying Uki communities, run by money grabbing heartless tyrants 'breathing down our necks' or 'taking a cut of the profits', couldn't be further from the truth. Communities which are members of the Association of Ukrainians in Great Britain, send a small percentage of their membership fees as well as members donations to SUB HQ in London, which helps finance their operation. This practice is common amongst associations throughout the U.K.

Those who support their community will tell you things are by no means perfect. Changes are being made from within the communities without the help of local 'armchair critics', putting the world to rights. They're outside looking in, advising us how it should or shouldn't be done, then beating a hasty retreat when asked to put their ideas into practice.

I find Irena's comments offensive and an affront to all those who work hard in the community for the benefit of the community, and I'm sure we don't need her feeling sorry for us. It's hard to believe that someone can still hold such antiquated views of the Uki clubs' infrastructure which is so out of touch with what's happening today. (Second generation Ukis are running things now at HQ and in the major clubs).

We at Ashton have several non Ukrainian speaking members both working in the community and on committees, so for several years now have conducted all our meetings in both Ukrainian and English. We compromise with them and certainly don't have them thrown out of the community.

Irena says that previous members with 30 years service are treated like animals once they refuse to pay their membership fee. It is wrong to treat anyone like an animal and I for one have never witnessed this in our club. However, why shouldn't they pay? All our clubs are subject to the Club Licensing Laws which prohibit non members entry to club premises. The clubs need their membership to stay in business. The fact that someone has been a member for 30 years but isn't one now is hardly relevant, they are no longer members and barred from entering. Furthermore, we're only talking pennies per week here for a pensioner to be a member of SUB!

To allow our communities to collapse and die, as Irena suggests, would be the destruction of our parent's life achievements. Under normal circumstances, one lets something die when, on balance the efforts needed to sustain life are so great that they outweigh any benefits. Maybe for some clubs that will be the case in the not too distant future, but for those communities with foresight, enterprise, community spirit and a commitment to succeed, there is a future, be it somewhat different from the communities we recognise today.

Irena postulates, if we let the communities die, then maybe a talented boy/girl wonder will rise up out of the ruins, to embark on their quest for the forgotten Ukis. Uniting them in a common cause to build a new Uki utopia complete with pseudo Uki music, dancing and singing. Does she honestly believe that people will suddenly dig deep into their pockets and contribute generously to something they don't want to be a part of in the first place?

DREAM ON IRENA.

SLAW STASZKO, MANCHESTER

by Slaw Staszko
and Wolodynyr Lenczyk

As a member of the older generation of Ukrainians, I wish to support Miss Kuszta's thoughts in her article in the Summer issue of *Zdorov!* entitled "One year on ..."

When the Association of Ukrainians was formed in G.B. after the war by the Ukrainians who served in the Polish Corps of the British Army and the Canadian army, the intention was that it would unite all Ukrainians, regardless of political affiliation or religious beliefs. Unfortunately when other Ukrainians arrived from Germany and Italy, two branches of the Organisation of Ukrainian Nationalists (OUN) started to fight for the control of the Assoc. of Ukrainians, which resulted in a split of the Ukrainian Community in GB and formation of the Federation of Ukrainians in GB.

This quite necessary and very damaging split has caused in the past and is still causing a lot of problems in our society in GB. The intention of both branches of OUN was to keep strict control over Ukrainians in GB and establish a power base over every aspect of the life of the Ukrainian Community in G.B., including the finances.

This desire to control all sides of the community has also been extended to the Ukrainian Catholic Church, with catastrophic results. This desire to control everything has resulted in the decline of our cultural, social and religious life and today only a very small number of Ukrainians are still active and pay membership contributions to the Assoc. or Federation of Ukrainians in G.B. Our Catholic Church is in total decline.

Younger generation of Ukrainians, when they experienced first hand the hunger to control everything by the older generation, have in the end left the Ukrainian community and relatively only a small number of our young people are active in the local communities all over G.B.

The older generation of Ukrainians despite the fact that they have been living in the democratic country over 50 years, cannot tolerate people with different views.

