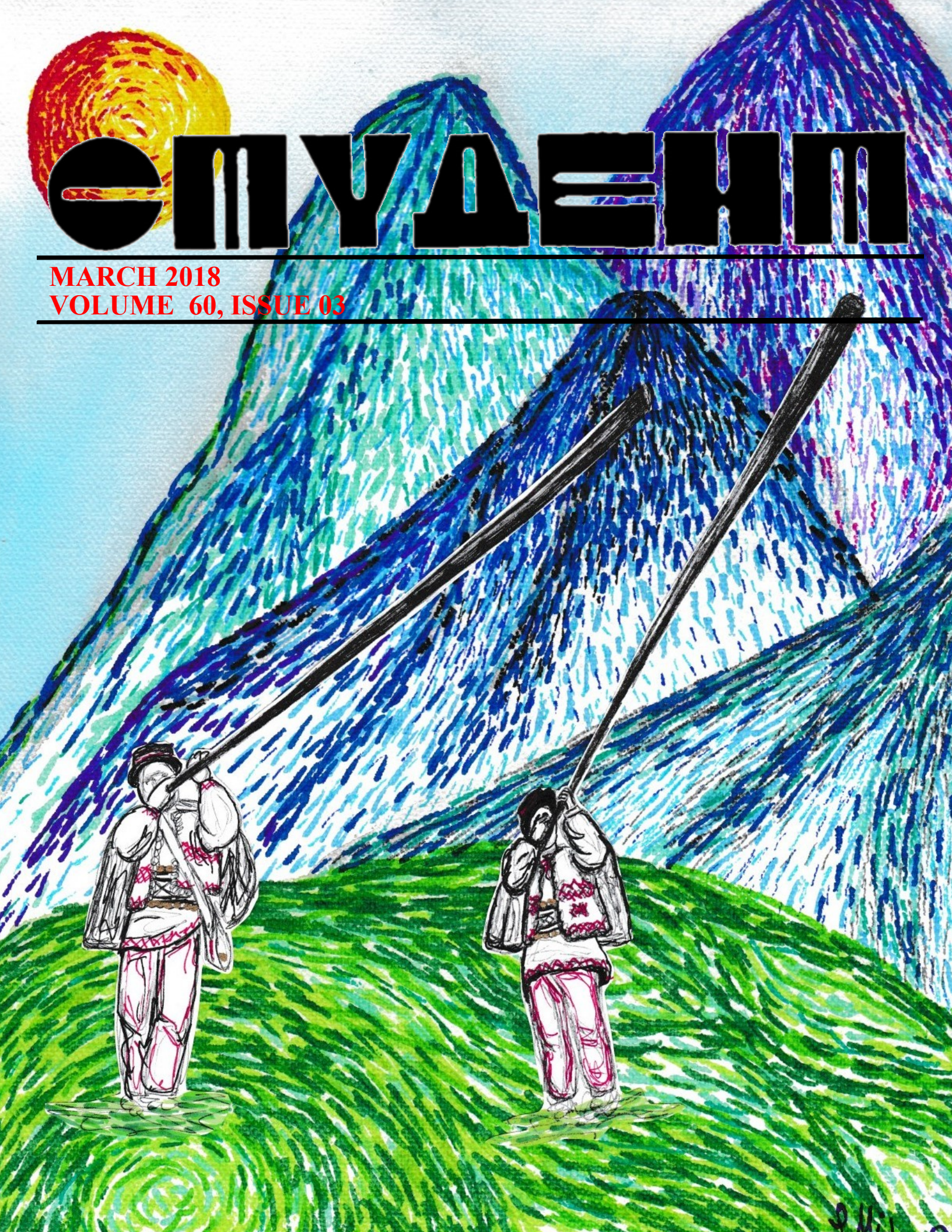




СЛУДЕНТ

MARCH 2018
VOLUME 60, ISSUE 03



С.М.И. 2018

BLAST FROM THE PAST

A LETTER FROM THE STUDENT EDITOR

Ahhh the 90's. Some of you may say that it's a time that is behind us, and to those people I'd like you to refer to my head to toe denim outfit right now and the scrunchie on the girl I'm sitting next to. Yes, the 90's, at least in trends, is very much with us.

The 90's are also important because your girl was born in '97 (shout out to the snow storm and subsequent extreme flooding in Winnipeg that accompanied my birth, together we made 1997 memorable).

As you have probably figured out by now, this issue is an ode to the 90's!

In addition, we have plenty of information on all things SUSK Congress 2018! So find that Walkman, play some tunes, and enjoy reading March Student.

I gotta bounce,
Zenya Michno
Зеня Міхно

SOME BANGIN' 90'S TUNES

Man on the Moon - R.E.M.

