

Zdorov!

spring 97

£2.00

The English Language Magazine For Ukrainians

6



Paul Hunka - The New Pavarotti!
Designer Eggs - A Feast For Easter

Diary From Ukraine - A Personal Account

40 PAGE BUMPER EASTER ISSUE!

Zdorov!

Summer Ball '97

Dancing Competition

Summer King & Queen

Saturday 7th June 1997
Coventry Ukrainian Hall

Leicester Causeway, Coventry CV1 4HL

5pm - 12.30am

Prize Draw

Live Music

6pm - 8pm Live Football from Kyiv

Ukraine v Germany

Satellite link* projected onto 6 x 4 screen!

Advance tickets £7.00

State if seating reservations required

*Subject to no change in broadcast details between now and the match

Send Cheques to Zdorov, 63 Royal Park, Leeds LS6 1EX. Tickets will be posted two weeks prior to event.
Due to Fire regulations we are limited to 300 people. Advance booking recommended

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Bought or Borrowed

DEAR READERS,

Easter time is upon us and I hope you can put some time aside from preparing those baskets to indulge in another issue of *Zdorov!* Yes we're here again to reach the parts other publications dare not even think about.

This issue contains a variety of articles reflecting *Zdorov!*'s growing information network. The North American issue was released just before Christmas, and we now have good contacts in Kyiv to keep abreast of relevant news from there. As always though, the emphasis on *Zdorov!*'s reporting is what is happening here in the U.K. We have received plenty of articles which reflect change within Ukrainian communities. Clubs are looking to the future with a more commercially orientated approach. Culturally, this seems like quite a busy year, too. In some parts, choirs are expanding and preparing to tour internationally, there's 100 years of Ukrainians in Great Britain to be celebrated, a lot of interesting music and events, and of course, Ukraine's bid to qualify for the World Cup finals in France 1998! For those of you who like events, this year should be a good one.

Talking of events, the *Zdorov!* Christmas Ball was particularly interesting. We'd like to thank all the people who attended, as your efforts and those of the sponsors, raised a significant amount of money to help us keep publishing. There's a report on the Ball somewhere in the magazine so we will not dwell on the details except to make one point. *Zdorov!*

co-operates with all Ukrainian clubs and organisations and publicises, free of charge, all events that people let us know about. It was quite disheartening that a few clubs in the Manchester area did not display our posters advertising the Ball, due (they said), to the fact that it clashed with other events in the area. We believe that all interested people should be aware of all the events, and then make a choice on where they wish to go. That's why we advertised ALL the events that clashed with the *Zdorov!* Ball. It seems that in some eyes, *Zdorov!* magazine is still an outsider, a non-member to be treated differently from official bodies. We can only hope that this changes soon, for the inside shrinks while the outside is growing and we should find ways to grow together.

One way in which *Zdorov!* can grow is if all you people in clubs stop borrowing each other's copies. On average each copy sold is read by five people and while this is great for advertisers, it's not so good for revenue. It only takes one extra person of those five to buy a copy then our sales would double, our future would be secure, and we could deliver a bigger magazine. So you magazine borrowers and lenders, sort your guilty consciences out and help the magazine you know and love to grow. You know it makes sense.

In an effort to provide more for you to read we've had to make a difficult decision. As you can see the 32 pages of shiny paper has been replaced by 40 pages of not so shiny. I think you'd sooner have more information than lacquered paper. Please let me know if this is really bad. Ideally we'd like to do 40 pages of glossy paper but that costs too much (only an extra 100 sales are needed to make 44 glossy pages so please read the last paragraph carefully).

So there you go, read and enjoy (and buy one if this is not yours), and keep the articles, adverts and general Ukrainian information flowing.



Diaspora commemorate 100 years of settlement in Great Britain

1997 sees another historic anniversary in the life of the Ukrainian Diaspora. Rev. Nebesniak has extensively researched and traced the original Ukrainian settlers in Great Britain to 1897 - 100 years ago this year and Rev. Nebesniak is planning to publish a two volume book on the history of the British Diaspora from 1897.

A Manchester based committee has also been formed to co-ordinate anniversary events. The Committee consists of - Mr. Bohdan Ratycz (chair), Mr. Michael Mandzij (deputy chair), Rev. Bohdan Matwijczuk (Secretary/Press Officer), Mr. Evhen Makohin (Treasurer), Mr. Bob Sopel (events manager) and others.

Many exciting and unique events are planned including an international football match, rock concert, cultural festival, religious service, concerts, mementoes, historic displays, brochures, youth competitions, memorials to name a few. Watch out for details in future *Zdorov!* issues and at Ukrainian clubs, etc.

Contributions and involvement from all communities will be much appreciated. Items of historical nature can be sent to Mr. B. Ratycz - 2 Cranford Ave, Whitefield, Manchester.

Help to trace missing person

John Mula from Swindon has asked *Zdorov!* to help find a person his father served with in the Polish army.

John's father, Mr. Hukolac Myla last saw Mr. Pavlo Bronitchka in 1948. Mr. Bronitchka was born in a small village called Lazaribka in the Monactarick region of Western Ukraine. Mr. Bronitchka was last known to be living in Ramsbury, Wiltshire. It would make Mr. Mula very happy to be re-united with his long lost friend. If anyone can help, then please contact *Zdorov!* at the usual address and please mark your envelope 'Mr. J. Mula'.

Family still searching after 57 years

A Ukrainian born man seeking information about the family left behind in 1940 would like to hear from anyone from his home village. Several searches have so far failed to turn up any official records so the family plan to visit the area this year and attempt a personal search. The Marycz family farmed just outside the village of Bilka near Peremyszlany (approx. 20 miles south east of Lviv) which at that time, was under Polish occupation. Ivan, along with others from the area, was taken to Austria aged 16 and has no knowledge of what happened to the rest of the family who could be anywhere, even here. The family would love to hear from anyone who knows anyone from Bilka or has any current information about the village. Please contact: Sue Bailey, P.O. Box 477, King's Langley, Hertfordshire WD4 8SX or contact *Zdorov!*

Note: Sue Bailey is a professional photographer and would like to hear from anybody with old family photographs taken in Ukraine during or before World War II. Sue is interested in helping to set up an archive of historic Ukrainian photographs and would be willing to make copies for the archive. Sue can also offer help to anyone planning to submit photographs for the "Manchester Diaspora 100 Celebrations" exhibition (see above). Events are still being planned, so negotiations would have to be worked out between all parties. If interested, then please contact *Zdorov!* or the events committee. More details - next issue.



Varenyki & Holubtsi a life & death matter

A big thank you to Mrs. Mykosowska, Mrs. Hrynash, Mrs. Kostetska and Mrs. Lytwyn who over a 2-day period made 600 varenyki and 300 Holubtsi for the *Zdorov!* ball. Everyone agreed the food was excellent. One bizarre incident prior to the dance nearly proved tragic when Mrs. Mykosowska, aged 62, was hit by a car. Unbelievably careless and illegal the passengers picked her up from the road. Mrs. Mykosowska in a state of shock and undeterred by the accident just rushed home to prepare the food for the *Zdorov!* dance. Thankfully no bones were broken but her head and legs were badly bruised. She recalls, "All I remember was rushing home to make the food and the next minute being picked up from the road. Although I was glad to be alive, I was probably in a state of shock! All I seemed to be concerned about were all the varenyki and holubtsi we had to make!"

The magazine would like to say a big thank you and wish her the very best of health. This country needs more heroes!

Cowboys in Oldham club

If Dolly Parton or Johnny Cash tickles your fancy or if you are simply bored on a Saturday night and fancy a great night out, then you can do far worse than get down to Oldham Ukrainian club. Yes, that's right - Oldham's gone Country and Western. Paul Okopskyj is the organiser of line dancing evenings held every Saturday night. Saloon doors open at 8.00 pm and cost is a very reasonable £2.00. A C&W d.j. entertains the crowd with his massive stetson and spins some of the greatest discs - Stateside. Cowboy and cowgirl dress is optional but as the night is already attracting a dedicated following of fans, you'll be mad not to join in the fun. So grab your pard'ners and say "one, two, three - yeee-howww!" Yowl seeya now.

Russian worries over Nato expansion

Western leaders are to invite up to five countries to join Nato by Spring 1999, Nato's 50th anniversary. Top of the list are Poland, Hungary and the Czech Republic, with Slovenia and Romania chasing the pack. For Baltic states like Ukraine, there will be offer of an enhanced role in Partnership for Peace, the Nato-led military co-operation programme.

The first Nato agreement is due to be signed by July 1997 and Ukraine is keen to sign before the deadline.

Russia are opposed to any intervention by Nato which they see as a threat to their own security and a shift in the balance of power. Anatoly Chubais, Boris Yeltsin's chief of staff, recently said that Russia could accept the Nato enlargement only if it were preceded by a legally binding contract between Russia and Nato. This would give Russia a veto over Nato's deployment of weapons and a say over terms and conditions. Nato will not agree to any contract but in a recent visit to Moscow, Madeleine Albright, the U.S. Secretary of State, agreed to "giving Russia a voice but not a veto". This will not please the Ukrainian government who wish to shift away from Moscow's influence.

Anton Buteiko, first deputy foreign minister of Ukraine, fears that this charter will "give Russia a role in

decisions that are outside the Nato area but inside the European space". In 1995 Boris Yeltsin declared Russian sovereignty over members of the Commonwealth of Independent States (CIS) which Ukraine is an 'associate member' of. This decree was not met with any opposition from Western leaders and gives Russia far-reaching measures to unseat Presidents and incite wars.

However Ukraine holds a key role in any Nato expansion programme. It is the largest country in the region and its continued independence is seen as critical by the West if Russia is to be contained.

Ukraine also shares a strong military defence programme with Britain. In February, Michael Portillo visited Kyiv to underline Nato's commitment to Ukraine.

Certainly, Ukraine will sign a bilateral charter with Nato before July. Any charter must give Ukraine greater power than other European countries without undermining Russia's autonomy. As Mr Igor Kharchenko, director of policy planning in the Ukrainian foreign ministry, wrote recently, the charter, "should create a political visibility to the European security system, leaving the future open".

It remains to be seen what the future will bring but it seems certain that after 1999 Ukraine will be allowed to join Nato.



Daewoo woo Avtozaz!

South Korea's Daewoo car manufacturers have been fighting it out tooth and nail with General Motors to buy a majority stake in the Ukrainian state car factory, Avtozaz. The South Koreans have the edge and hope to invest \$1.12bn which will give them a 51% share. GM has yet to give any final figures.

Avtozaz directors prefer a GM merger but the South Korean large bid and stronger lobbying tactics have favoured the politicians more. Daewoo has long term aims of investment in banks, telecommunications and real estate and sees the merger with Avtozaz as a way in.

Ukraine threatens G7 over Chernobyl

Ukraine has threatened to keep Chernobyl open unless it receives a promised \$1.2bn (£740m) of international funding to open two new atomic power stations.

Construction of the two stations was suspended seven years ago when, at the time, they were said to be 70 per cent complete.

However a report by the European Bank for Reconstruction and Development found the project to be uneconomical. The plant has deteriorated and despite the addition of safety measures, no protection can be given to off-set the risk of electrical cables catching fire.

Ukraine currently has about twice as much plant as it needs to meet peak demand. But many consumers cannot afford to pay the fuel bills to keep the present turbines working. At present, only one of Chernobyl's four reactors is in operation. One reactor closed because of a fire and the other because the fuel ran out.

However improvements to Ukraine's existing electricity industry combined with a more realistic pricing policy could represent a more effective use of funds.

German cash for war victims disappears

German war funds for Ukrainian victims of the Second World War have disappeared. President Kuchma has called for criminal charges to be brought against officials at a commercial bank and a state foundation in connection with the disappearance of £29m in German funds.

The problems started when the Ukrainian government foundation responsible for the distribution of funds stopped paying compensation to the claimants. The foundation told the Germans that Gradobank, a local bank where funds have been deposited, had frozen the account. Gradobank has been virtually bankrupt for a year and the Ukrainian government are hoping that new loans will be paid to rescue the funds.

The embarrassment has strained relations between the two countries and Germany may exert political pressure to resolve the situation.

Kuchma leads anti-corruption campaign

President Leonid Kuchma has launched a new campaign to stamp out corruption in Ukraine. He has promptly sacked the agriculture and deputy transport ministers for alleged financial mismanagement.

Corruption in Ukraine has been attributed as a cause for low foreign investment and has been a constant source of embarrassment to the government.

Previous anti-corruption drives have failed and no cases have been brought to trial.

\$2.4bn finance pledge to Ukraine

Western governments have pledged \$2.6bn (£1.46bn) in loans to finance a higher budget deficit to stimulate economic growth and foreign investment.

The international community has also proposed a package worth \$5bn over the next three years.

New Building projects for Kyiv

Kyiv's mayor, Alexander Omelchenko has announced half a dozen major building projects for the capital.

The projects include three five-star hotels, a convention centre, two office towers and a shopping mall. The projects are hoped to welcome investors from abroad.

Libyan arms deals

The Ukrainian government has agreed to investigate the findings in a CIA report of illegal arms deals between Ukraine and Libya.

The deal includes the selling of \$500m short-range ballistic missiles and a further \$10m in spare parts and maintenance.

Ukraine cautious as inflation falls

Annual inflation in Ukraine has slowed to 39.7% last year, down from 1000% in 1993. However the government's debt to workers could destabilise the inflation rate.

Ukraine's parliament recently passed a motion forbidding the collection of

finances from overdue utility bills until they start paying wages and pensions on time.