Both branches of the Ukrainian Nationalists should unite together and set an example to the Ukrainian People, who are still fighting for the survival of the free and democratic independent Ukrainian state.

We always talk alot about unity and we pray for unity, but do very little about unity amongst Ukrainians, which is so very vital for the Ukraine.

WOLODYNYR KAZYMYR LENCZYK, RUGBY, WARWICKSHIRE

UnitedColors of Belfast

by Alex Kurlyak

Saturday, August 31st was a historic day for all Ukrainians. Our national team came to play Northern Ireland in the World Cup qualifiers. Alex Kurlyak gave us his account of this memorable experience.

The first doubts about the wisdom of coming to Belfast began to cross my mind when we drove down Ormeau Road and I saw the RUC officers in their flap jackets with their guns and armoured vehicles blocking off side streets. After all I have had many exciting football experiences as a player and fan - I've had the honour of captaining several teams, seen Scotland play at Wembley and qualify for World Cups, seen Dundee United win the Premier League and the cup (at the 7th attempt), play in the UEFA cup final and European Cup semi-final - in fact I had seen the lot!

So what was I doing in Belfast? I was going to watch Ukraine play in their first ever World Cup tie - this was the ultimate football experience.

As I entered the hotel bar, I saw all the regulars - from Coventry, Wolves, London, Canada, Luton etc.



We strolled into town to start the preliminary drinking rounds. As soon as we entered the first pub, we started singing only to be stopped short by a bouncer who must have had a packet of steroids for breakfast. They were more liberal next door and we were allowed to sing quietly. Back to the hotel for 1p.m. and every one got changed into their gear for the game and had their faces painted with flags and symbols of many descriptions and inventions. We were joined by the others from the Malone Lodge and made our merry way to the match.

As we approached a crossroad - singing, banging drums, blowing klaxons and hooters - we met with Sopol's lot - most of whom were carrying flags on long poles - they too sported painted faces. It was like a scene from Taras Bulba or from a village wedding in Ukraine when the 2 families meet on the way to the ceremony. We crossed over a bridge and approached Windsor Park. Outside there were TV crews interviewing the fans and I managed to get on telly.

Into the ground and the dream became a reality. The players were warming up, there were

300 of us spanning 4 countries and 4 generations. The 2 teams left the field and returned to a very special welcome from the 9385 spectators.

Our national anthem was sung passionately and I think I did shed a tear - we had arrived. The Northern Ireland fans and indeed the Uki players seemed taken aback by our singing. The RUC requested that more men be sent to the ground and we began to sing and chant.

Ukraine survived a couple of close shaves in the first half and came close to scoring themselves and then left the field to a standing ovation. The cameras focused on the crowd during the break while the band played on.

In the second half Ukraine grew more confident and with the tremendous backing they were receiving began to respond dramatically. Then just as we were settling for a draw with 10 minutes to go Michael O'Neill gave away a free kick and was booked.

The ball was played left, the full back overlapped, crossed brilliantly and the sub headed backwards to where the ball had come - textbook stuff - a despairing lunge by the Irish defender but the ball hit the net. That was the signal for celebrations. Even the Uki coach Sabo joined in doing an impersonation of a rave dancer and flashing us his golden teeth. The fans were jumping up and down, hugging and kissing one another - covering each others clothes in streaks of blue and yellow paint. From that moment until the long overdue final whistle it was one big party with "mno hiya lita" and "hey zabava - zabava ash do ranka" ringing out. The players took a bow at the end, we refused to leave and when we did I shook more hands than I have done in all our Scottish New Year celebrations. Sabo made a speech outside the players' entrance and presented the fans with the signed match ball, autographs were signed, pictures taken and the team took off for the airport rather bemused by all this hero worship. Some of Sunday's newspapers referred to "the surprisingly large and noisy support from the Ukraine" and to there being "300 ecstatic Ukrainians fans seeing the team off at the airport".

On the way back to the hotel we visited a bar and some of the Irish fans gave us a



standing ovation as we strolled in. We talked to many of them, to the Irish players and everyone proved to be rather friendly - of course they told us how lucky we were and they could not understand how folk with English accents could be supporting Ukraine - that took a bit of explaining. Irish folk were buying us drinks and I ended up giving away my ticket, programme and scarf.