Don't Speak - No Doubt

Thank You - Dido

Always Be My Baby - Mariah Carey

Under the Bridge - Red Hot Chili Peppers

I Try - Macy Gray

She's so High - Tal Bachman

Say It Ain't So - Weezer

Say My Name - Destiny's Child

Maria Maria - Santana

Hand In My Pocket - Alanis Morissette

Waterfalls - TLC

Don't Look Back In Anger - Oasis

When I'm Up - Great Big Sea

Smooth - Santana

Change - Blind Melon

Everybody - Backstreet Boys

Crash into Me - Dave Matthews

When I Come Around - Green Day

Home For A Rest - Spirit of the West

Torn - Natalie Imbruglia

...Baby One More Time - Britney Spears

Mambo No. 5 - Lou Bega

All The Small Things

No Scrubs - TLC

Doo Wop - Ms. Lauryn Hill

Red Hot Chili Peppers - Can't Stop

The Humpty Dance - Digital Underground

Ordinary Day - Great Big Sea

High and Dry - Radiohead

This World Is Yours - Nas

Jump - Kris Kross

Shoop - Salt-N-Pepa

Brian Wilson - Barenaked Ladies



СТУДЕНТ

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-



Вітаю!



I feel that every time reading week ends, we all have to pick up and things and prepare for a sprint. No matter how many papers you tried to finish, midterms you tried to study for, work you tried to finished, it never seems to be enough. I hope that at least some of you were able to take a moment to relax before rolling up your sleeves for the rest of the semester. Since our last issue, the SUSK Executive, along with our USOs, have been busy with various projects.

Since our last issue we've seen considerable collaboration amongst our USOs. From kolyada fundraisers to attending malankas (some even at country bars), it's been continuously busy.

We've also been very happy to host regional events as another way to connect students from across campuses. Our very own Mattay Dubczak, VP Central, hosted a panel event titled "Lessons I've Learned," which consisted of many Ukrainian Canadian professionals. They provided valuable insight into their careers and left students with advice for the future. SUSK is also pleased to see an entire overhaul of our website design, courtesy of the hard work of Artem Iermak, President of the Ukrainian Student Union of Barrie and Cassian Soltykevych, SUSK Past-President. Take a look on susk.ca today!

Lastly, it is my pleasure to announce that the 2018 SUSK Congress will be taking place in Banff, Alberta this year from May 3-6. With these year's focus on First World War internment of Ukrainian people and other ethno-cultural communities, students will have a unique learning experience. Of course, students will also have the incredible opportunity of improving their local USO and developing new leadership skills. The relationships created at Congress will last you a lifetime, providing you with new friends across Canada. I would also encourage each individual more interested in getting involved in SUSK to look over our Executive positions. Prepare for four exciting, valuable, and possibly sleepless days with us.

I hope to see you all there!

Вього найкращого!
Stephanie Nedoshytko
Стефанія Недошитко
SUSK President





NATIONAL NETWORKING MEETING

Sunday, March 25th 3:30 MDT/5:30 EDT

One member of each USO executive is encouraged to attend to give a short report on what your club has been up to, to learn more about congress and what we have planned, and to find out more about what other USOs across the country are up to!

Watch the inbox of your SUSK contact for more information soon

Talk soon,

Ashley Halko-Addley (VP Exec)
Kimberly Gargus (VP West)
Mattay Dubczak (VP Central)
Boyan Woychyshyn (VP East)