Drunk Baiul in rehab

Oksana Baiul, the Ukrainian Olympic figure-skating champion, has been admitted to an alcohol education programme in the hope of having a drink-driving charge against her lifted. Baiul, from Connecticut, U.S.A., was charged with drunk and reckless driving when she drove her Mercedes off the road in January.

Kyiv floated

Ukraine hopes to receive its own Stock Exchange this year when the government plans to sell off 20 to 30 large enterprises.

The flotation is expected to boost foreign investment which totalled a mere \$17m in 1996.

Kyiv anglers risk death

Thin ice has taken the lives of 27 fishermen in the recent Kyiv winter.

Seen as a form of sport as well as essential food in these impoverished times, hundreds of anglers take to the River Dnipro with powerful samohon to keep the cold away.

The fishermen ignore safety signs and the threat of contamination flowing from Chernobyl into the Dnipro basin. The risk increases in the Spring when the ice begins to melt.

Ukrainians angry at loss of TV soaps

The Ukrainian government has angered fans of popular Brazilian soap operas and Russian children's programmes by taking ORT, the Russian state TV network, off the air.

The government has stated that ORT has not paid its bills for using Ukrainian airwaves and now only a handful of late night Russian news programmes will be transmitted.

The loss of ORT limits the influence of Russia in Ukraine and follows a clampdown on the sale of Russian newspapers in most kiosks.

It is expected the action will be met with protests of discrimination against Ukraine's 12m Russians.

Compiled by Roman Panas
Edited by Peter Fundela

THE CHOIR - VIDRODZENIA



Let me introduce you to a recently formed mixed choir based at the Ukrainian Cultural Centre in Manchester. Vidrodzenia is strongly supported, encouraged and partially financed by the local branch of the Association of Ukrainians in Great Britain. There are about twenty five members who sing in four part harmony.

For many years now, since Rusalka and Trembita petered out, there has not been a platform for the "younger generation" of singers to express themselves. It has also been especially difficult for the women because there has never been a female equivalent of Homin to join.

It was after Homin's recent tour to Ukraine that the seeds for Vidrodzenia were sown. Not only was their concert tour a resounding success but there was an equal success on the "amour" front. To cut a long and happy story short Mr. Lytwyni brought his bride, Halyna, home with him. Halyna spent many years in a music school training to be a singer after which she sang for the Lviv Opera for 5 or 6 years. She continued her training at the Lysenko conservatoire in Lviv for three years and qualified as a choral conductor.

November 3rd 1995 saw the first rehearsal of Vidrodzenia and many people came from near and far. Some came out of curiosity and all came with a desire to make good choral music. A few of course dropped out and we were left with a dedicated hard core. We worked very hard for the next few weeks and made our debut at the annual Ukrainian Christmas concert in Manchester. From then on we were invited to sing at many events in the North West. In fact those first few months were hectic and saw an over loading of commitments, which for us was very encouraging as there was an obvious need for a choir like ours, but did not give us enough time to build up a substantial repertoire.

Amongst the highlights of that first year was the performance at Manchester Cathedral for the 10th anniversary of the

Chornobyl disaster, the multi cultural festival in the Manchester Town Hall and the performance in London at the 5th anniversary of Ukrainian independence.

Our repertoire has progressively built up mainly to suit the occasions and events that we have been invited to sing at. These include songs from the Christmas cycle - "koliady and shchedrivky", parts of the Ukrainian liturgy, poems by Shevchenko, patriotic songs and folk songs. There is clearly a huge amount of work in front of us if we wish to be broadly appealing. But the enthusiasm and dedication of our present singers is inspiring. Everyone works very hard at rehearsals but there is always time for a joke and a laugh so that the atmosphere is relaxed and informal. New pieces are introduced on a regular basis and worked on systematically. Breathing exercises and some vocal training is also an important part of our rehearsal time just to give us that extra bit of confidence when reaching for difficult notes.

PLANS FOR THE FUTURE

As I write this we have at least four local events already lined up for the next 2 months or so. Currently we are being auditioned for a prestigious Roman Catholic event which will be happening in October. (We have great hopes for this one because we would be performing to a totally new audience and the spin off could be very valuable.) We have registered with the Sainsbury Choir of the year competition - the final heats being covered by BBC TV. The experience of competing and rubbing shoulders with other enthusiastic singers should have a positive effect on us all. Some of the folk festival organisers have been approached as possible venues for our performances including Sidmouth, Cambridge, WOMAD and Teesside. We feel that there is a genuine interest in Ukrainian folk lore and music by the indigenous population that it would be a shame not to tap into it and share this beauty and wealth of Ukrainian music.

Costumes are as much part of the look as is the singing and that is why we are currently researching a stylised Ukrainian stage costume which is both colourful, appealing and authentic. We have approached Arts for Everyone for an Arts Council Lottery grant to partially fund this costly outlay and so we are keeping our fingers crossed.

Another interesting concept planned for the future is a singers weekend workshop where singers and their families could combine work with pleasure. Intensive training in the morning would leave the afternoon free for family fun. Plast have already offered Verchovyna, in North Wales as a possible venue for this event. Perhaps we could do one in Tarsiwka too.

This is just a brief outline of our progress to date and plans for the future but a choir is only as good as its voices. We have some excellent voices which I am sure you will agree with if you have heard us but we are by no means complete. Your voice would be an asset to our choir, it would add depth and enrichment to an already exciting choir with oodles of potential. Halyna our conductor is especially talented and gifted who has the soul, knowledge and expertise to make a very good choir brilliant. We realise that everyone has other commitments; work, children, studies, but if you can attend at least half of the rehearsals that would be great.

So if you love singing (sober or pissed) come and join us. You'll love it. Our practise night is Friday. Come on all you Trembita girls, Homin boys and Rusalka singers, Marika, Irka, Stefan, Bohdan and Olia crawl out of your cosy nests and sing - like birds!

Olia Bennett



Emerald Steppes

On Saturday 25th January, a special happening took place in Manchester when two lively communities came together for a special event. Jaroslaw Krywonos was there to report on what happened.

I've just been treated to an Irish-Ukrainian (or should we call it a Ukish) night at the Irish Heritage Centre in Manchester.

These two communities from opposite ends of Europe came together to aid the Children of Chernobyl. The Irish community was so touched by the plight of the Chernobyl disaster, it felt it necessary to help these innocent children. Ireland and Ukraine, even though poles apart in Europe, share many similarities. Both nations have suffered horrific famines, have religious problems but share a love for their cultures and countries (you've also probably noticed that neither needs an excuse for a drink or party).

A good time was certainly going to be had by both communities tonight.

The show was opened by the staggering Irish Heritage Pipers, resplendent in their green kilts, piping in the dignitaries. The procession was headed by the Ukrainian ambassador to the United Kingdom and Ireland, His Excellency Komisarenko and his wife.

A riot of Irish talent was ready to explode on stage. The audience was greeted by a troupe of virtuoso Irish dancers. Their lithe high kicking dances and foot tapping music made a happy man feel very old. (Are you sure it wasn't the Guinness & Vodka cocktails - Ed). The Irish compere crossed all barriers with his Irish wit.

My ignorance of Irish artistes made me feel some what inadequate. Their lack of fame was soon forgotten when nimble fingers coaxed accordions, flutes and drums into life. This was a superlative, gob-smacking Irish performance. Dnipro Ecumenical Choir, now in its fiftieth year, represented Ukrainian choral singing. The choir had just finished singing at a Ukrainian wedding (how's that for stamina). Unfortunately the Irish Heritage Centre's acoustics did not do Dnipro any favours. Even with this handicap Dnipro lulled and acoustically assaulted the audience in typical Ukrainian style.

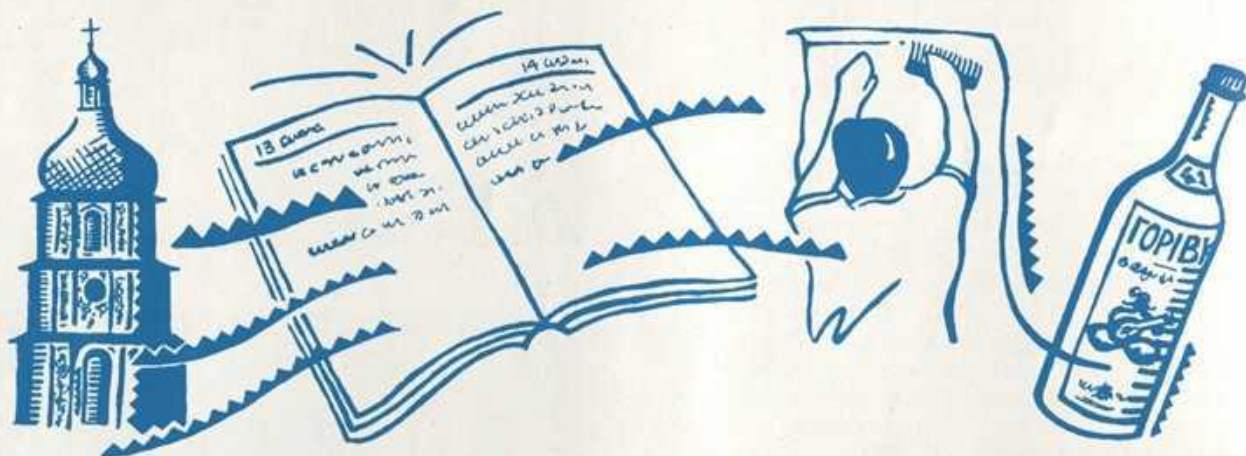
After being suitably refreshed by the black Irish elixir of life, there was an unexpected smack between the eyes. The Ukrainian rock band Novyna. Hey.... they're really good! They even entertained the wrinklies with their rendition of Autumn leaves. Not my cup of tea but the rest was spot on.

Manchester based Orlyk put on their award winning dances. The Irish audience was soon jumping and whistling for more of this infectious music and dance. If you want to appreciate how good a Uki concert really is, go to one where most of the audience are 'foreign'. I do believe the Irish would have been happy to watch Orlyk all night.

Time flew by. So what's unusual about that? Well this was the first concert I've ever been to that finished at one in the morning. With the whirling memories of music and colour I trudged my way home. Happy in thought that my couple of quid has gone to a good cause.

As a final thought
remember Blue and Yellow mixed makes Green.

Diary From Ukraine



In the first of a new feature, *Zdorov!* has invited Ukrainian residents to keep a personal, retrospective diary of their daily experiences.

For this issue, we are pleased to welcome on board Zina Poletz, an American journalist who has been resident in Kyiv for 16 months. In this special length feature, Zina describes the reality of life in the capital.

Like many native English speakers of Ukrainian origin, I came to Ukraine for a variety of reasons - career, personal curiosity, a quest for adventure and change, and a desire to explore my Uki identity. The experience has proved to be all this and more. When I decided to paint my apartment this year, (vidremontuvaty), my understanding of life in the former Soviet Union immediately moved to a more primary level.

Monday, 13th January

The irony! After two months of sporadic conflict, my landlady has agreed to begin remount on my apartment immediately. My aunt Halyna can't believe it either since she was a witness to our last big summit - at which I used my rolled-up rental agreement to point at the shredded wallpaper, peeling paint and rusty pipes I could not live with any longer, while Ol'ha Mykolayivna (my landlady), showed me the going price for two apartments in the centre and suggested I might be more comfortable elsewhere; she was tired of Westerners and ready to rent to some good Russian folk.

Suddenly, I have been offered a new job with more MONEY, which is the magic word of truce needed. All obstacles are removed when I offer to raise my rent in return for better conditions. Suddenly we are commiserating together on the poor quality of the furniture and how the wallpaper really looks ragged. As soon as we find some reliable craftspeople, the work can begin.

Saturday 18th January

Ol'ha takes me to the market. As per our plan, we meet in the subway. Darnitsia station is on the Left Bank, so we cross the Dniptro. The river is so huge, it isn't fully frozen over, but along the banks, people are walking on the ice and fishing. Wooded islands dot the ice, and there is actually a metro station on one of the larger islands - Hidropark, which is a popular beach with shish-kebabs sold and night-clubs open in the Summer.

Like most of the Left Bank, Darnitsia is ugly, with block upon block of identical housing projects called 'massives'; in Ukrainian. One reason Kyiv, a city of three million people, seems so sleepy and quiet ("a big selo") is simply that most of its population lives in the suburbs and never goes downtown.

A tram pulls up in front of the station, and dozens of people tumble out the doors, dazed. An amazing number of men in coarse, orange fur hats and women with sacks of potatoes push their way on. I stand aside, delicately. Ol'ha assures me that we'll wait for the next one, since "public transport is a breeding ground for disease". Indeed, when we crowd on the next train, we get coughed on from all sides.

Ol'ha is an energetic, goal-oriented woman. As soon as we get off the tram, she is already asking people directions, moving nimbly through the open-air marketplace. "Don't get lost!" she calls out over her shoulder. Girls walk up and down the aisles of the market hawking notebooks and baguettes. Ladies in big coats peddle hot pyrizhky and dried fish. Food stalls are overflowing with fruits and vegetables. A blanched cow head, horns intact, sits benignly on the table of its own meat. A smoked chicken sits jauntily astride the back of another. It's a far cry from the Gorbachev era's two-hour beef and bread lines. We walk past clothes and spare auto parts and come to the home improvement section.

Over twenty stalls are selling hundreds of rolls of wallpaper. People press in from all sides, cutting in front to look at a pattern, brushing brusquely by. There are wallpapers you can paint over, and wallpaper you can wash. There is wallpaper from Germany, Italy and Slovenia.