Back to the hotel - a final nightcap and song or 2 in the bar and off to bed for a long sleep. One of my first reactions the next morning was that I wished I could repeat the last 24

hours over again and again - football will never be the same again but then there's always Hearts v United on Saturday, however there is always Portugal, Germany and even France - steady on lad! Well - anything is possible given the recent events experienced by Ukrainian history since 1991.

As they stand

	P	W	D	L	F	A	Pts
Portugal	4	2	1	1	5	2	7
Ukraine	3	2	0	1	3	2	6
Germany	2	1	1	0	6	2	4
Armenia	4	0	3	1	3	7	3
N Ireland	3	0	2	1	2	3	2
Albania	2	0	1	1	1	4	1

Forthcoming games :-

March 29th	Albania v Ukraine
April 2nd	Ukraine v N. Ireland
April 30th	Germany v Ukraine
May 7th	Ukraine v Armenia
June 7th	Ukraine v Germany
August 20th	Ukraine v Armenia
October 11th	Armenia v Ukraine

Porto-house Blues

by Stefan Vucio

A large, colourful and vocal crowd from the U.K. travelled to Portugal recently to see Ukraine lose by a goal. The game took place at the F.C. Porto football stadium which is where Portugal's most passionate football supporters can be found. The game was played on Saturday 9th November and as Stefan 'Voitch' Vucio from Wolverhampton explained, "the Northern Ireland game a few weeks earlier seems to have set a precedent for future internationals". The British supporters again wore the now obligatory face-paints and national costumes and led a colourful procession from the Grande Hotel do Porto through the town centre, to the stadium; in the process receiving an enthusiastic welcome from the Portuguese fans.

Outside the stadium, they were met by a party of 250 travelling supporters from Ukraine, a first for any international away game. The Ukrainian supporters, mostly wealthy middle-aged businessmen were taken aback by the large and loud U.K. following and asked the supporters where they bought their flags and drums as these are unavailable in Ukraine.

Inside the stadium, the atmosphere was electrifying with 30,000 supporters in a buoyant mood. The Ukrainian national assistant manager came over to the supporters and asked them to sing out loud. The national anthem was duly heard loud and clear.

The game itself kicked off with Ukraine missing their injured star striker Leonenko who was also missing in their home win against Portugal. Ukraine played defensively and were looking for a draw and for much of the game, Portugal were unable to penetrate the strong Ukrainian defence. However this led to a restrictive formation with few attacking options. Ukraine held on for much of the game but in the 58th minute, Couto scored from a superbly taken free-kick. After the goal, Ukraine pushed all their players forward for a draw and Portugal were made to look fragile. However the game ended with 3 points going to Portugal and the home team left the field to loud protests and boos from their home supporters.

The Ukrainian contingent were overwhelmed with the spirit of the U.K. fans and many tears were shed. However our supporters didn't let the side down and sang 'Kalyinka, kalyinka' and 'Slava, Slava, Ukraina' to the tune of 'Glory, glory, hallelujah'; ending with 'And the blues go marching on on on'. Attempts are being made to rewrite this line in Ukrainian. After the game, the team ran over to thank the fans for their continuing support.

Elsewhere, Germany drew at home with Northern Ireland which leaves Ukraine in second place. In December, Portugal take on Germany and a goal-less draw will do no harm to Ukraine's chances of qualification.

Finally, Stefan Vucio met with the Vice-President of the Ukrainian F.A. in Portugal to discuss the prospects of setting up a European Supporters club. Negotiations are still taking place so watch this space!

Reviews

by Peter Fundela

A first for *Zdorov!* where we review three new magazines from Ukraine which provide an indication of the current styles and trends popular in Ukraine.