TOUR DIARIES #2: WE MADE IT TO WORLD PREMIERE

WRITTEN BY: INGA BEKBUDOVA

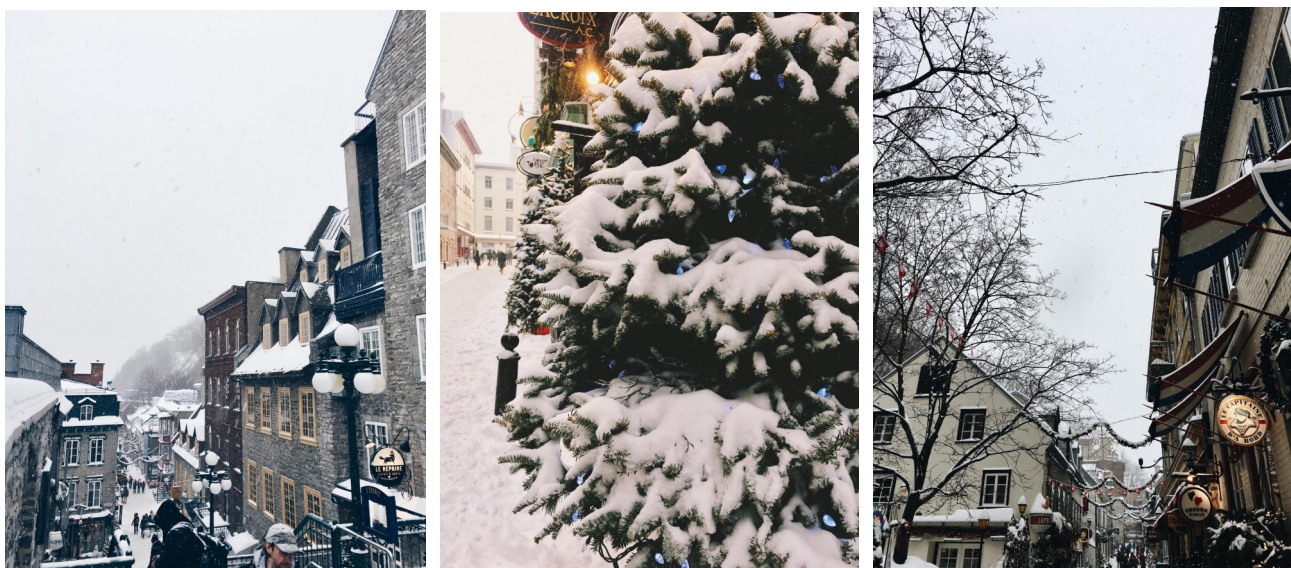
Hello fellow SUSKites,

Greetings from a lovely coffee / brunch bar in downtown Houston, on my last day off before we start all over again with trainings and shows in our last city of leg 00. To catch you up real quick, here's what happened since mid-January.



Official arena tour swag pass #cirqueway

The show had finished staging in the studios in Montreal, and we left with a really awesome dress rehearsal (a performance referred to as Dragon's Den) for all the executives and important VIP's at the Cirque du Soleil headquarters, before packing up all of our fifty-five (55!!) trucks and moving on to Quebec City.



Day off winter fun in beautiful Quebec City #fairytale



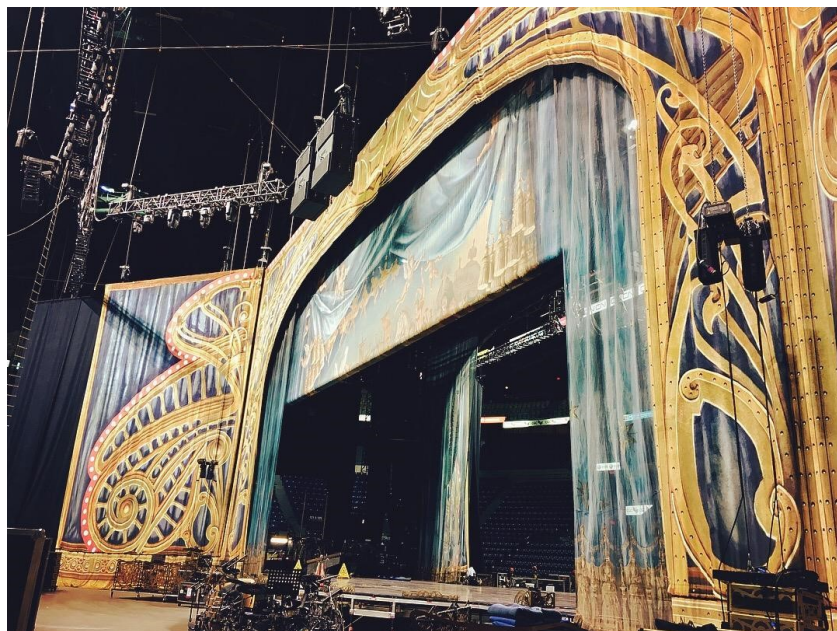
We spent about 4 weeks in the quaint and beautiful town, staging, training, organizing and working upwards of 14-hour days to get ourselves ready for the big premiere in New Orleans. The arena that we worked in was an out-of-use building called Colisee Pepsi that had closed down 2-3 years ago, so we basically got to be in our “own” home for that period of time.

My days in Quebec City were always different depending on the trainings needs, show needs and other tasks that have to happen, but here’s what it generally looks like : wake up around 8am (so almost like a regular human being, but also sometimes earlier like 7am); get on the shuttle to the arena by 9:15am; arrive on site by 9:30am; pick up radio off of charging dock and this is when you’re officially on the “clock”; and then depending on the training schedules and the small questions that would pop up from crew and cast, there would either be time to get a breakfast and a coffee from catering, or just a coffee and straight on stage for trainings.



The Corteo Deck Stage Management Team – otherwise known as Corteo’s Charlie’s Angels #yescharlie

During training, my task is to ensure the appropriate work conditions required for that training are met – sometimes artists would train in work lights, or in show lights if the act had required it. If we are in work lights (arena house lights and some general white light from our lighting plot), it also means that the artists can run their trainings with music – we usually have a Spotify request list of what people want to hear that day (my favourite is 90’s workouts on throwback Thursdays). Later in our time in the city, towards the end of the trainings, the artists would run their act in full, which would need their show music and possibly with lights or automation or rigging cues.