My landlady is paying for the remount, so while I look at more expensive rolls, she points out the virtues of the cheaper stuff. We finally decide on a pattern on the foyer. "Our tastes coincide," says Ol'ha. We exchange smiles

Sunday, 19th January

Today is Vodokhrescha (Epiphany) and on TV they showed priests out on the water with crosses and incense to bless the Dnipro. For an instant, the immense river is flowing with holy water, and the multitudes dip buckets and 2 litre plastic bottles to capture their share. Church officials hack life-size crosses out of the ice to bring back to distant parishes. According to the news, this is the largest number of people out on the Dnipro for this holiday since the 19th century. Traditions of the Ukrainian Church are making a comeback. Halyna has phoned to let me know that she went to the church today and has saved some holy water for me to bless my apartment with, once the remont is over. I spend the day organising my kitchen cabinets.

Friday, 24th January

We have found some workers for the job! A married couple from Western Ukraine, where unemployment is high, have promised to do the work in a week. They will live in my apartment, in order to work day and night. Since the estimates we have received were for three weeks, I give the OK.

I've told my new colleagues at work that I'm facing remont, and everyone is rolling their eyes and sharing horror stories. I'm pleased that I've found a topic to discuss with them.

Sunday, 26th January

Following brunch at Arizona Barbecue, I had a four hour meeting. One of our major clients is arriving tomorrow unexpectedly and I'm the point-person.

My remont starts tomorrow. The bulk of my packing is done. It's the last odds and ends - random letters, a sewing kit. Pennies, paper clips, matches and sticks of gum. I had planned to file and organise it all thoroughly, but in the end, I shove everything into a bin liner and have done with it.

Monday, 26th January

I've moved in with my relatives for the week. Halyna and her family are great. I usually have dinner with them every couple of weeks, and feel lucky to have attractive, educated and interesting kin living not far from me, in the centre of town.

After work, I stop by to see the apartment. Sitting on the ledge next to my building is a dignified old gentleman with a rumpled three piece suit and neatly combed white hair. The overturned wool hat by his side contains some bills and coins. He is begging. In the United States, homeless beggars blend into an unpleasant urban backdrop, along with litter and the threat of crime. But in Ukraine, the beggars are usually pensioners who simply cannot get by on their government pensions which may be as low as \$10 a month. Desperate babusias asking strangers politely for money to buy bread. Figures, veiled from shame, kneeling with outstretched hands in the underpass of a busy street. These are our people! I put a hryvnia in his hat and avoid

his eyes, feeling guilty.

Inside, I meet the workers - Stefa and Bohdan. Bohdan assesses me with shrewd eyes. I imagine him calculating my rent, my salary, my social life, and plausible reasons why I might be living here alone, unmarried. They have some bad news. While tearing down the wallpaper in the bedroom, a large wedge of the wall caved in. They have spent the entire day carting out the plaster, and have begun to fill it. The room cannot be papered until it dries. The walls were poorly made, he says: they were literally held up by wallpaper.

Wednesday, 28th January

I accompany my client on a tour of the city, most of which I have seen before. As the tour progresses, the guide's story grows sadder and sadder. "The church was destroyed by Stalin in 1934. Volodymyr the Great's bones were taken to Moscow for examination in the 1930's and were lost. The population of Ukraine has not grown at all in the 20th century due to genocide and war. Many peddlers on the street have Ph.D's, but can't find other work. The animals at the zoo are dying because the government has no money for food. To your right is Babi Yar"

With effort I rouse myself from despair and look over at the client, who seems near to tears. "Can't you be a little positive?" I ask the guide in Ukrainian. "This is incredibly depressing. No one will ever come back here with this kind of PRI!" The driver says, "It all really happened like she says." "Nobody's being evaluated for their historical accuracy," I say. In Ukrainian, the guide says,

"You want positive? I'll give you positive." In English, "St. Cyril's church is a wonderful example of the Ukrainian people's spiritual faith and progressive thinking" The client brightens up at once.

Ol'ha calls me at work. There will be some delays, and I should plan on staying with my relatives a little longer than planned.

In the evening I tell Halyna and her family. They are all delighted, and no one is surprised.

"I was surprised they said a week," she says. She is a pharmacist where government inspectors came by today to make sure they were well stocked with basic medicines, as a flu epidemic is expected any day. She thinks the inspection is hilarious.

"Yes, during communism this kind of inspection would have been necessary, but now that we're in a market economy, OF COURSE we want to have enough medication for the flu season."

"I haven't had the flu yet this year," I say.

Halyna symbolically spits three times out of the side of her mouth and knocks on wood.

"Don't jinx yourself!"



Zina Poletz in Kyiv

Saturday, 1st February

Expatriates live in a small social circle in Kyiv, and you run into the same people over and over. Friday nights at Eric's Bar, happy hours at Arizona BBQ, neighbourly dinners at pantagruel. There are only so many people in any particular age and interest group, and the few events that manage to bring together several social subsets are usually quite interesting. The parties I attend fall into this category and I have a great time meeting new people and having fun.

Ol'ha and I go shopping again today. The crew insists that we wallpaper the kitchen so we go shopping in town for a suitable style. It is a subtle game we are forced to play with these contractors. Once they were hired and moved in, they gained the upper hand. Ol'ha tries to appease them while they flex their muscle. "This kitchen is a bad business. It may take a week for that plaster to dry. Your walls are crooked. The wallpaper doesn't lie flat. It'll take a good bit of work to straighten them out ..."

Tuesday 4th February

I need my own space!!! I am feeling a little sick and tired of living out of a suitcase. The relatives are still supportive, but I know I'm putting them out. The remont is nearly over but the neighbours have begun to abuse the contractors,

Zina Poletz with her family



ringing the doorbell and screaming at them several times a day. They have actually threatened Ol'ha that they will call the police. The problem is that my neighbours, although polite to my face, are actually jealous that my landlady has a tenant who pays in dollars, that the remont is for MY benefit and that I am the renter. They have even called the taxman and the police in the past to report her. I am becoming irritable and snapping at people. The pressure is getting to me.

Wednesday, 5th February

Aches, fever and a dry cough. I have the flu and Halyna is trying to dose me with various cures.

This is the third straight week of living out of a suitcase, although the contractors might be leaving today. The new kitchen cabinets they ordered came unassembled and with all the wrong parts. At work everybody is saying, "I told you so."

Friday, 7th February

The contractors are done. After work I go home and pour everybody shots of vodka. Ol'ha has brought pickled tomatoes and herring. It is an old Uki tradition - mohorych. After the construction is done, the workers and homeowners drink together, for good luck. It's practically mandated by law.

For the first time ever, I stopped to browse the junk market at Lvivska Ploshcha, which is packed with people displaying their wares - used slippers and broken telephones - arranged on the ground. A set of Art Deco brass mermaid candlesticks. A groovy old Communion cross. Adidas jogging suits. I pass these tantalising goodies, but succumb to a pair of red and gold brocade pillowcases and a Cossack decanter (the hat is the stopper) with six matching laughing frowning Cossack Mamai head shot glasses. It is a work of folk kitsch genius, a housewarming gift to myself. Among the dust and paint, I relax, alone and comfortable at last. Be it ever so humble, there's no place like home.

Zina Poletz - An American Journalist in Kyiv

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Joe Kupranec

Age - 38



Background

My father, who died in 1993, was a Ukrainian who originated from the Ternopil Oblast (Region). I remember him being a big Nationalist. My mother, although Italian, was very active in the Ukrainian Community. My brother (Chairman of Club) and sister Anna (Treasurer) are also very actively involved in CYM and the Ukrainian Community. I have one son Symon from my first marriage.

Your role in the Community?

My role in the Community is varied. It includes being Vice Chairman of the Association of Ukrainians - Derby Branch; Vice Chairman of the Ukrainian Youth Association (CYM); Vice Chairman of the Ukrainian Catholic Parish Church Committee; Leader of the dance troupe "Hoverla"; Leader of dance band "Verchovyna".

How long have you been doing that for?

All in all over 20 yrs.

How active is the community?

As a relatively small community we don't do too badly. Our generation generally run the community and on the whole we work very well with the older generation. We've heard so many horror stories where other communities have struggled to work together; so I believe we are very fortunate in that area. However, as the first generation of Ukrainians become older, less and less come along. One of the ways of surviving is to hire the hall out for private functions. I believe the dancing troupe is becoming the focal point within the community.

What are your plans for the future?

In the last 3 years we have modernised the Ukrainian Club to try and attract the lost youth back into our community. We also hope 'lost' families will return back into the community where their children can then become actively involved.

A lot of money has been spent in modernising the club and although it is not substantial in size we believe it is one of the best in the country. I just hope the active youth of our generation attempt to look towards the future thus generating finances in order for it's survival.

If money was no object what would you do for the community?

I would build on top of our current hall or extend it to give us greater facilities and a reasonably larger stage. I would use the current hall as a practice area and sports activity room. This could perhaps attract a few more members.

What do folk argue about most in your community?

The older folk argue over trivial matters and like to have a go at our generation. I think the older folk argue most about the church and the stance of the bishop. A low cross-section still look down at our generation with a beady eye of mistrust. We also find that those core members who work hard in our generation from time to time take it out on each other because of these pressures. However, on the whole we work together very well.

What is good about your community?

As mentioned before, one bonus in our community is that the two generations do work well together. There will always be a minority who will have a dig at our generation but that's life. We do work together for the good of the community. Another plus for me are the parents of the dance troupe who give me full support. The children inspire me and although they can be difficult at times, they really do work hard and are very keen and conscientious with their dancing.

If you could, what would you change in your community and nationally?

As mentioned before I would like a larger sized hall. Nationally, I'd give the next (our) generation a chance to do what they think is right and let 'us' learn from our mistakes. The first generation have had 50 years to do what they think is right - now it's our turn. Generations do think differently and one day our children will want to do things differently to the way we've been accustomed. That is life and progress!

How is Zdorov! going down in your community?

So far so good. Not everyone bought the first issue. The second one sold out within one weekend. There has been no negative reactions but I'm personally not happy with those who use the magazine to criticise the ones who actually work hard and yet they do little or nothing for the Uki cause. Zdorov! gives these people an equal platform when really they should use the proper channels to criticise e.g. at AGMs etc. Unfortunately they will never attend AGMs to share their views. ●

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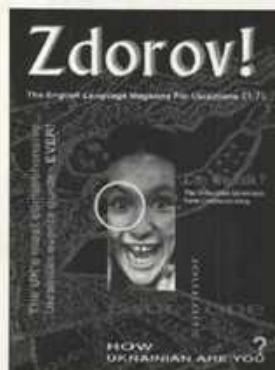
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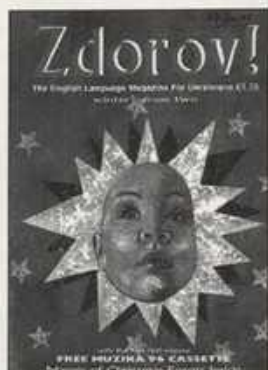


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Back issue

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Soyuzivka Ukrainian National Association Estate is an all-purpose camp in the mountainous region of Kerhonkson, New York state. Set in 100 acres of lush, green pastures, the camp caters for all generations of Ukrainians and holds all-year round events.

When I visited, on the Labor day weekend (which is an annual American public holiday) the camp was packed with 15,000 plus Ukrainians. The Labor weekend is held at the beginning of September and bookings for residential accommodation have to be made at least 9 months to a year in advance.

Other accommodation can be found in the hotels located in the nearby town of "Ellenville" which is also the site of a sister Ukrainian camp. Whereas Soyuzivka is not affiliated to any Ukrainian organisation, the Ellenville camp is run by SUM.

In the day, most visitors tended to move between both camps, seeing old friends and making new ones along the way.

There was certainly plenty on offer to sustain everyone's interest. Amongst the attractions were bazaars, dance and choir concerts, a cinema, an open-air theatre, restaurants serving Ukrainian and American food, barbecues and drinks bars.

In the evening, four Uki zabavas were held in both camps with superb music and entertainment. Amongst the acts performing were New York's legendary singing duo Darka and Slavko supported by Wolverhampton's very own guitar legend Myroslaw 'Stebbs' Stebiwka.

The camp also hosts weddings, sports competitions, concerts, plays, business conferences and other regular events.

For fitness enthusiasts, the camp offers first rate sports facilities which cannot be bettered with tennis and badminton courts, a swimming pool and an indoor sports centre where basketball, football and table tennis can be played amongst other sports.

In the winter, the camp remains open for winter sports including skiing and sledging as well as the popular annual malanka event.

And as if that were not enough, remember that the site is located in the middle of some of the most spectacular scenery including a river, forests, cliffs and a valley.

Soyuzivka is definitely a place to go if you want to experience what Uki culture is all about. It is essentially a slice of Ukraine exported to the U.S.A.



Soyuzivka Ukrainian National Association Estate

Bob's Vision

It is Sunday afternoon at the Ukrainian Club in Manchester. I am here to interview the head of the Batkivskyi Komitet, (Parents Committee), Bob Sopel.

With the next millennium fast approaching, a new generation of Ukrainians is being raised into the community and clubs like Manchester have to encourage this talent to make the community prosper and to secure the club's own future. Which brings me to Bob Sopel. Following a discussion with Bob at Christmas about the community and Ukrainian clubs in general, I arranged a further date with him to discuss his blueprint for the future survival of Ukrainian clubs.