'Halas' - is the Ukrainian version of 'Q' magazine and contains the usual element of record and gig reviews, and features a good mix of articles on Ukrainian and Western artists including Bjork, Therapy, Blur and eh, Kiss? However, given that November's Deep Purple concert in Ukraine sparked a riot by 30,000 fans, I think there's a long way to go. (I didn't think the older rockers still had it in them!) As I flick through the magazine, two things become apparent. One, the depth and diversity of 'home-grown' talent that exists and secondly, how much Western pop music is now a firm fixture of the Ukrainian scene. 'Halas' features interviews with Ukraine's top grunge/rock band 'Komy Vnyz', and Alexander Ponomarev who looks like Liberace's love child but is in fact Ukraine's answer to ehm, Rick Astley.

Looking through the album chart, Metallica are at the top with The Fugees at No.3 and even the excellent Beck and those Oasis boys figuring in the Top 20. Disappointingly, no Ukrainian artist is mentioned in the chart. Perhaps the recording and distribution fees are too high which may explain the popularity of live performances over there.

Overall, 'Halas' is well-designed and offers an interesting read for any Ukrainian, wherever they may live.



place in any Beverly Hills charity shop; such is the the popularity of the 80's 'Dynasty' look over there. The politically incorrect feature on 'The Best Model of Ukraine' competition shows some beautiful would-be supermodels wearing next-to-nothing. The 'Hello' type spread of Ukraine's current shakers and makers fails to impress. Perhaps they try too hard to wannabe the 'in' crowd but need to find some subtlety if they are to succeed.



On the plus side, there are good articles on food and drink (ironic given the food crisis over there) and an interesting feature on Iranian culture in Ukraine. 'Eva' certainly portrays a fairytale image of Ukraine with Cartier and Versace ads included in the magazine, and it's appeal is certainly for the minority of wealthy citizens.

'Eva' - tries to be Ukraine's version of 'Marie Claire' and almost succeeds.

It relies too heavily on Western celebrities to sell the magazine and looks like it is aimed at Ukraine's rich and famous but is probably read by people who can only dream of such decadence.

Fashion plays a major role with features on recent European fashion shows by the like of Christian Dior and an article on Estee Lauder.

However, some of the ads for Ukrainian fashion boutiques show some truly awful clothes which wouldn't look out of



'Bsecmix'

is a 'Viz' style comic featuring witty cartoons and articles parodying politicians and celebrities.

This genuinely funny comic has a wide appeal and is well read in Canada and the United States, and shows that Ukrainians have not lost any of their unusually subtle sense of humour, despite the hard times faced by many.

One noticeable observation is the patriotism devoted to Ukraine with many jokes poking fun at Yeltsin et al. Good fun

What's on...

The complete festive guide to what's on and what's Ukrainian this winter and in the new year!

London and the South

Monday 13 January - New Year's Eve Dance 'Malanka'. Buffet, Champagne at midnight and live music from 'Zhneva'. Entrance £8.00, advance tickets from London Social Club, 154 Holland Park Avenue, London. (0171 603 9482)

Midlands

Monday 13 January - New Year's Eve Dance 'Malanka' with live music from 'Novina'; 8.00 pm. Ukrainian Hall, Leicester Causeway, Coventry. Tel: (01203) 225 962

Sunday 22 December - Saint Nicholas Day 'Sviaty Nikolai', childrens play and present giving; 4.00 pm. Ukrainian Hall, Leicester Causeway, Coventry. Tel: (01203) 225 962

Sunday 22 December - Saint Nicholas Day 'Sviaty Nikolai', childrens play and present giving; 6.00 pm. Derby Social Club, 27 Charnwood Street, Derby, DE1 2GU. Tel: (01203) 225962

Tuesday 31 December - New Year's Eve dance with live music from 'Marko'; 8.00 pm - 1.00 am. Derby Social Club, 27 Charnwood Street, Derby, DE1 2GU. Tel: (01203) 225962

Monday 6 January - Ukrainian Christmas Eve 'holy supper' or 'Sviaty Nikolai'; 7.30 pm. Derby Social Club, 27 Charnwood Street, Derby, DE1 2GU. Tel: (01203) 225962

Derby Social Club are planning a 'Ukrainian Heroine's Day' some time in February; and later on in February/March, a 'Racing Day' is planned to raise funds for the dance group.