My office versus your office



As the onstage training is happening, we also have trainings happening in the downstage and upstage areas – and both have different trainings that would happen there. This was figured out before my contract began, but some acts would train downstage where there was a fixed rigging point and where they could do their warm-ups – such as aerial silks, suspended pole or hula hoops, and duo straps, just to name a few. In the upstage area, there is a general warm-up area for all artists to use, a gym with a bunch of equipment, and all other acts would also train there – ladder, juggling, roues cyr, trampoline beds and so on. The training spaces were a real work in progress over our time in Quebec as we had tried to figure out what would work best in all arenas and for the artists and the space that we have and the equipment that we have. We are still trying to work a few things out as we switch cities every week, but it’s getting there!

Morning training would usually last from 9am until about 2pm, and then we would go into stagings, and then later on, into full show runs. Stagings consisted of certain acts or moments or transitions in the show that needed to be worked on, and all of the artists that are in the act would be present along with all of the departments. Once we were in the last two weeks of our time in Quebec, we would spend our afternoons and evenings doing full show runs to get into the rhythm and feel of the show. By the time we left Quebec City, I could finally run the upstage backstage track all by myself – v exciting!

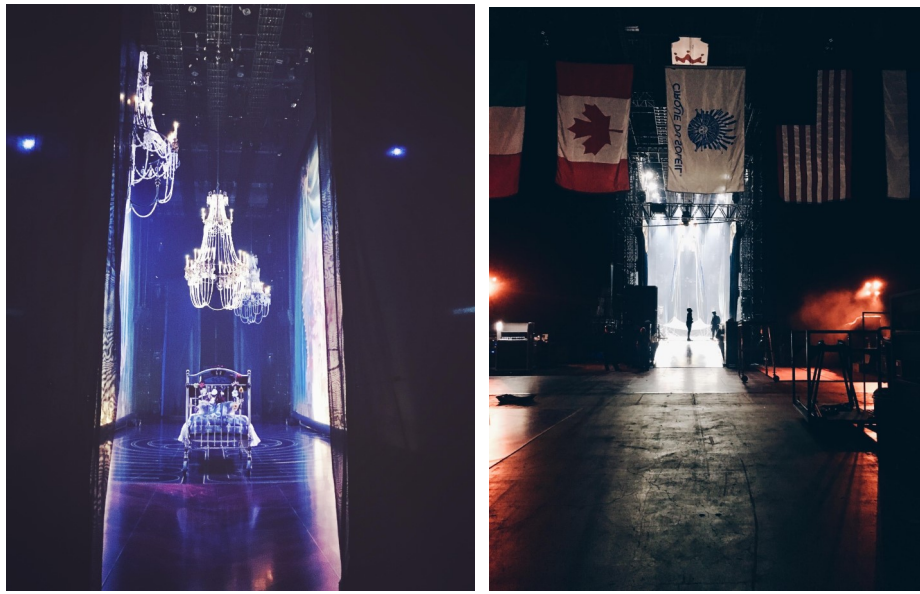


Staging finale and bows

We all did load-out on our second last day in Quebec City, packed our things and all took a charter flight with the entire show crew and cast to New Orleans. I’ve never been on a charter flight before, so it was real exciting and fun – nothing actually super cool, except that you get to all board the same flight with all your friends and sit wherever you want – yay for no assigned seating (hello, window seats 4 lyfe!). We then enjoyed about FOUR (4!!!) days off, which was amazing – lots of exploring New Orleans, which was such a fun weather change! Lots of fried chicken, Creole fun food experiences, fun summer drinks, Frenchmen street and the French Quarter and the smallest bit of Bourbon street.

After a much-needed rest and maximum fun time, it was time to hit the arena and find out what our new space is like. On our first day for stage management, we walk around the arena and put up signage for everyone to know where they’re going - dressing rooms, offices, wardrobe, laundry, catering, etc. and then we set up our own office, print schedules and daily act rotations and other paperwork, and check out both backstage areas and see what got changed and what needs to be fixed and so on. The next day we went into full trainings and did a dress rehearsal for the public, which went pretty well for everyone. It was so great to finally have an audience in the house that wasn’t familiar with the show and the cast finally got some reactions that they weren’t used to having which made the show flow even better.





Upstage backstage at the Smoothie King Centre – pre-world premiere

The next day, we continued as regular with trainings and that night, we finally officially performed our world premiere!! It was so great to finally open the show and to see all the work, efforts, and time put in be recognized by the Louisiana public. After our big show night, we had a premiere party at one of the bars in New Orleans, at which almost 90% of the people attending were super exhausted after the amount of hours and emotions and work put in that week. We had a real good, strong, double-show day weekend with really enthusiastic crowds, and we left New Orleans on a high note.



World Premiere of Corteo Arena!