Bob was actually on the door with fellow committee members when I arrived. They were collecting membership fees which was quite a revelation as most members like myself were not fully paid up or not actual members. Some people entering felt they should not pay up on principle, or probably simply did not want to part with a sum of £2 or £3. None the less this is a policy of most clubs.

Bob Sopel is a Mancunian by birth and has spent his life involved in Ukrainian pursuits. Like so many other committee members around the country, he spends a lot of time and effort promoting the interests of the community and implementing his own business ideas for free - basically helping out like so many other devoted members. Bob has good ideas and his visions aspire to the survival of clubs.

Manchester club is an open house for all types of Ukrainians of any political or religious persuasion. All are welcome and that has been the policy of the club since its beginning. From our conversation it struck me that he has sound practical ambitions and does not aspire to committee rhetoric. It's a hands-on approach which is undertaken from the grass roots level of the community. His own enthusiasm and positive approach is not identifiable as a form of empire building, simply because his own travel business is his first priority and that was successful well before Ukrainian independence came along.

A hands-on approach is sometimes said to be lacking in the wider community as certain figureheads are finding it increasingly difficult to cope with their role for many reasons. This article is not trying to identify people's problems or demoralise any committee but certain aspects need to be addressed in terms of a Ukrainian community surviving into the next Millennium. It's not just about money either! It's

re-addressing the aspirations of a community which is a strong ethos in any organisation, business, race or civilisation.

I asked Bob to define a community. "Well maybe I'm not the best person to answer that", he stresses. However he highlights the importance of the activities that exist in a Ukrainian community centre which has a thriving school, "with a new way of learning Ukrainian. It's a system called Nova from Canada" which he is enthralled about as his own kids are using it.

He mentions the benefits of a club for families and a homebase for cultural activities and now a pensioners' club on Wednesdays. Bob talks of "firstly putting the house in order" by trying to make the club more accountable in terms of its finances. With the influence of fellow committee members, Bob was keen to make the club more efficient, having pinpointed problems with the bar. Manchester has taken a serious look at itself and followed the example of other clubs such as Bolton, by installing new tills and improving on its accountability.

Bob understands the importance of control. "For example we will know on Wednesdays if we need more staff as the till will tell us everything - when we are busy and when we are not."

His ambition is also to employ a full-time steward who will maintain the bar and ensure friendly customer service. Manchester is no different to other clubs which are feeling the pinch (no pun intended), as Bob rightly points out.

"The older generation have not the consumption. People don't drink and drive and so we have to look at different ways. Yes, there are a multitude of problems. When looking at any situation, there are many issues which need to be addressed. It is not one problem which exists, but many."

Bob and fellow compatriots are trying to tackle these problems head on by exploring all possible routes and enterprising ideas. "Do you do bingo, corporate hospitality or Christmas parties?"

I questioned the role of 'Tsentrala', the Association of Ukrainians in Great Britain (AUGB) and any obstacles that may exist with the central body. Bob has no time for gossip or whinging. "There are no obstacles - we realistically cannot depend on the AUGB for help or money. They have massive problems of their own. We can look at other



alternatives for projects and the possibility of lottery money." I asked if the club has looked for lottery funding. "Yes but unfortunately the AUGB want everything passed by them, and when we suggested funding, they have replied that they are looking at projects. We are getting no information of any projects? We don't know? We have a lack of information."

A point that has been casually raised is that Ukrainian clubs offer very little for those not culturally minded, such as singing or dancing which may not appeal to everyone. Sport is one popular leisure activity. On Saturday mornings a group of lads get together for a game of football and on Mondays people are attracted to the badminton and table tennis sessions. Bob has an exciting vision incorporating sport and health. If all the factors can prevail then a recreational club, possibly using outside facilities such as the grounds behind the club, could be a realistic development. He senses that the council may agree to plans and this in turn may attract investment to build a small complex. Knowing that bricks and mortar don't come cheap, he is proud of what the older generation achieved under

similar circumstances. "Well why not - what is stopping us?" Nevertheless the biggest battle is convincing those who may not take him seriously, and a project of this scale cannot simply prevail unaided. You get the impression that Bob's ambitions are on the right tracks. It is more noticeable now as clubs were built with a limited vision of materialism and that vision in some places has run its course. Some buildings will in fact become redundant as certain clubs have not accepted change. Bob's vision of a sport's complex as an additional facility could be something new and contemporary to strive for. With good recreational amenities it may offer an alternative source of revenue, similar to that of communities in Canada or the USA. With a 100 year anniversary of Ukrainians in Manchester and a new Millennium approaching, the Ukrainian community in the UK is transfixed with its past, present, and future. The communities' destiny is held in our hands and ultimately our inspiring visions.

Slavko Mykosowsky

The Zdorov! Quiz

How much do you know about your magazine?
This quiz will give you the facts surrounding Zdorov. This is your magazine and you should know about it! Test your knowledge and then turn to page 36 for the answers.

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- 1) When was *Zdorov!* first published?
 - a) Spring 1993
 - b) Summer 1995
 - c) Summer 1996
- 2) Why is *Zdorov!* published?
 - a) To make lots of money
 - b) To help Ukrainians become informed
 - c) To prevent the communist infiltration of our communities.
- 3) How many people read *Zdorov!*?
 - a) 500
 - b) 2,000
 - c) 5,000
- 4) How many copies are sold in the UK each quarter?
 - a) 500
 - b) 850
 - c) 1,500
- 5) What percentage of people read *Zdorov!* without buying it?
 - a) 25%
 - b) 50%
 - c) 75%
- 6) What percentage of our circulation comes from subscribers?
 - a) 10%
 - b) 25%
 - c) 40%
- 7) How long is needed (approximately) to produce *Zdorov!*?
 - a) 100 working hours
 - b) 200 working hours
 - c) 400 working hours
- 8) What is the annual salary of the editor of *Zdorov!*?
 - a) Nothing!
 - b) £1,000
 - c) £26,000
- 9) How much outside funding does *Zdorov!* UK receive?
 - a) £2,500 per annum
 - b) £1,200 per annum
 - c) Nothing!
- 10) How long will *Zdorov!* continue to publish?
 - a) This is the last issue
 - b) While we still have the energy
 - c) Forever!

Chiddingfold Residential Care Home



Mrs. Korol

In the first of a two-part feature, *Zdorov!* looks into the problems concerning care for the elderly. In this issue, we feature 'Sydenhurst' residential care home for Ukrainians.

Part two, in the next issue of *Zdorov!*, will report on social security benefits available to elderly people. There will also be a special report on the options available for people wishing to care for their parent/s. This is seen as a major political topic by the major parties in the run-up to the general election and the present conditions are sure to change, whatever the outcome.

Zdorov! visited 'Sydenhurst' residential Ukrainian care home in Chiddingfold, Surrey and spoke to the manager Mrs Korol about the special care received by elderly Ukrainians.

'Sydenhurst' became a convalescent home for displaced persons in 1949 and went on to become a residential care home in the 1950's. Mrs Korol and her husband became care assistants in 1980 and after a year's service, Mrs Korol became Asst. Manager.

'Sydenhurst' caters for retired and mentally and physically handicapped Ukrainians. Mrs Korol describes 'Chiddingfold' as a "little Ukraine where residents come alive". One resident spent 27 years institutionalised in Prestwich Mental Hospital in Manchester where she was suffering from post-natal depression before moving to 'Sydenhurst'. There she was given the care she needed to make a recovery. Another resident came from a nursing home. One night he started to press the buzzer at the side of the bed repeatedly. When the nurse came to his attention, he said he just wanted to know if anyone would come as nobody came when he rang the buzzer at the previous nursing home. These

are examples of the differences between the care received at 'Sydenhurst' and elsewhere.

It is easy to see why 'Sydenhurst' has achieved such amazing results. The impressive home used to be a manor house and is set in beautiful gardens and scenery. Chiddingfold itself is a local hamlet situated approximately 6 miles south of Godalming in Surrey. The rural locality is dotted with tiny villages straight out of a P.G. Wodehouse novel. Mrs Korol said "the residents receive regular visits from SUM who hold concerts. The Ukrainian Women's Organisation come and bring baskets and fruit and chocolates for the residents and the local priest, Father Maka Manthuy drops in all the time."

The residents have a local doctor who makes weekly calls. Fortunately, the doctor does not agree with drugs to calm down the more restless residents and believes in trying to wean them off the dependency they have on drugs as a result of previous treatment given to them in other homes and hospitals. A chiropodist, physiotherapist and even a hairdresser make regular visits. If

residents wish to go shopping or visit the Ukrainian cathedral in London, then a mini-bus is on hand and Mr Korol drives them to concerts, zabavas and to the local villages etc. On one memorable occasion, a resident travelled to Ukraine with Mr and Mrs Korol. Residents are served Ukrainian food most of the time and also receive 'pocket-money' to buy cigarettes, beer and other luxuries from the 'in-house' shop.

Mrs Korol explained to me that "Sydenhurst" used to have its own farm with pigs, chickens and hens. Vegetables and fruits used to be grown on the grounds and the home was self-supporting but now there are no able-bodied people left to continue the work. However the local countryside attracts a variety of wild animals like deer, badgers and foxes. A local field is rented out to a nurse who grazes her horses. This is very therapeutic for the residents."

Recent improvements made to the home have included the building of a new extension, a conservatory, a new day room with a television, new carpets, fitted sinks in every room, a new office, dividing curtains fitted in double rooms, an enlarged dining



room and a new roof. The work has cost over £300,000 and has left 'Sydenhurst' financially challenged. Even more worrying is that fact that only 21 of the 30 beds available are inhabited. Given that there are 16 members of staff giving 24 hour care, the financial burden leaves 'Sydenhurst' desperate for new residents.

To become a resident, a person has to prove that they are incapable of looking after themselves. A letter from a doctor is required and the local DSS office should be contacted for a formal application. Mrs Korol can assist with any paperwork if required. Residents who have savings over £16,000 have to pay for the care themselves but below £16,000 and the Social Services are responsible. The cost to the DSS is off-set with the fact that DSS does not have to pay a home-help to visit an elderly person. Also 'Sydenhurst' are unable to claim for attendance or mobility allowances for their care of residents as they are not a nursing home.

'Sydenhurst' can also be used for short-term stays where respite care is available.

The level of care at 'Sydenhurst' cannot be bettered. Home helps for example cannot get involved in any cleaning work whereas 'Sydenhurst' provides constant care.

As one resident explained to me, "before I came here I was in a mental hospital strapped in a straight-jacket



and fed drugs. But here I can wake up when I want, eat when I want, go where I want and sleep whenever I want. Here I am happy because this is all I want".

Since this article was written, we have sadly heard that Mr Korol has died. Zdorov! would like to express its sincere condolences to Mrs Korol and her family and we would like to dedicate this issue to his memory.



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A step back in time...



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I don't like the look of yours Zippy

1997

ZDOROV! Would like to thank all at Bowmans Bar & Restaurant - a great environment for all who attended. Over 200 paid and the varied entertainment was provided by Novyna & Chervona Kalyna. The generous gifts were provided by: Eastern Travel Ltd (a pair of coach tickets to Ukraine). Dorothy Travel (£50 travel voucher) and Bowman's restaurant (meal for two). The prize draw raised £201 and the money divided 50/50 with Chernobyl Children's appeal fund and *Zdorov!* The Ukrainian food was kindly prepared by Mrs Mykosowska, Mrs Hrynash, Mrs Lytwyn and Mrs Kostetska. The food was also kindly served by Bowmans. Our other sponsors included PPL Ltd and Kinder Peak Insurance Services. *Zdorov!* wishes to thank all sponsors, and all people who attended and we hope you all had a good time. The event raised £750 and this will ensure production in the summer. Future *Zdorov!* Zabavas are planned and we hope to see you all at Superball III.

ROKOM AT BOWMANS'

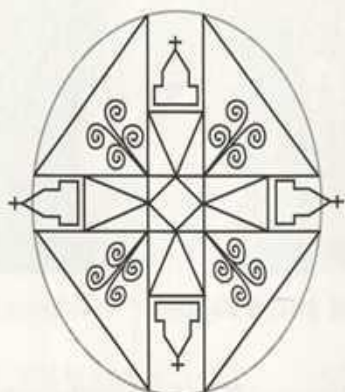


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The best Ukie band of the evening

Eggstravagant Art



1

The tradition of decorating eggs for Easter dates back many hundreds of years when the pysanky (Ukrainian Easter eggs) were and still are used to decorate baskets of food which are traditionally blessed by the priest in church on Easter Sunday.

There are many designs to choose from and each pattern and colour used is usually symbolic.

The artform can easily be taken up by beginners. There are no limits to decorating eggs. You can design your own patterns as well as follow traditional ones. They can be as intricate as you like them to be.

The essential materials for painting eggs are:-

a) Eggs - The golden rule is to use a fresh, raw white egg with a firm shell. It's best to use a medium or large size egg, bought fresh from a farm or market. Keep at room temperature for 4-5 days before decorating and be careful of any rough shells.

b) Kistka - This is a writing tool and it's basically a funnel attached to a stick. Wax is scooped into the funnel, heated in a candle flame and then drawn across the eggs. You can also obtain electric kistky but the candle-heated variety is more common. These come in two types - brass and wooden.

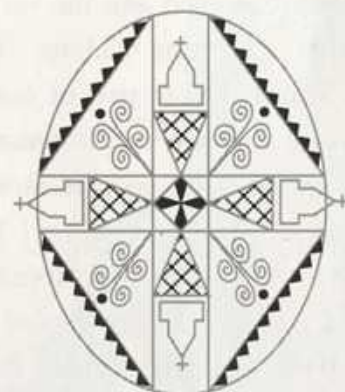
c) Dyes - the best to use are non-edible aniline dyes which come in a variety of colours. Once mixed with boiling water, the dyes can be

kept for about a year in a covered jar. Warm the jar first before pouring in the dye as it might crack.