North West

Saturday 21 December - Saint Nicholas Day 'Sviaty Nikolai', childrens play and present giving; 6.00 pm. Rochdale Ukrainian Home, Elmfield, 15 Mere Street, Rochdale. Tel: (01706) 46134

Sunday 22 December - Saint Nicholas Day 'Sviaty Nikolai', childrens play and present giving. Manchester Social Club, 31 Smedley Lane, Cheetham, Manchester, Lancs. M8 8XB. Tel: (0161) 205 6692/1444

Sunday 29 December - 'Bazaar' organised by the women's association. Manchester Social Club,

31 Smedley Lane, Cheetham, Manchester, Lancs. M8 8XB. Tel: (0161) 205 6692/1444

Tuesday 31 December - New Year's Eve dance with live music from 'Dvi Kolyori' and late bar; £5.00 entry. Manchester Social Club, 31 Smedley Lane, Cheetham, Manchester, Lancs. M8 8XB. Tel: (0161) 205 6692/1444

Saturday 11 January - 'Zdorov! Christmas Ball' - a pre-malanka zabava. Two live bands 'Chervona Kolina' and 'Novina'; Ukrainian Buffet, Piano music, cocktails and films. 8.00pm till 2.00 am, Tickets £6.00/£4.00 concs. Advance booking recommended, all major credit cards accepted - Tel: 0161 236 5032. Bowmans, 61 Picadilly, Manchester, M1 2AG.

Sunday 12 January - Christmas concert with carol singing; 4.00 pm. £2.00 entry. Manchester Social Club, 31 Smedley Lane, Cheetham, Manchester, Lancs. M8 8XB. Tel: (0161) 205 6692/1444

Monday 13 January - New Year's Eve Dance 'Malanka' with live music from 'Takota'; and late bar and restaurant; 8.00 pm. £5.00 entry. Manchester Social Club, 31 Smedley Lane, Cheetham, Manchester, Lancs. M8 8XB. Tel: (0161) 205 6692/1444

Saturday 18 January - 'Shchedry Vechir' traditional meal. Small cover charge. Manchester Social Club, 31 Smedley Lane, Cheetham, Manchester, Lancs. M8 8XB. Tel: (0161) 205 6692/1444

Yorkshire

Sunday 15 December - Senior Citizen's Christmas Party; 4.00 pm. Bradford Social Club, Westfield, 169 Legrams Lane, Bradford. (01274) 572026.

Monday 16 December - Saint Nicholas Day 'Sviaty Nikolai', childrens play and present giving. Halifax Social Club, Fairfield House, Queens Road, Halifax. (01422) 352904.

Also planned - possible traditional Christmas meal on **Tuesday 7th**

January. Call Halifax Social Club for further details.

Sunday 22 December - Saint Nicholas Day 'Sviaty Nikolai', childrens play and present giving; 5.00 pm. Bradford Social Club, Westfield, 169 Legrams Lane, Bradford. (01274) 572026.

Tuesday 31 December - New Year's Eve dance with live music and late bar; 8.00 pm. Bradford Social Club, Westfield, 169 Legrams Lane, Bradford. (01274) 572026.

Saturday 11 January - New Year's Eve dance with live music by 'Levi' and late bar; 6.00 pm. Huddersfield Social Club, 7 Edgerton Road, Huddersfield. (01484) 423278. Also planned, Christmas traditional dinner and carol singing, plus English New Year's Eve disco. Call Huddersfield Social Club for further details of these events.

Saturday 11 January - New Year's Eve dance with live music by 'Nova Richna Zabava' and late bar. Bradford Social Club, Westfield, 169 Legrams Lane, Bradford. (01274) 572026.

Sunday 12 January - 'Yalanka', children's Christmas party. Call Bradford Social Club for further details.

Saturday 18 January - New Year's Eve dance with possible live music. Halifax Social Club, Fairfield House, Queens Road, Halifax. (01422) 352904.

For all events, please call the club for further details. Also please note that other clubs will have some events over the festive period, and they have probably not informed us as their dates were not finalised by the time we go to press.