So now here we are in Houston, after 3 days off, including a 6 hour bus transfer, nicer but chillier weather and some cool sights to see, and we are ready to do it all over again. We get back into full work mode tomorrow and have our premiere tomorrow night at the Toyota Centre. Once we are done on Sunday night, it's time for tour break and I fly back home to Toronto for two weeks. So, if you're in Toronto for until almost end of March, let me know and we can hang! We kick off leg 1 of the arena tour in Milwaukee at the end of March, and continue touring throughout United States until early June. Our first Canadian dates are set for mid-June in Ottawa, Oshawa, St. Catharine's and Kingston – so please come and see our show and share in our beautiful story of Corteo! I'd love to see you and bring you backstage so you can get a taste of #cirquelife and meet some awesome people.

Until then, feel free to message, email or text me, or follow our adventures with #Corteo !



BETWEEN THE PAGES

WRITTEN BY: DAYNA
KONOPELNY

Leads, leads, leads - the basis of all business to business sales in the world. You need a lead to make a sale, to fuel your business, to make it profitable, to then hire someone to get more leads...you get the idea. In centuries past, the idea of selling to each other was relatively simple: I raise cows, you grow wheat, let's trade and both have more effective farms and lives. As time went on, industrialization ushered in a new era, and things changed. It wasn't a small cooperative or the corner store anymore, it became what are now conglomerates trying to grow year over year with increasing returns and brand portfolios.

Imagine being a purchasing manager in 1873 looking to buy a series of new office typewriters. There would be Bill from one company and John from another that you probably knew on a personal level who were trying to get your business. There was only so much competition, with businesses being much more difficult to start up, and trying to reach potential customers was a laborious and time intensive job. Good years may have meant a small sale once a week or a bigger sale once a month.

Cue the ringing of a telephone.

With rapid implementation of telephones in businesses in the first half of the 20th century, along with the now archaic phone book, being a salesperson got a little easier. Or at least that's what many thought. With much easier access to more people in a much shorter period of time, pressure increased on sales to increase sales. After all, a salesperson who wasn't on the road could talk just as well on the phone as in person, so why not keep them in the office and and "always be closing"?

So, why all this talk about books? Well, for those who may or may not know, my artwork was chosen to be on the Shevchenko Foundation's 2018 bookmark. A little context for those who may not know what that is. The Shevchenko Foundation is a not-for-profit organization that promotes Ukrainian Canadian arts and cultural heritage. They support artists across all fields including visual artists, writers, musicians, etc. For the last 17 years, they have been running a competition for artists to submit artwork to be featured on their bookmark.



March is Taras Shevchenko month. The bookmarks feature a poem on the back by Taras Shevchenko, and the artwork reflects that poem.

I've had quite a few people ask me what my process was, if it's part of a larger painting, and how I was inspired. I've included some pictures to show my process.

I found out about the competition because one of my dad's Facebook friends shared it on Facebook a couple weeks before the deadline. He sent me the link just as I was about to go to bed one night, and had to be up early the next morning. He suggested I try to submit something. Naturally, my brain started running. I read the poem a couple times, wrote it out, and then highlighted the key words that jumped out to me. The word SUN jumped out to me. This reminded me of interpreting scripts when I designed sets and costumes at the U of W.

For those who attend Easter morning liturgy, you know you're up at the crack of dawn, and often watch the Sun rise. As you may guess, I didn't get to bed early that night. Below, are the sketches I did that evening. Before I went to bed I had a general idea of what this bookmark was going to look like. The next day I sketched out the full size rough draft, there were a couple versions of these, but the one I settled on is seen above with the final art work.