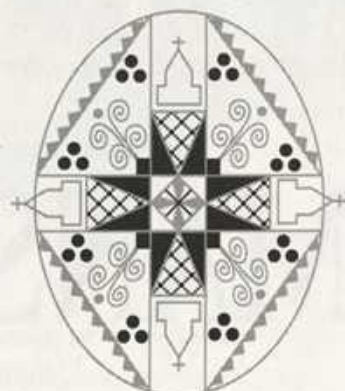
d) Pure Beeswax - the wax seals the colour of the surface it covers. Regular light beeswax is used with candle heated kistky, and dark beeswax for electric kistky. The removal of wax at the end of the dyeing process allows the colour to appear.

e) Other material - these are a candle (shorter ones give better reach), a pencil for drawing on the pattern (use a HB pencil and once drawn, never erase the pattern), spoons for dipping the eggs in and out of dyes, cotton swabs or small paintbrushes (if necessary for small areas of design), soft cloth or paper towels to pat the eggs dry when they come out of the dye, white vinegar which is added to the dye to keep it strong (one teaspoon of vinegar to a cup of water), varnish to protect the egg once it has been decorated (a clear fast drying glossy varnish polyurethane wood finish is best) and a drying rack to dry the egg after varnishing. The rack can be a small board with nails. Finally patience and a steady hand should give you the best result.

There are many design books available in good Uki bookshops and clubs, but for now, try this simple pattern to start off with and good luck.



2



3



4

Illustration 1

- Pencil in the pattern on the white egg. Then use the kistka and with the beeswax, draw over the black areas. Then place egg in a yellow dye

Illustration 2

- Use the kistka to draw over the black areas. Then place the egg in an orange dye

Illustration 3

- Use the kistka to draw over the black areas. Then place the egg in a red dye

Illustration 4

- Use the kistka to draw over the black areas. Then finally place the egg in a black dye. Once the dye is dried, melt wax off in a candle flame or a very low oven. Carefully remove wax with cloth. Once the egg is cleaned, varnish to finish.
(Note: it is important that the dye is dry between each colour)

Doctor on the go!

Dear Zdorov!

Congratulations on a brilliant dance. It was a well organised event that was held at an excellent venue. Even the food was superb! It was an opportunity to talk with old friends that I hadn't seen for years. The following morning, I didn't feel too well, but I think the large greasy kebab (with extra chilli sauce) that I ate afterwards may have had something to do with it. I am already looking forward to the next Zdorov! dance.

Dr Stepan Luczyszyn, London

Thanks for your letter and kind praise. I didn't feel too clever the following morning either. Must have been a good night!

Finally, I would like to inform all readers who didn't make the Zdorov! dance that the large greasy kebab was NOT on the Zdorov! menu, surely a recipe for disaster!

Samohon's secret - outed

Dear Zdorov!

As a first generation Uki, I found your article on Samohon irresponsible and gives a bad impression to any older Uki. After studying various sciences I realise the effects of illicit moonshine. I found it totally disgraceful that you failed to mention that excellent samohon making equipment can be purchased at a reasonable price at your local branch of B&Q. For a really reasonable price you can construct a fractionating column and a liebig condenser. Those of you who would like plans on how to make a decent still can contact me via Zdorov!

P.S. It's really sad your mag has been censured in the odd (and I really mean the ODD) club.

Cosmik Kozak, Manchester

I find your letter despicable and disgraceful. How dare you reveal what was one of the best kept secrets. You owe me 10 bottles!

Greg Kowalczyk

Dear Editor,

I have just read my article "Little Ukraine in New York", printed in the Winter '96 issue of Zdorov! I wrote the article following a conversation with my friend, (the previous editor of Zdorov!), Irene Kusza, in response to her comments about how difficult it was to get interesting contemporary stories about the Ukrainian community. Since I had been in New York City a number of months at that time, I thought an article about the Ukrainian community here, might be of interest to anyone visiting from England. Irene agreed. Your snide opening paragraph was not only libelous and slanderous, but quite the opposite of the truth. My "unhappy, bored with his job, his lovelife and miserable Uki friends", is not only untrue, but insulting to me and my friends.

Your gay-bashing comments regarding "Quentin Kryspnyak" are inappropriate and uncalled for; to say the least. At a recent Christmas benefit I attended with the 'Promjin' ensemble, (at which I met the Ukrainian Ambassador to the United Nations; His Excellency Anatol Zlenko), I would have been happy to present him with a copy of Zdorov! But after seeing your introductory paragraph to the article,

it would have been too embarrassing to have the Ambassador, (who lives here in New York), see such drivel printed in what should be an excellent magazine, representing the Ukrainian community in England.

As a person who has always been active within the Ukrainian community, I can now see why people decline participation due to supercilious attitudes and comments such as yours. If this is how you thank people for sending in articles, you should seriously consider your future as editor. An apology to me; although warranted is not required. However, my family and Ukrainian community in Wolverhampton, as well as your readership throughout England, deserve better!

Greg Kowalczyk, New York City

As you will know, Zdorov! is run by a group of volunteers - many with little experience of the medium. As a novice to editing, I joined Zdorov! with the intention of maintaining the sharp, sardonic humour it has become known for. I felt your article needed an introduction that could hold the readers' interest, set the scene and introduce the piece. It was an oversight on my part that the irony was not appreciated and therefore I would like to offer my sincere apologies for any offence this may have caused.

Bolton lodge is best

Dear Zdorov!,

I really enjoy your magazine. I have a Ukrainian father and English mother and sometimes think of writing to you about life as a child in 'mixed worlds'. The trouble is I haven't had the time. Maybe one day.

Thanks for a much needed magazine.

Mrs M. Lodge, Bolton

Thank you for your kind words. I hope you were pleased with the football shirt and I look forward to receiving your article one day.

'Veselka' Uki magazines donation

Dear Zdorov!

We are hoping to move house soon and would like to donate a very large boxful of Ukrainian children's magazines to any Ukrainian school, centre or group that may be interested.

The magazine is called 'Veselka', published monthly in America by the Ukrainian National Association. 'Veselka' features 16 pages of poems, stories, riddles and a cartoon series on the back cover - all in Ukrainian. Suitable for ages 4 and above. Ideally, we would like to split up this large box and send batches to the most needy groups in Ukraine. If you can think of anyone then please let us know as soon as possible as we are moving end of March.

By the way, having received all your back issues I must praise you for the dynamic quality of Zdorov! - it really buzzes with energy and colour! Nice work, Petro!

Motria von Schreiber, Hatch Cottage, Long Crichel, Wimborne, Dorset BH21 5JU.

Tel : (01258) 830 421

Your generous offer will help bring pleasure to many children. I circulated your letter to the Chernobyl charities I know of. If you do not receive a reply, then call us and I will help scout some clubs.



Flight of Fancy

London Ukrainian Club was the venue for an exciting evening when Ukrainian International Airlines (UIA) held a Special Awards Ceremony there.

The event, on 11th February, was held in recognition of the sales achievements travel agents have made in increasing business for the airline company. Representatives from over 20 national travel agents were present to witness a packed evening of Ukrainian cultural events, as well as having the opportunity to conduct business. Sue Harrison of U.I.A. told

Zdorov! that "rather than flying travel agents to Ukraine, it was cheaper and easier to bring a slice of Ukraine to London".

Free champagne and peppered vodka was available to all guests throughout the evening and a delicious buffet offering petite hors d'oeuvres and Ukrainian food was available.

Entertainment came from a London based dance band led by Bohdan Fedyk and the Mazeppa Ukrainian Cossack Dancers from Derby. The hall itself was splendidly decorated with

flower arrangements by Halyna Halyk. The ceremony showed that Ukrainian clubs are able to accommodate prestigious business conferences. As Sue said, "Why not have it here? It's in London, it's Ukrainian and it's central." She added that the "club has been wonderful in its service and she had no complaints to make. Mr Sheptycky, (Chair of London club), was very hospitable and cooperative."

The Award winners included Bob Sopol Travel who won Top Ethnic Travel Agent. The Awards were presented by Anatoly Timoshenko, UK Deputy Country Manager at Ukraine International Airlines.

A Grand Raffle was also held in aid of 'Matyanko' Orphanage in Kyiv, which is home to 150 children between the ages of 3 and 7, and 54 children from the ages of 7 to 12. Monies raised will be used to buy dried milk, food, shoes and clothes for the children.

Overall, this well attended and entertaining ceremony showed that when it comes to providing business hospitality services, our clubs are an equal match to any venue.



Poet's Corner

Untitled

Deep inside is a craving to be held and loved.
It's tearing at my soul - slowly eroding it
as the years of loneliness roll on.
I'm living under a weeping willow -
I am the topolia - tall and straight
bending in the cold English wind.
I am the Chervona Kalyna growing on the grave mound -
bringing hope to others of life after death,
But for me - is it death in life?
I am the chereshyna - flowering in one season,
then like all the rest when my beauty has gone.
I am the tree - all trees, no trees.
I am something. I am nothing.

Anon

Untitled

I long to take your glasses off
and ruffle up your hair,
And tell you time and time again,
how much I care.
Eros sent an arrow through my heart.
It's heading in your direction
What a shame that the wall around you
provides such good protection!
I know that you're not perfect
with some habits I'd rather not mention,
But as far as I can see you're still in contention -
for my heart
I'm not asking for rainbows, or heaven on earth,
Not even for an or a wedding band of gold.
Just hold my hand tightly - for now.

Anon

The Immigrant

You wonder into the restless history,
Beyond things I cannot contemplate.
You struggled to be home and free,
You claimed it was your fate.

And in their hands, like your wax your hope crumbled
And your naive childhood was denied.
A cobbled path you stumbled
Because the status quo you defied.

And like a slave to your principle
You left your homeland behind.
And when the sun becomes the moon,
Missing years you'll go back to find.

Your lonely world seems catastrophic.
Pain is caked inside your wrinkled face.
Once strong and now weak,
These wounded shadows you embrace.

You gave your life away.
I could never do what you did.
Life's a bitch, you say,
But you still continue to live.

Anna Smondulak

Ukrainian famine

Blue sky marks the horizon
Gold yellow was of my earth
The nation rises above the sun,
Like a young embryo in its birth.

A hollow history of persecution,
A land we called home.
They watched the blazing fire of man
While we suffered alone.

Like a hungry, thirsty parasite,
Pompous apparatchik!
The evil, grinning Muscovite
Makes me sick.

A holocaust of generations,
A 1930's fight for grain.
The artificial death of millions
In our motherland Ukraine

Anna Smondulak

Shevchenko

Melody radiates towards the April stars,
A harmony of hope.
It rings near the ears of a young boy
- Shevchenko awoke.

He looks up at the shadowing sky and prays
He asks for reason to come
Ukrainian sky responds to him,
And reveals the sun.

He hopes for freedom in his native land;
These dreams torment Taras,
He thinks of this while walking,
Barefoot in the grass.

His sorrowful eyes fill up with salted tears
Thoughts of Ukraine on his mind.
He hasn't been back for many years
- Home He's left behind.

Do not despair, young desperate child of mine,
And do believe me;
You are important (in retrospect)
That I guarantee.

In later days you will be able to see,
Beyond the suppression of prison bars,
Like the melody of hope
Your love will rise above those April stars.

Anna Smondulak

Untitled

Perchance I will not stay
Married to this loneliness always
Or surely my mind shall stray
And divorce itself from this world some day.

Anon



Paul Hunka

Why?

Well because there are so many qualities in this character which are either already in me or which I would like to have.

Have you ever suffered from stage fright?

Every evening, two minutes before my first entrance, I am petrified and think - 'I wish I was at home watching 'Eastenders' - however, I step onto the stage, the lights hit my face and then I remember what a tremendous feeling it is to be an opera singer. The fright immediately turns into adrenaline and my concentration makes me forget that over 2000 people are in the audience. What is the main discipline of singing. Singing requires a harsh discipline. You must have a technique which you can rely on 100%. I am often called upon to sing five days a week, six hours a day. The technique helps me to economise on energy and sing the given role with ease. If I ever come off the stage and my voice is tired, I know I haven't sung correctly.

What is your most memorable performance?

To date 'Elektra' by Richard Strauss in Berlin under Maestro Claudio Abbado with the Berlin Philharmonic Orchestra.

How spiritual is singing or is it just a mechanical function?

Singing inevitably comes from the soul. My soul is half Ukrainian and half English. This has always put me in good stead. I suppose singing is a process of discovering yourself. I am always surprised how much more I can learn. Often, I start studying a role and come across a phrase which appears unsingable to me. However, with time and patience I usually overcome the difficulty. If I believe in what I am singing all technical problems tend to disappear.

What purpose does Opera offer today - is it nostalgia, entertainment or are there hidden allegorical meanings that exist today which we can identify with?

Opera is often said to be the fusion of all artistic disciplines - songs, visual art, dance, drama. Opera can always

Paul Hunka was born in Coventry and his singing talents were noticed and encouraged from an early age. With a love for Ukrainian singing and with many years of conducting choirs, Pavlo found his main vocation in life: opera. After giving up his law practice, he then graduated from the Royal Northern College of Music in 1990. Pavlo and his wife Larysa relocated themselves to Switzerland. His singing profession has brought him great success, commanding large acclaim from fellow compatriots, opera lovers and the industry itself. His working diary is completely booked up until the year 2001.