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Useful Addresses

London & South

Bedford Social Club.

170 Bower St., Bedford,
Bedfordshire, MK40 3QZ.
Tel: (01234) 351928

Cheltenham Ukrainian Home.

Glenfall Lawn, Pitville Circus
Rd., Cheltenham, Gloucester,
GL52 2PX.
Tel: (01242) 525321

Gloucester Social Club.

37-38, Midland Rd., Gloucester,
GL1 4UL.
Tel: (01452) 522506

Ipswich Ukrainian Home.

'Wyncroft'. Nelson Rd., off
Woodbridge Rd., Ipswich,
Suffolk, IP4 4DU.
Tel: (01473) 723929

London Social Club.

154 Holland Park Avenue,
London, W11 4UH.
Tel: (0171) 603 9482 / 0016

Luton Social Club.

16 Cromwell Hill, Luton,

Bedfordshire, LU2 7PY.

Tel: (01582) 611 049

Reading Ukrainian Home.

21 Sidmouth Street, Reading,
Berkshire, RG1 4QZ.
Tel: (01734) 572142.

Slough Ukrainian Home.

17 Lansdowne Avenue,
Slough, Berkshire,
SL1 3SG.
Tel: (01753) 524751

Waltham Cross Social Club.

28 Flamstead End Rd.,
Cheshunt, Herts., EN8 0HT.
Tel: (01992) 21288

Midlands

Coventry Ukrainian Hall.

Leicester Causeway, Coventry,
CV1 4HL, West Midlands.
Tel: (01203) 225962

Derby Social Club.

27 Charnwood St.,
Derby, DE1 2GU.
Tel: (01332) 547226

Kidderminster Ukrainian Home.

Sion Hill, Kidderminster, Worcs.,
DY10 2XS.
Tel: (01562) 740150

Leicester Social Club.

2a Fosse Rd. South, Leicester,
LE3 0QD.
Tel: (01533) 540227 / 558633

Mansfield Social Club.

54 Nottingham Road, Mansfield,
Notts., NG18 1BN.
Tel: (01623) 23184

Northampton Ukrainian Arts Theatre Club.

24 Pytchley St., Northampton,
NN1 5QY.
Tel: (01604) 32764.

Nottingham Social Club.

30 Bentinck Road, Nottingham,
NG7 4AF.
Tel: (0115) 9787 690 / 9789 420

Peterborough

Ukrainian Home.

Cobden Street, Peterborough,
Cambridgeshire, PE1 2HA.
Tel: (01733) 68232.

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Ukrainian Language Beginners Class for Adults.

Every Friday evening 7.30 till 9.30.

£3.00 per session.

Manchester Ukrainian Club, 31 Smedley Lane, Cheetham, Manchester. Tel:
(10161) 205 6692/1444.

Rugby Ukrainian Home.

15 Little Church Street, Rugby,
Warwickshire, CV21 3AW.

Tel: (01788) 542810

Stoke-on-Trent

Ukrainian Home.

34 Hempstall Lane, Newcastle-
under-Lyme,

Staffordshire, ST3 5JH.

Wolverhampton Social Club.

35 Merrydale Street West,
Wolverhampton, West Midlands,

WV3 0RJ. Tel: (01902) 20441

(Open - Fri & Sat 6 - 11pm,

Sun 12-3pm, 7-10.30pm)

North West

Ashton-Under-Lyne Social Club.

215 Stockport Rd., Ashton-
Under-Lyne,

Lancashire. OL7 0NP.

Tel: (0161) 330 7245.

Blackburn Ukrainian Centre.

87 Preston New Rd., Blackburn,

Lancashire, BB2 6AY.

Tel: (01254) 51084

Bolton Social Club.

99 Castle St., Bolton,

Lancashire, BL2 1JP.

Tel: (01204) 23725 / 26038

Bury Social Club.

14 Openshaw St., Bury,

Lancashire, BL9 7EH.

Tel: (0161) 764 6713

Carlisle Social Club.

2 Silloth St., Carlisle, Cumbria,

CA2 5UR.