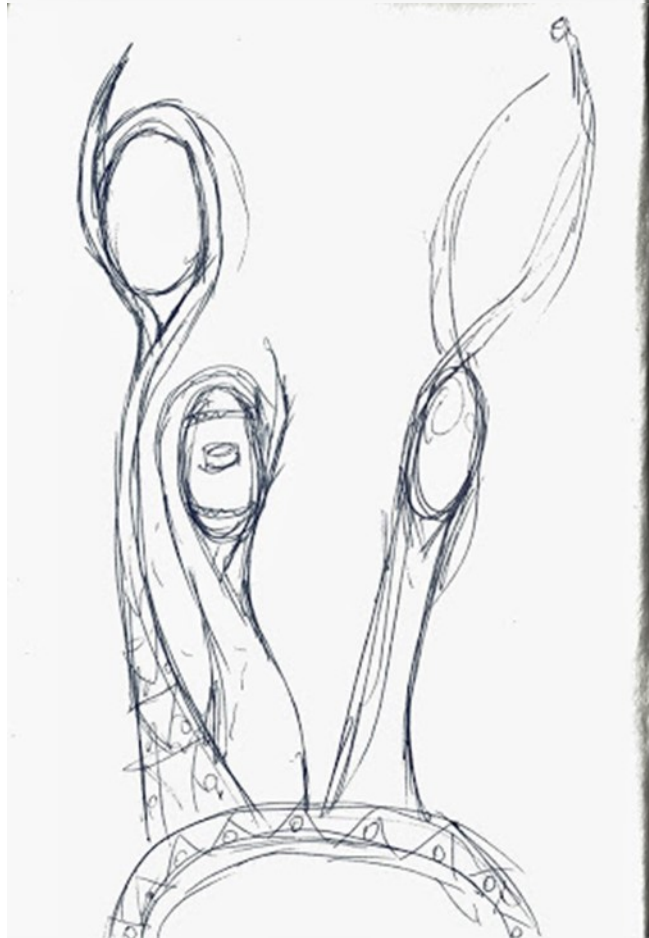
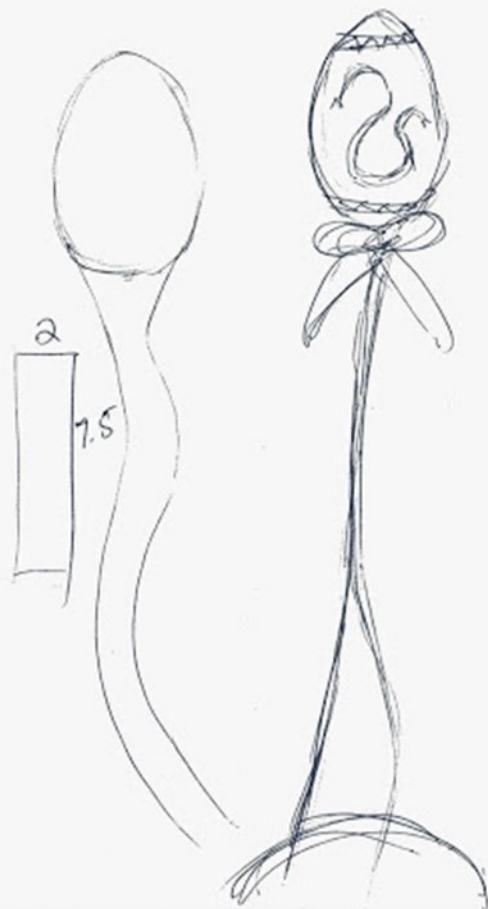
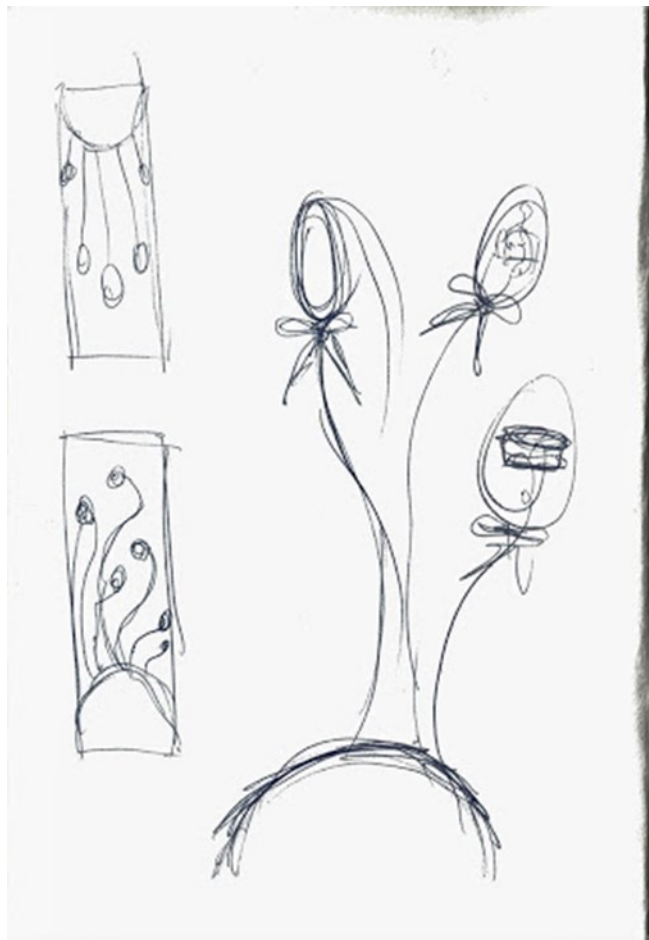
For the next three days I worked on painting it once I had finished my regular school work. The bookmark was painted in my bedroom often late into the evening. On day 2, I hated it. I was convinced I couldn't finish it in time. It didn't look how I imagined it, and I thought it looked sloppy (note: I didn't even take a picture at this point because I was so frustrated). I decided to go to bed and I would reevaluate the situation the next day. I looked at the painting the next day before class. I still wasn't happy with it. I came home from class, and looked at it again. I decided it deserved to be finished. I had put in so much time already, and my ultimate goal was to submit something. I finished it that night, and I was satisfied with it. The next day I scanned it at school (it just fit on the scanner!), and sent it off one day before the deadline. I had done it, I finished it in time. That's a huge accomplishment in itself.