Pavlo and Larysa have kindly given Zdorov! an exclusive interview. (For the uninitiated, opera is a dramatically musical experience in which singing takes the place of speech. In opera the music accompanying the action has paramount importance, although spectacular singing and dancing play the fundamental parts).

What has been the secret ingredient of your success? Is it fate or destiny, talent or simply hunger?

I must say that fate has played a part, but in my job, success comes only through hard work. Talent plays a part but a much smaller part than most people think. Even today I continue intensive studies with my singing teacher in Germany. I suppose the most important ingredient for success in this job is honesty with oneself.

Do you think the world will get to hear about you on the same scale as Pavarotti, Domingo and Carreras who have brought a new fascination and interest to Opera around the world or is the fame aspect irrelevant?

The three tenors have also become pop singers which has helped the operatic world enormously. It took Pavarotti 25 years to achieve the heights he has. As for me - time will tell.

What is your favourite opera and why?

There are several operas that are very dear to me. Perhaps my favourite role to date is 'Barak' in 'Die Frau ohne Schatten' by Richard Strauss.

carry a message and entertain. However, for me I admire it's sheer beauty.

Who has been your greatest mentor and why?

My mother and father equally instilled in me a belief that one should search for one's niche in life and never compromise. I am lucky in that my job is also what I happen to be able to do best.

What positive attributes have come from the Ukrainian community in which you devoted a lot of time and energy to, for example conducting choirs, (Rusalka Dnistrova 1981 - 1989) singing at church services, encouraging people to express themselves vocally and still you come back for more when you have time?

My spirit is essentially Ukrainian. My father always told me you only get out what you put into something. Conducting Rusalka gave me great satisfaction particularly since the core of the choir still ask me when our next performance will be. Both Larysa and I miss Sunday rehearsals at Cheetham Hill. It is always important for me to remember my roots. Learning Ukrainian, singing folk songs and liturgy has given me that Slavic musical sense which has been invaluable to my career.

How does Ukrainian folk singing compare to Opera?

Personally, I love Opera but it will always take second place to Ukrainian choral folk music and particularly Eastern Orthodox Choral Church music.

Is it an ambition for you to perform in Ukraine. Would you ever consider playing the role of Tchaikovsky's Mazeppa?

I have already received an invitation to sing in Lviv. Unfortunately, I was booked up at the time. Maybe this will come off in the future. Mazeppa is certainly in my repertoire. I sing quite a lot of Russian Opera and would appreciate a chance to sing Mazeppa.

Larysa - what is it like living with an

For those interested in seeing Pavlo Hunka perform, his 1997 itinerary is:

March-June	Marriage of Figaro	Basel
July	Rigoletto	Paris
October	The rise and fall of Mahagonny	Paris
December	Lohengrin	Nice

Opera singer?

Having a pair of ear plugs helps and thank God I like Opera too. On the whole it is very exciting. Every day is different. One phone call can change plans for the whole year. It's quite a gypsy life and you have to be very flexible.

How do you help to organise Pavlo's life?

Apart from doing everything except singing, it is important for Pavlo to have a home. As we travel a lot, I try to create this for him. A lot of people think being an Opera singer is very glamorous. In fact, it's quite a lonely life if you don't have someone to share all the wonderful moments with.

What has been the best Opera moment in your lives?

There are too many.

Pavlo, which of the many famous Opera singers or conductors that

you have performed with have made a great impression on you and why?

Claudio Abbado as an ultimate musician.

Is Pavarotti overweight or does his weight play a part?

The truth is yes, but I no longer have that 'slim athletic' figure I used to. I have to say that weight is an integral part of singing!!

What advice can you give anybody who may wish to follow in your singing footsteps?

Two things. If you have to ask whether or not you should become a singer, don't do it. I think it's something in you; a need which drives you on. Secondly, if you do decide to sing professionally, have something secure to fall back on. The industry is very cut throat. Larysa always reminds me there are at least 50 Bass-Baritones waiting in the wings to take any place.



Gigs



A full house was spellbound on Saturday 8th February 1997 when the **National Symphony Orchestra of Ukraine** performed a spectacular repertoire of piece in Leeds Town Hall. This cavernous interior echoed to smartly polished instruments giving a smartly polished performance. The conductor, Theodore Kuchar, was passionate in his delivery seducing both orchestra and audience. This was a symbiotic relationship of harmony and tenacity. The music ebbed from a magnetic core into the audience. The volcanic eruption of diverse pieces each held it's own individual acclaim. From Mussorsky, 'Night on the Bare Mountain' (you'd recognise this if your penchant is instantly captured - spellbound as the music cascaded through the hall. It was a dreamy enchanting piece which catapulted you into a mysterious world of passions we don't often visit. This is a tour de force illustrating a searching and austere talent. Bruch's Violin Concerto No 1 in G minor, provided us with the evening's treat. The audience was held in joyous anticipation of Marat Bisengaliev's solo performance. This was a true fusion with Bisengaliev now living in Yorkshire - it was an absolute highlight. The melodic rhapsody has surely never been more beautifully evoked. This is a melody which one listens to as though reading a sonnet. The 'plot' unfolds - on and on, slowly, consciously revealing itself - and then reclining to bask in this majestic balance of a man who holds true spirit in his reach. We, the listeners, the onlookers, are reminded that we are only mortal. The third main performance piece was Dvorak's Symphony No 9 in E minor (from the New World) - you would recognise this is your penchant is wholesome bread. And this is as wholesome as they come! Kuchar as a conductor is a man who lives his music passionately - this piece most certainly was his mouthpiece. Every nerve in his body seemed to move conducting an orchestra waiting,

anticipating every movement. And yes the audience were moved! They were the dew of the first February flowers opening to their dawning sunlight and living perhaps for the very first time.

Leeds Town Hall is a splendid setting - and this was splendid music - very definitely splendidly performed. Congratulations to the National Symphony Orchestra of Ukraine!

Chris March with Brian Dickie
Classical Ukrainians in Leeds

Music

Carpathiana - Most people who read this magazine are traditionalists - at least as far as song and dance are concerned - we like to hear old tunes sung vigorously in the old style - it's one of the ways in which we define ourselves. That's why many would find it hard to listen to Carpathiana.

Their music certainly is Ukrainian, as much of the lyric, melody lines and instrumentation are easily recognisable to anyone with a Ukrainian background, but the presentation is definitely not traditional. Written on computers and played mostly on a sequencer, the feel is very much a mix of 90's dance styles and Ukrainian culture. Grunge guitars



mix with violins, drum machines with tambourines, and most strikingly, English language is mixed with Ukrainian! Bally Sagoo have brought their culture to an English market in this way, and of course provided contemporary

music for their own ethnic groups. Whether Carpathiana can do this for Ukrainians remains to be seen, but they've already played a number of gigs and toured Ukraine. If you want to hear them before the rest of the world does, I suggest you buy their six track demo tape!

Send £3.99 to Yuri Baluk, 347 Burnley Rd, Todmorden, OL14 7DH

Reviews Reviews *Reviews* Reviews **Reviews**



Angela Verbitska - 'Bila Holubka'

Whenever I get tapes from Ukraine, I always feel very foreign. Surely these people have the same roots as me, know the same folk songs, history etc? Then reason takes over, and I realise that most

artists in the world, you have to survive in an environment dominated by radio two attitudes.

Bila Holubka is a record which is well adapted to this



environment. Most of the LP can be played full volume and it still appears to be in the background! The only saving grace is the quality of Angela's voice which brings life to many of the dull arrangements, occasionally lifting the melodies out of the smooth keyboard layers which pass as music. However,

this is music, as the pop of today becomes the folk of tomorrow.

If you like your music to be played along to a heated discussion on the meaning of Ukrainian life (and not disturbing your discussion), then this tape is for you!



Oleksa

Kereksha - 'Ne Zaviduy'

Hooray, not all Ukrainians have forgotten their roots. This is an amazing attempt to contemporise the lyrics of Taras Shevchenko (and a few other folk

songs), by a one man outfit working from a bank of keyboards and computers.

All the tunes have an original but ethnic feel which cuts through the keyboards and electric instrumentation, mainly due to the excellent vocal harmonies. Nearly all the songs are of dance floor tempo, and will certainly get people moving in the right environment. Those that aren't that fast have a spiritual feel, again due to the vocal performances. Listen to it if you get a chance. I'm sorry I can't help - as with many tapes there was no contact name, address or catalogue number. If we find this out (or if anyone knows) we'll print it in the next issue.

Werchowyna - 'Krynyczenka'

Now that's the way it should be done! Folk songs sung in the way you'd like every camp fire get together to sound like. Strong, mostly familiar melodies, sung by enthusiastic voices, and when the instruments come in, they're all violins, double bass, accordions, tambourines. It definitely hits the mark! I was fortunate enough to meet the group last summer. They're all from Poland, mostly in their twenties, and they love their music. They told me about how Ukrainians in



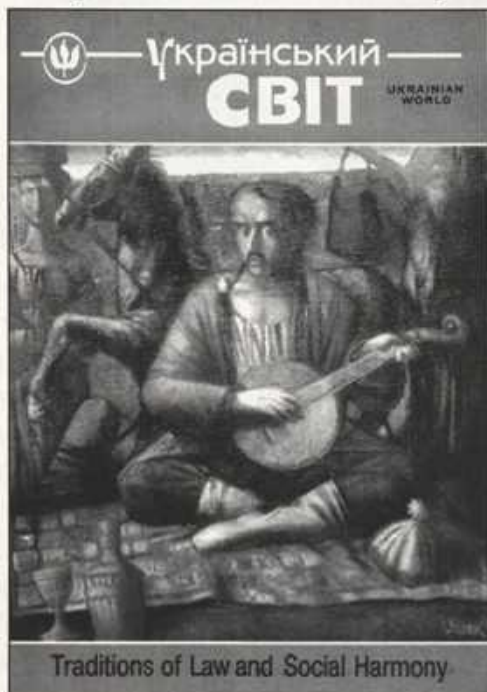
Poland are becoming more aware of their background since the fall of the communist bloc, and how people are beginning to stand up to prejudice

and discrimination. Many artists in this environment would write songs about it, but Werchowyna channel all their energy into tradition - they tell you who they are and about their roots by passionately performing the old songs. Most of the songs are Lemko in origin, so the pronunciation is a bit strange in places, and even the words to songs that we all know are at times different - reflecting the rich diversity of the Ukrainian experience. The 20 track CD gives over an hour's worth of traditional quality performances which should be an inspiration to us all.

Peter Solowka

Magazines

'Ukrainski Svit' - ('Ukrainian World') If you have a deep interest in Ukrainian culture and history, this publication will be of interest to you. The magazine was founded in 1992 by Oleksander Shokalo, the present day publisher. The market is mainly scientists, teachers, schools and college and high school students. The Academy of Sciences of



Ukraine sends copies to all the largest libraries in the world. Teachers in Ukraine like to use this material because this is an original source and students use it in term papers. According to Shokalo,

'Ukrainski Svit' is the first illustrated Ukrainian universal journal of culturology. Shokalo aims to unravel what makes Ukrainians Ukrainian? What is at the heart of Ukrainianness? He believes that Ukrainian culture is a universal culture, because so many old Ukrainian traditions have a lot of depth in common with Buddhism and yoga. He is interested in how Ukrainians developed under different conditions - Austro-Hungary and Russia for example.

He also believes in Ukrainian culture's richness emerging from its regional variations. However, instead of dwelling on the differences between Eastern and Western Ukraine, he tries to discover what it is that has kept them both essentially Ukrainian. The archetypes and relics of the primeval spirit.

Shokalo asks academics and scientists to write articles on their research around a theme i.e. 'The Ukrainian Family' or 'Ecology & Spirituality'.

'Ukrainski Svit' is published bi-monthly or quarterly. But to raise finance for the magazine, Shokalo has published calendars and children's books and is always actively seeking co-sponsorship for a special issue.

This informative and enlightening magazine is not easy to get hold of - there are no details for mail order subscriptions or retail outlets, but Zdorov! will do its best to make it available to you.

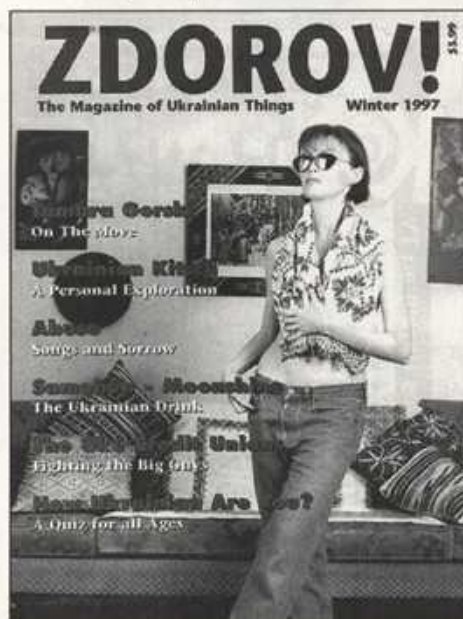
Zina Poletz and Peter Solowka

Zdorov North America - Published with exactly the same aims as this magazine, Zdorov North America has got off to a flying start. Already it sells double the amount we sell here, and I suspect they'll increase this substantially as word spreads.

The attitudes and content of our Canadian cousins' version is very similar to our own. It differs in that there are already a number of English language publications in Canada, particularly concerning religion and business. Because of this, these aspects of Ukrainian Diaspora life are weakly represented, as is the listings section - it's impossible for them to print all the events so they only list those regarded as of national importance (this still means more events than we do!).