Tel: (01228) 29121

Leigh Ukrainian Home.

84 Kirkhall Lane, Leigh,

Lancashire, WN7 5AA.

Tel: (01942) 671578

Manchester Ukrainian Centre.

31 Smedley Lane, Cheetham,
Manchester,

Lancashire, M8 8XB.

Tel: (0161) 205 6692 / 1444

Oldham Social Club.

9 Scholes Street, off Yorkshire

Street, Oldham,

Lancashire, OL1 3SZ.

Tel: (0161) 624 1575

Open - Mon and Thurs to Sun,
12 to 3pm &

7 to 11pm - 10.30pm Sun)

Rochdale Ukrainian Home,

'Elmfield'. 15 Mere Street,
Rochdale,

Lancashire, OL11 1HJ.

Tel: (01706) 46134.

Stockport Ukrainian Home

185 Buxton Road, Stockport,

Cheshire, SK2 7AA.

Tel: (0161) 483 7826

Yorkshire & Scotland

Bradford, 'Westfield'.

169 Legrams Lane, Bradford,

West Yorkshire, BD7 2EA.

Tel: (01274) 572026 / 573577

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Please send me the next four copies of **Zdorov!**. The next issue is due in the first week of March 1997, then at three monthly intervals, June, September, December 1997. If for any reason, an issue of **Zdorov!** is not produced, I will receive a refund of £2.50 for each such issue. I enclose a cheque/postal order for £10.00 made payable to '**Zdorov!**'

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Tel: (01909) 562589

Doncaster Ukrainian Home.

48 Beckett Rd., Wheatley,
Doncaster, south

Yorkshire, DN2 4AD.

Tel: (01302) 363049 (Open - 12 -
3pm & 7 - 11.30pm each day)

Edinburgh Social Club.

14 Royal Terrace, Edinburgh,
EH7 5AB, Scotland.

Tel: (0131) 556 7622

Halifax Ukrainian Home.

'Fairfield House', Queens Rd.,
Halifax,

West Yorkshire, HX1 4LN.

Tel: (01422) 368045

Huddersfield Social Club.

7 Edgerton Rd., Edgerton,
Huddersfield,

West Yorkshire, HD1 5RA.

Tel: (01484) 423278

Kieghley Ukrainian Home.

Mayfield Rd., Spring Garden

Lane, Kieghley,

West Yorkshire, BD20 6LD.

Tel: (0535) 603221

Lincoln Ukrainian Home.

Stairs House, Lindum Rd.,
Lincoln, LN2 1NS.

Tel: (01552) 531097

Leeds Social Club.

5 Newton Grove, Leeds, West
Yorkshire, LS7 4HW.

Tel: (01132) 621 458 / 0061

Scunthorpe Social Club.

BOWMANS OF PICCADDILY

Bowmans of Piccadilly - No not that Piccadilly! I'm talking about the sophisticated one in the centre of Manchester. The recently opened restaurant is fast receiving accolades in the North West for its interior design and its novel but

nouvelle menu.

Bowmans is owned by Canadian born, Ukrainian businessman Gary Bowman who is also the muscle behind International Sports Corporation, the Ukrainian Olympic Sponsors. Gary opened the restaurant as he

saw a gap in the market for the London transient who have inhabited Manchester recently, as well as catering for the up and coming well-to-do Mancunians. The restaurant attracts local celebrities and sports stars as well as couples, business people and groups of friends out enjoying itself. The staff are informed and friendly and there is acute attention to detail with an impressive wines and spirits list. Specialities include the Polish vodka cocktails and the champagne list. The interior decor is noted for its subtle lighting, wrought iron fixtures and large marble bar which smacks of a touch of art nouveau flirting with the 80's city bars - lush but certainly not gush. The menu is cited as global with influences from the chef's Gaelic origins. It does not comprise of the usual starters and main courses but allows the customer the freedom to choose any dish. Noted delights include the Salad of Duck with Roast Onions, Chicken Breast stuffed with Wild Mushrooms, served with Saffron Rice and Mushroom Sauce and Sirloin of Beef with Celariac Mash and Grainy Mustard Sauce. The restaurant offers an extensive dessert menu with Chocolate Fudge Cake and Treacle pudding topping the list of favourites. So if you wish to take your loved ones out for an evening or simply drop in for a drink during the happy hour (4pm to 7pm), Bowmans will not disappoint.