On Easter Day

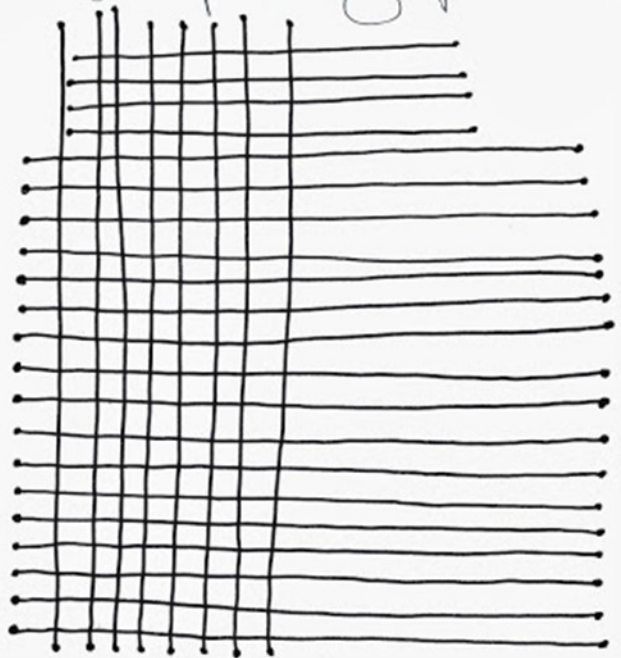
On Easter Day among the straw
 Out I the ~~sun~~ the children played
 With Easter eggs in colours brown
 And each of them loud ~~bursting~~ ^{boasting} made
 Of gifts received. One, for the feast,
 Was given a shirt with sleeves of white;
 One with a ribbon had been pleased;
 One with a garment, laced and tight;
 This boy was given a lambskin cap,
 That one a pair of horsehide boots,
 And one a jacket to unwrap.





With the daybreak of the
morning sun.

- spirit of a child
- seen presenting presents



The painting is mixed media. I used water colour, gouache, acrylic, and pastels. One thing you can't really tell on the print of the bookmark is that the whole background is gold. I've always loved metallics and glitter (glitter was banned from my house when I was a kid), so I look for any opportunity to use them.

I am honoured and humbled to have won, but I am proud of myself for finishing my artwork and being able to submit it. Unlike the stack of books that lie in my room, I finished my painting. As an artist or designer and even just a person, sometimes the greatest accomplishment is finishing something and just showing up. I wouldn't have had this honour if I stopped painting on day 2.

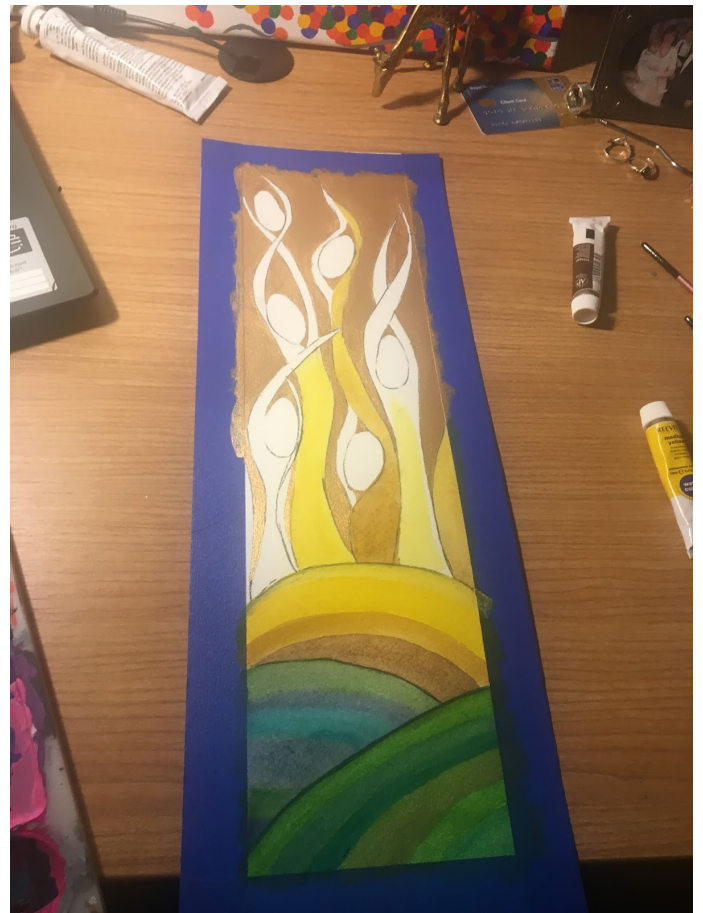
From this amazing honour, I have met so many interesting people. Shevchenko was kind enough to get me a ticket to the Kobzar Literary Awards on Thursday. I do have to admit, I was a little overwhelmed by seeing my bookmark everywhere, and people pulling them out of their jacket pocket exclaiming, "You did this?!"