Even though it's published thousands of miles away, their

articles are just as interesting as ours and it becomes clear that the concerns of Diaspora communities are similar no matter which side of the 'pond' you come from. (in fact we've already been sharing



articles - some appearing in this version of Zdorov UK). It makes you feel good in that 'we are not alone' way as you begin to feel closer to a Ukrainian Diaspora identity, and not just Ukrainian UK. The world is definitely getting smaller, and at least in this case, more cosy!

Peter Solowka

An Easter Message from Rev. Bohdan Matwijczuk

Dear God-loving Brothers and Sisters -

CHRIST IS RISEN!

These moving words from the Paschal greeting profess the mystery of salvation which to this day go forth from the lips of Orthodox sons and daughters of the now independent Ukrainian Nation.

The Feast of Christ's Resurrection is the Feast of Faith, Hope and Love which resurrects and renews our life.

So filled with the joy of Pascha, the U.A.O. Church extends heartfelt greetings to all Zdorov! readers and faithful on the day of Christ's Holy Resurrection and prays that the Feast above all Feasts illuminates your hearts and souls, and that during the Paschal days of light the Lord fills your hearts with joy and warmth of brotherly love and understanding for:

"This is the day which the Lord has made."

"Let us be illuminated, O ye people."

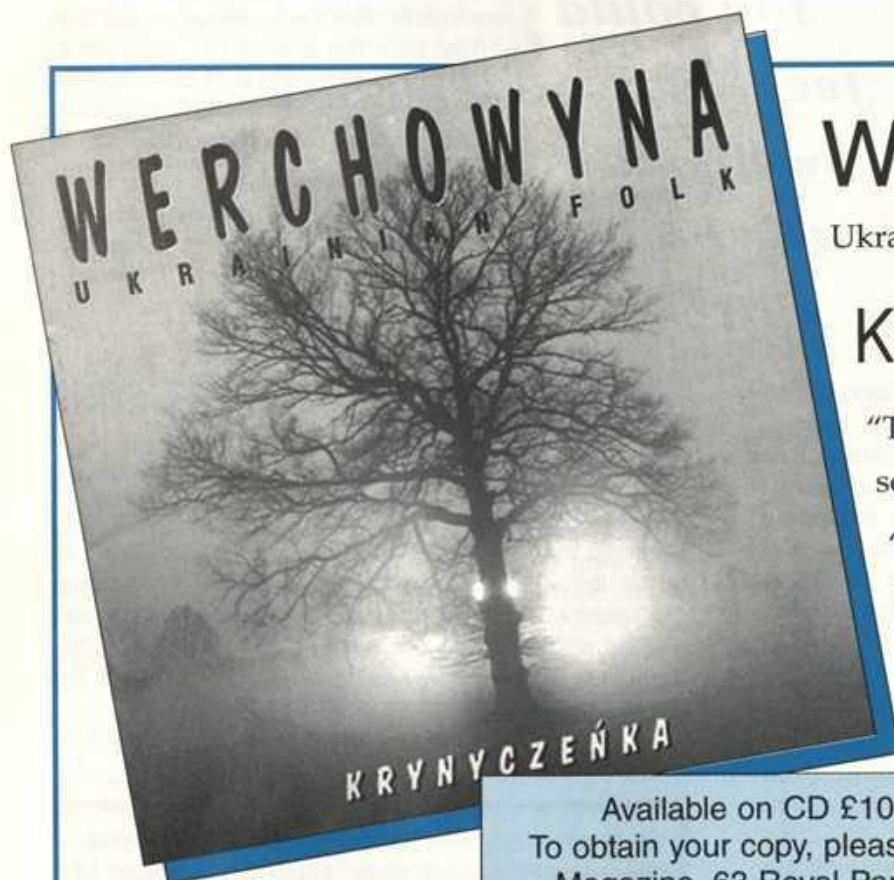
"Let us embrace one another. Let us say: 'Brethren!' And because of the Resurrection let us forgive all things to those who hate us, and in this way exclaim: Christ is risen from the dead, trampling down death by death, and bestowing life upon those in their tomb."

(Tropar)

Christ is Risen! Indeed He is Risen!

Reverend Bohdan Matwijczuk

Ukrainian Autocephalous Orthodox Church



Werchowyna

Ukrainian Folk Music from Poland

Krynyczenka

"The best LP of Ukrainian Folk songs produced in 1996"

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"Authentic in both style and presentation"

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I'm dreaming of a Ukie Christmas?

Manchester's (groan - not again) Christmas concert gets it's very own Zdorov! feature from one Cosmic Kozak (who he, I wonder? Mmmn!). If you want to shout off about an event in your area or you feel it needs a mention, then drop us a line with some pics and we'll publish it.

Imagine the scene - a large, palatial hall beautifully decorated for rizdvjanyj activities. A fleet of black limos glide into the car park, each one bringing a Lord Mayor or some other dignitary. Each guest is greeted in typical Uki fashion. The ice quickly shattered and all were ready for a night's entertainment.

After an introductory lecture by Mr. Bohdan Ratych, Homin Ukrainian Male Voice Choir opened with the traditional Boh Predvichnyj.

I always thought carols were supposed to be joyful but no matter who seems to sing this song, it always sounds drab. Homin's style seems to have changed to an unusual (for them) piano style. Yes I know the starshi will say this is how they sang it in Uki land but correct me if I'm wrong if this carol seems to slow down every year. Homin carried on with their first vystup with Na Nebi Zirka. The world famous Homin fortissimo was not heard. What's going on? Anyway let's be glad and proud that these men are still hanging on in there.

Orlyk (seniors and juniors) were backed by their excellent unique band of musicians and danced their usual polished performance. These enthusiastic dancers once again enthralled the audience with their dancing. The energy exuded could be compared to that of a Michael Flatley concert. It seems as though Orlyk has a constant stream of graceful, well rehearsed (and dare I say) professional dancers. Credit must be given to Jimmy Paradiuk, Maria Babych and orchestra who in their own way contributed in lifting the concert.

Next, an unfamiliar sight greeted the audience. Shock, horrora mixed choir. But what a refreshing sight from the usual all male ensemble. The ladies looked splendid (well Uki girls are the best looking). Out walks the conductress and the choir open their books in unison (n-i-c-e touch) ready to sing their first section of the concert. The choir started with Rozhdestvo Xrestove (Christ is born). What a polished sound. This was swiftly followed by Polyj Polyj Pluzshok Xodyt (In the Field The Plough Farrows). Good soloists. Persha chastyna was concluded with Tyxa Nych (Silent Night) accompanied by a string trio. The

basses dropped in typical Uki style. Well you could have heard a pin drop. Especially when the choir sang a verse in English for the dignitaries. This choir has been known to sing choral versions of Uki pop songs (watch this space for more modern songs).

In the second chastyna, the choir showed its mettle by singing Ludkevich's version of Dostoyno Ye. Altos and sopranos soared in unison across the hall. I'd only heard this version sung by Uki touring choirs and this choir can hold its head up with the best of them. The audience was moved through such musical dynamics that you could only wonder whether these people are amateurs. It seems that this choir is breaking the mould of the over used fortissimo singing which seems to have developed in Britain. The choir concluded their vystup with Oi V Yerusalymi (in Jerusalem)

which for me encapsulated the magical Ukrainian Christmas sound. Numerous comments from the audience ranged from "They were like a breath of fresh air" to "I'm not a choir person but I could listen to them all evening" (commendation indeed). I'd strongly urge you to hear this choir.

So who are these pretenders to the choral crown? Vidrodzenya (Renaissance) is a choir comprised of singers from Rusalka, Trembita, Homin, Dnipro and Duma and are mainly Ukrainians born in Britain. Various members have been under the baton of conductors such as E. Pasika, J.

Babuniak, S. Moroz, P. & S. Hunka etc. but who's the enigma in the driving seat.

Well its Pani Halyna Sawchyn-Litvynyw (known to her choristers as COACH) who studied in Lviv.

Despite Vidrodzenya not singing at full strength due to a flu epidemic, the close saw them joined by Orlyk and Homin on stage for what can only be described as a vocal extravaganza. The groups, en masse with the public, finished with a rousing last verse of Boh Predvichnyj. You could feel hearts swell and the hall lift when all the generations were brought together for this final song.

What a rousing finale and a great evening. Is this the future for Ukrainian choirs?

*“You could
feel hearts
swell and
the hall
lift”*

On Wednesday 19th March, Mr. Dmytro Paradiuk, choreographer and long serving manager of "Orlyk" dance group died in Manchester. Zdorov! would like to offer its sincerest condolences to his family, friends and members of "Orlyk".



How does someone born in Scotland end up in London studying Ukraine? It's a question I'm often asked by others and it's a question I often ask myself. To be honest I can't remember the first time I learned of Ukraine's existence although I believe it was when I first heard "Back in the USSR" by the Beatles aged around nine. There's a line in the song that runs, "those Ukraine girls really knock me out. They leave the West behind." I must have made a mental note of it at the time. Being a big Beatles fan I would have thought if it's good enough for Paul McCartney, it's good enough for me. As I started to read more books on the history of Europe, the Mongol conquests and Cossack brotherhoods always stood out in my imagination. I imagined Kyiv as an impossibly exotic, beautiful and romantic city. It never occurred to me that these childish dreams of visiting Kyiv might one day become a reality. When I entered University and began studying the history of the Russian Empire and the Revolution of 1917, I became fascinated by the particular fate of Ukraine, especially in the 19th and 20th centuries. It was at this point that Ukraine declared its independence and my studies

suddenly acquired an extra relevance. At the time Scotland was undergoing a reassessment of its own national identity and its relationship with the powerful neighbour to the south. Many of my contemporaries were turning to nationalist politics and debate in these years nearly always revolved around the economic, social and cultural exploitation of Scotland by the dreaded and despised English. The comparison of nationalism in Ukraine and Scotland was interesting and inspiring and it spurred me on to read as much as I could both about present and past Ukraine. My appetite was further whetted by local rumours that a few Ukrainian soldiers who had fought with the Germans settled in rural Scotland after World War Two but my interest was sealed by, of all things, a television documentary. I can still remember the harrowing footage of a newly discovered grave of Ukrainians executed by Stalin's secret police in the 1930s. It was difficult to conceive of such inhumanity that one man should subject whole peoples or groups to repression, purges and famine. Here, it seemed, was a country whose extraordinary and true history had been repressed and buried for years but was now quite literally being dragged into the light. It seemed like an incredibly exciting time to work on the history of such a country. I learned Russian and Ukrainian in rapid Succession and began my PhD in London. Part of my studies involved going to Kyiv for a number of months. Walking around parts of Kyiv I'd only ever had the chance to read about was an experience I will never forget. I will also never forget the various kindness shown to me by my Ukrainian friends, their wisdom, their love of life and their sense of humour. It made all the hours of reading and study worthwhile and I can't wait for the chance to return.

**if it's good enough for
Paul McCartney,
it's good enough for me**

Graham Tan - School of Slavonic and East European Studies, University of London

Skating to success

We have all read or watched Ukraine's brilliant ice skaters achieving success in championship and Olympic competitions. But little did we know that the U.K. has its very own Ukrainian ice-skating star. Where? Well Swindon to be precise.

Andrew Seabrook, 16 and Maria Poluischenko, 15 have been skating together for 3 years and in that time, they have achieved considerable success. In their very first competition outing, they won the British Junior championship which they have since retained. Since then they have won the Scottish championship and are second in the U.K. Senior division. They are also ranked 8th in the world Junior table and are in the British Olympic squad.

However, their success is the more remarkable because Maria was born in Kyiv. They met when Andrew travelled with his parents and the British team on a tour to Ukraine. The

Ukrainian ice-skating Federation, after seeing Andrew perform, approached Andrew's parents and singled out Maria as an appropriate partner for Andrew. Their dance routines have much in common.

Andrew flew back to Britain with his parents and thereafter letters and faxes were exchanged between Andrew's father and the Ukrainian Federation.

The Ukrainian team, which included Maria, then arrived for a British tour. Maria then stayed behind to live with Andrew and his parents. The rest as they say is history.

Maria is well-provided for and has learnt to speak English fluently in a relatively short period of time. Both Andrew and Maria attend a private school which Andrew's parents pay for and this allows them the flexibility to train hard around their school curricular.

Under the supervision of coach Leslie Norfolk, Andrew and Maria have 2-3 hard training sessions per day which start at 6 a.m. At their level, they are expected to train 4-5 hours per day. They train at Swindon ice-rink which holds 15,000 spectators.

Unfortunately, they recently failed to qualify for the European championships as Maria was under-age by only 3 months. However they are attempting to off-set this disappointment by training to better themselves in the world championships and in preparation for the Winter

Olympics in 1998.

Maria is a lively and bubbly girl with bags of personality and charm. With the assistance of Ukrainian International Airlines (who sponsor the pair), Maria is able to fly to Ukraine and her family are able to visit her in England. Every Christmas, Andrew and Maria skate with the British team in a special pantomime show. The U.I.A. flies over underprivileged Ukrainian children to see the show.

Maria told Zdorov! how skating facilities differ in Britain to those in Ukraine. Whereas in England, she and Andrew have their own coach, back in Ukraine she shared a coach with 9 other skaters. She has the opportunity here to improve on her technique.

Maria and Andrew have a special talent which could see them blossoming into the next Torvill & Dean. Watch this space and enjoy!