If you are planning to attend the *Zdorov!* Xmas Dance, here are some useful hotels you may wish to stay at:

Hotel International, 34 London Road, Manchester, M1. Tel: 0161 236 7484.

Prices from: Single - £28; double - £38.

Polex Hotel, 78 Dudley Road, Whalley Range, Manchester M16. Tel: 0161 881 4038.

Prices from: Single - £22; double - £40.

Belgravia Hotel, 439 Cheetham Hill Road, Cheetham Hill, Manchester (near Ukrainian Club)

Prices: Single - £14-16; double - £20-33.

81-83 Sheffield Street,
Scunthorpe,
South Humberside, DN15 7LD.
Tel: (01724) 840865
Todmorden Ukrainian Home.
Morris Lodge, Burmley Rd.,
Todmorden,
Lancashire, OL14 7QT.
Tel: (01706) 813381

Federation of Ukrainians in Great Britain and centre affiliations.

London and South

London Central Office FUGB.
25 Avenue Road, Acton,
London, W3 8NH.
Tel: (0181) 993 6098
Secretary: Mr P. Yakimniuk.
Enfield FUGB.
123 Ordnance Road, Enfield,
Middlesex.

Tel: (01992) 718830

Midlands

Nottingham FUGB.

Ebury Road, Sherwood Rise,
Nottingham, NG5 1BB.
Tel: (01159) 622294

North

Bradford Head Office FUGB.

4 Clifton Villas, Bradford,
West Yorkshire.

Tel: (01274) 46019

Chair: Mr Ostap Czujko.

Oldham FUGB.

34 Holly Grove, Lees,
Oldham, Lancashire, OL4 3JL.

Tel: (0161) 678 9082

Vice chair: Mr Stepan Moroz.

Other Establishments

Association of Ukrainians in Great Britain.

49 Linden Gardens, London, W2
4HG. Tel: (0171) 229 8392 / 792
2499 (fax)

Student Accommodation.

154 & 156 Holland Park Avenue,
London, W11 4UH.

Tel: (0171) 371 6543 / 603 2536

Ukrainian Youth Association in Great Britain.

"Tarasivka", Weston-on-Trent,
Derbyshire, DE7 2BU. Tel:
(01332) 700215.

Plastowa Osela. "Werchowyna",
"Rangemore", Trawscoed Rd.,
Llysfaen, Nr Colwyn Bay, North
Wales. Tel: (01492) 517315

If you feel there should be more
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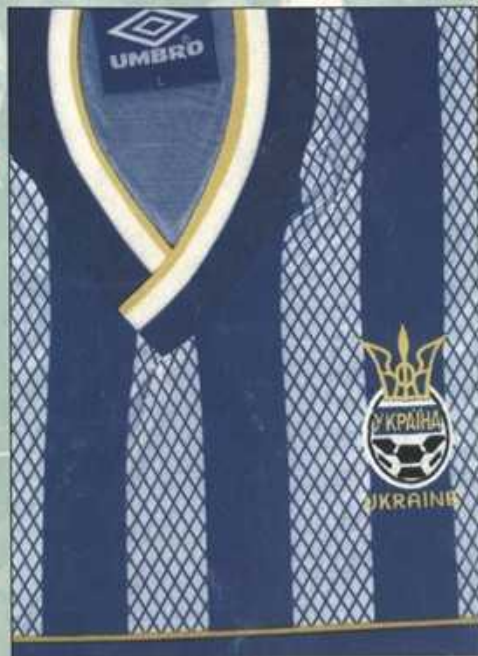
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For more info on the "I Am Alive" committee, contact Roman Chwyl on 001 416 252 6522 or fax on 001 416 252 9764. Alternatively, Zdorov will pass on any correspondence.

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