Maria would like to become pen-pals with like-minded Ukrainian girls of a similar age from the U.K. and would like Zdorov! to assist. So if you would like to write to Maria, then please send any letters to Zdorov! c/o 63 Royal Park Terrace, Leeds LS6 1EX. Please mark for the attention of Maria.



Late football news...

On March 29, Ukraine beat Albania 1-0 at Granada, Spain. This result moves Ukraine into second position behind leaders Portugal who have played two games more.

Coventry F.C. have signed Alex Evtushok from Dnipropetrovsk. Crimean born Alex is on a three year contract and during this time is studying for a degree in sports management. Zdorov! would like to wish Alex every success at Coventry (they need it!) and hopefully we will have a full interview in issue 7.

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Answers: The Zdorov! Quiz

Give yourself a point for each correct answer.

- 1) b) Summer '95 saw the first, (pilot issue) although this was the culmination of 6 months' planning and another six months elapsed before the next issue.
- 2) b) To help people communicate is our main aim so hopefully slowing down the erosion of our communities. We'd be quite happy if a bit of a) happened though!
- 3) c) The best estimate we have says that each issue is read by over five people, making us the most read publication on Ukrainian matters in the UK.
- 4) b) Sales vary with season but 850 is a close estimate. Ukrainska Dumka the AUGB subsidised weekly paper sells 2,000 copies almost exclusively to the older generation. However, these are not passed around like *Zdorov!* - in fact many are not read at all, piling up behind bars waiting to be collected. Hence, at worst, *Zdorov!* is read by twice as many people as Dumka!
- 5) c) Most people who read *Zdorov!* do so without paying for it! Sometimes this is OK as families share copies, but I've witnessed some pretty tight fisted activities at times. If only half of the people who avoid paying for

Zdorov! had their own copy, we would more than double our sales and our financial future would be secure.

- 6) c) 40% of people reading *Zdorov!* pay in advance and receive it through the post. Well done those people. Fortunately, subscription is growing, probably as subscribers receive occasional free gifts and priority treatment at our bi-annual dances.
- 7) b) We'd love it to be a), and sometimes it feels like c)!
- 8) a) is the unacceptable reality, b) a target, and c) a dream!
- 9) c) We've tried many sources but with no success. This is mainly due to the fact that it is a second generation magazine, (ie we're mostly not refugees nor are we a threatened ethnic minority in our own country), and trying to survive commercially. Many advice bodies pointed us in the direction of the AUGB who in 1995 subsidised Dumka to the tune of £30,000 per year! That works out at around 30p per copy. A similar subsidy for *Zdorov!* would provide around £1,200 per year which would ease a lot of pressure.
- 10) a) b) c) are all correct. a) just before our production deadlines, b) in the weeks before, and c) when we see the finished copy in our hands!

ZDOROV! NEEDS YOU!

Since taking over the Editorship of *Zdorov!* I have produced Issues 5 and 6 on a borrowed computer. Unfortunately the lender needs his Apple Mac back for his own work.

Which puts *Zdorov!* in a difficult position.

I'd like to appeal to any reader with a spare Apple compatible computer, to loan or to sell or if any reader has the time and willingness to help in typing and/or editing, to contact:

Peter Fundela, on 0181-993 1510.

Also, *Zdorov!* needs articles and news stories. If you are going to be attending a football match, party, zabava, concert, or if you are getting married, about to give birth or emigrating etc., please phone me. We can run a feature.

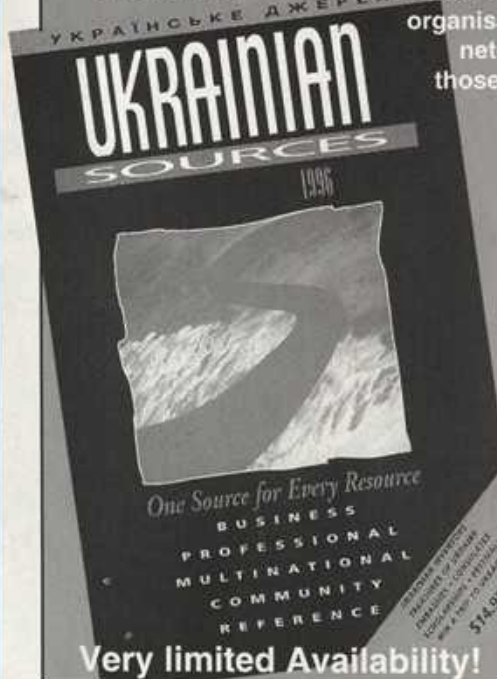
Finally, *Zdorov!* serves as a vehicle for opinion and thought to bring together all sections of our community.

If you have the time and want to have your say, then I would be grateful to hear from you.

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Very limited Availability!

Russian Dog Story

The other day I went with my son to St. Vladimir's Institute in downtown Toronto for a function entitled "Children Meet Their Authors." Despite being billed as a children's event, the hall was almost completely full of geriatrics.

The youngsters were strategically seated at the back of the room so they wouldn't disturb the festivities. What a paradox! Wasn't the afternoon meant for them?

The function started right on time. (Ukrainian Standard Time - which is about 20-25 minutes late in Toronto). After speeches, the writers read their stories. The kids behind me could not take it. The language and the background information were beyond their comprehension.

The event was threatening to be wholly forgettable when suddenly the "language police" broke up the monotony. It began when one of the readers pronounced the sound a dog makes as "Haff, Haff!" Someone immediately bolted up and demanded, "What nationality was the dog?"

"What do you mean 'what nationality'?" said the readers.

"Your dog went 'Haff, Haff!' Ukrainian dogs go 'Hao, Hao!' Your dog was Russian!"

Having studied Russian at university, I knew that a pure bred Russian dog would not have said "Haff, Haff!" but would rather pronounce it "Gaff, Gaff!" or "Aff, Aff!" Russian does not have an H sound. After careful consideration I realised that the canine had to be a Ukrainian dog from Eastern Ukraine. Audience members continued to ruin the story by going off on a tangent, arguing the importance of recognising the Holoskevych dictionary from 1928 as the only "true" fountain of proper Ukrainian.

To be honest, I didn't stay to the end of this torturous event. We made a hasty exit via a back door into the fresh air of freedom. The pizzas and drinks promised to the kids in an attempt to entice them to come never arrived.

Victor Mizynec - taken by kind permission from Zdorov! North America

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What's on...

The complete guide to what's on and what's Ukrainian this Easter and beyond (inc. church services and events)*

*Where those events have been submitted to *Zdorov!* before publication deadline

London and the South

Saturday 31 May - SUM (Ukrainian Youth Assoc) presents London, Midlands and Southern Regional heat of 'Okruzhnyi Zdvih'. London Social Club, 154 Holland Park Avenue, London. (0171) 603 9482

Midlands

Monday April 28 - "Spilne Sviachene" - Easter Meal for the whole community. Derby Social Club, 27 Charnwood Street, Derby, DE1 2GU. Tel : (01203) 225962

Saturday 10 May - 'Plenum'. All day event with zabava feat. Band in the evening. "Tarasivka", Weston-on-Trent, Derbyshire, DE7 2BU. Tel: (01332) 700215

Saturday 10 May - SUM Annual Dance 'Vialky Mulke'. "Tarasivka", Weston-on-Trent, Derbyshire, DE7 2BU. Tel : (01332) 700215

Sunday 11 May - 'Mothering Sunday' AUWGB organised concert featuring Derby dance group and local steel band 'Pantastika', in aid of Chernobyl Charities, 5.30 pm. Derby Social Club, 27 Charnwood Street, Derby, DE1 2GU. Tel : (01203) 225962

Saturday 31 May - SUM (Ukrainian Youth Assoc) presents London, Midlands and Southern Regional heat of 'Okruzhnyi Zvyh'. London Social Club, 154 Holland Park Avenue, London. (0171) 603 9482

North West

Sunday 20 April - 'Palm Sunday'; Divine Liturgy & Blessing of the Willow; 11 am. Ukrainian Autocephalous Orthodox Church (UAOC) of St. Volodymyr, Uncon Avenue, Oldham

Sunday 20 April - 'Palm Sunday'; Divine Liturgy & Blessing of the Willow; 11 am. St Mary The Protectress Church, Water Street, Rochdale.

Thursday 24 April - 'Holy Thursday'; Service on the 12 Gospels; 5 pm. UAOC of St. Volodymyr, Uncon Avenue, Oldham

Friday 25 April - 'Holy Friday'; Vesper Service - Burial of Christ. Procession of the Plashchanytsia/Shroud; 4 pm. UAOC of St. Volodymyr, Uncon Avenue, Oldham

Friday 25 April - 'Holy Friday'; Procession of the Plashchanytsia/Shroud; 4 pm. St Mary The Protectress Church, Water Street, Rochdale.

Saturday 26 April - 'Resurrection of Christ/Holy Easter'; Resurrection Service: Easter Procession & Matins, Divine Liturgy and Blessing of Paska; 11.30 am. UAOC of St. Volodymyr, Uncon Avenue, Oldham

Saturday 26 April - 'Holy Easter' - Blessing of the Paska; 3.00 pm. St Mary The Protectress Church, Water Street, Rochdale.

Saturday 26 April - 'Holy Easter'; Blessing of Paska; 1.30 pm. St. Peter & St. Paul's at St. Matthews Church, Bolton.

Sunday 27 April - 'Resurrection of Christ'; Divine Liturgy -

Sviachene; 11 am. St Mary The Protectress Church, Water Street, Rochdale.

Sunday 27 April - "Velykden Uki Easter", feast. Orlyk/Hahilky performing outside Manchester church after mass.

Saturday 3 May - 'Graveside Services'; 1.00 pm. Greenacres Cemetery.

Sunday 4 May - "Spilne Sviachene" - Easter Meal for the whole community; 1 pm, Tickets £2/3. Manchester Ukrainian Cultural Centre, 31 Smedley Lane, Cheetham, Manchester, M8 8XB. Tel : (0161) 205 6692/1444

Sunday 4 May - SUM (Ukrainian Youth Assoc) presents Yorkshire Region (inc. Carlisle) heat of 'Okruzhnyi Zdvih'. Carlisle Social Club, 2 Sillioth St, Carlisle, Cumbria, CA2 5UR. Tel : (01228) 29121

Sunday 4 May - 'St. Thomas - Providna' - Divine Liturgy & Breaking of the Artos; 11 am. UAOC of St. Volodymyr, Uncon Avenue, Oldham

Sunday 4 May - 'St. Thomas - Providna' - Divine Liturgy & Breaking of the Artos; 11 am. St Mary The Protectress Church, Water Street, Rochdale.

Sunday 8 June - SUM (Ukrainian Youth Assoc) presents local heat of 'Okruzhnyi Zdvih'. Manchester Ukrainian Cultural Centre, 31 Smedley Lane, Cheetham, Manchester, M8 8XB. Tel : (0161) 205 6692/1444

Saturday 28 June - Church dance; 7 pm. Manchester Ukrainian Cultural Centre, 31 Smedley Lane, Cheetham, Manchester, M8 8XB. Tel : (0161) 205 6692/1444

Yorkshire

Sunday 6 April - National Conference of Organisation of Ukrainian Women in G.B. (All day event). Bradford Social Club, Westfield, 169 Leagrams Lane, Bradford. (01274) 572026

Sunday 13 April - Annual General Meeting. Bradford Social Club, Westfield, 169 Leagrams Lane, Bradford. (01274) 572026 **Sunday 4 May** - SUM (Ukrainian Youth Assoc) presents Yorkshire Region (inc. Carlisle) heat of 'Okruzhnyi Zdvih'. Carlisle Social Club, 2 Sillioth St, Carlisle, Cumbria, CA2 5UR. Tel : (01228) 29121

Also every Friday, 'Line Dancing' with Country & Western music; £2.00 entry. Bradford Social Club, Westfield, 169 Leagrams Lane, Bradford. (01274) 572026

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

If you would like to see your event or church service featured in What's On, then please contact *Zdorov!* on 01132 743 404 (Next publication deadline: 19th May 1997)

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MATCH UPDATE!

- The match tickets for Ukraine's away game against Germany have now arrived.

- The recent victories against Albania and Northern Ireland have made Ukraine the team to beat in group nine, and the game in Bremen will be a crucial one in deciding who qualifies for the finals in France 1998.

- Tickets for the Ukrainian supporters section are limited in number and a large demand is expected from our community. Early booking is recommended.

(Tickets can be purchased by fans making their own way.)

Call 0161 652 5050 for more details.

The Ukrainian National Team FOOTBALL SHIRT

Important announcement! Since going to press it appears that the Ukrainian National Football Team has changed the design of its shirts! The strip seen at the Ukraine v Northern Ireland game on 2nd April had different shoulder markings and carried a 'Puma' logo. It seems likely (although we do not know for sure) that this is a permanent change.

Zdorov will endeavour to make this new strip available to its readers, but in the mean time, people ordering shirts will receive those that are advertised, i.e. the original shirt design used in the first ever world cup qualifying game played by Ukraine.

We hope that this announcement avoids any confusion.

Zdorov would like to thank Bob Sopel Travel for allowing us to use their advertising space to make this announcement.



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PS191	LVIV	20.30	FRIDAY	MANCHESTER	21.30	FRIDAY

3, 6, 9 WEEK DURATIONS

MANCHESTER - IVANO-FRANKIVSK 20 JUNE, 11 JULY, 1 AUGUST, 22 AUGUST						
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08 AUGUST	RETURN	22 AUGUST

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20 JUNE	RETURN	18 JULY
11 JULY	RETURN	08 AUGUST
01 AUGUST	RETURN	29 AUGUST

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