I also want to thank absolutely EVERYONE who has supported me at any point in time. Thank you! Many people may only see the final product, but behind every piece of art is lots of thought, and most likely some frustration. Thank you for encouraging me.

If you haven't received one in the mail from Shevchenko, and would like one, please message me. I would be more than happy to mail you one!

Artistic Statement

My work, inspired by Taras Shevchenko's poem *On Easter Day*, looks to encapsulate the essence of youth. On Easter morning each child is given a gift. The six gifts are represented through the Easter eggs suspended by the Sun's rays. The rays reach towards the sky bending and swaying similar to the spirit of a child. The colours are bright and vibrant to emphasize the joy of Easter Sunday. My artistic style looks to combine bright colours with Ukrainian designs to create a fun and whimsical feeling.





Love this post and want to hear more?
Keep updated with Dayna's adventures by checking out

Her blog: thedaynadiaries.blogspot.ca



rediscovering
the past...

SIJSK

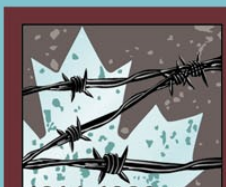
NATIONAL
CONGRESS



may 3-6, 2018

banff, alberta

This project has been made possible by a grant
from the Endowment Council of the Canadian
First World War Internment Recognition Fund



CONGRESS 2018 (BANFF!)

WRITTEN BY: SUSK CONGRESS COMMITTEE

In this issue, we're giving you a sneak peak at what's to come for this year's SUSK Congress ('Rediscovering the Past') in Banff, Alberta!

- The conference will be held at the Banff Centre – one of Canada's most beautiful conference centres. The Banff Centre is dedicated to furthering arts and creativity.
- Congress fee (\$140) covers: meals, program/speakers, zabava ticket, tour through internment sites, shuttles from Calgary
- SUSK will provide travel reimbursements for up to 100 delegates – minimum of \$40 (Western Canada) to \$250 (Eastern Canada) to offset travel costs
- This year's Congress will centre around topics of WWI Internment and Human Rights
- Invitations have also been extended to other communities affected by WWI Internment
- Shuttles will be provided from Calgary airport

FAQs

What is SUSK Congress?

- The Ukrainian Canadian Students' Union Congress provides students from across Canada and internationally with the opportunity to learn more about the Ukrainian Canadian community, as well as ways to grow personally and professionally. With leadership workshops followed by the ability to meet motivated students, SUSK Congress offers a unique experience for Ukrainian and non-Ukrainian students alike. This year's SUSK Congress will have a special component to teach delegates about the internment of Ukrainian and other ethno-cultural groups during WWI in Canada.

How will I benefit from attending Congress?

- You'll learn about a part of Canada's hidden history — the internment of Ukrainian and other ethno-cultural groups people during WWI lasting until 1920. Thousands of people were wrongfully imprisoned because of their ethnicity. Public records of this dark moment of history were destroyed and SUSK along with our partners hope to raise awareness over this issue.
- You will also have the opportunity to partake in leadership workshops, learning how to better run your Ukrainian Student Organization (USO)
- You'll also be able to meet a number of fantastic people from across the country and make lifelong friends.

What do I pack?

- For days of the sessions, pack some business casual clothing. For the excursions, pack comfortable shoes that you are able to walk through unpaved paths. For the Zabava (dance) pack some semi-formal clothing (dress, dress pants, dress shirt, suit, tie etc). Don't forget to pack some comfortable clothing and perhaps some hiking shoes for your free time.

What if I don't know anyone or have someone to share a room with?

- This is no problem at all. Make sure to note on the registration form you are looking to share a room with someone and SUSK can coordinate this on your behalf.

Do I need to speak Ukrainian?

- There is no requirement to speak Ukrainian. All sessions will be conducted in English.



How will I get to Banff?

- If you are not in Alberta, you should arrange to fly into Calgary. From the Calgary airport, we will have some shuttles available to transport you to The Banff Centre.

Do I need to be 18 to attend?

- You are not required to be 18 to attend. SUSK Congress does not allow for underaged drinking, and you will be ID'd at any occasions where there is alcohol present (ei: zabava).

What is a USO?

- A USO is a Ukrainian Student Organization, which are local clubs located at post-secondary institutions across Canada. Events organized by local USO Executives are aimed at promoting Ukrainian language, community, culture, and fostering a sense of belonging for Ukrainian students. Some events hosted by a USO could include an Annual Sports Tournament, a Holodomor/Genocide 1932-1933 commemoration, as well as various Ukrainian themed events such as a Varenyky Night or Pysanky Making Night.
- Individuals who attend from USOs are considered delegates.

Do I have to be a part of a USO to attend?

- No, you are able to attend Congress as an observer.

Is there a maximum amount of delegates that can attend per USO?

- There is a maximum of 3 official delegates from your USO who will have official voting rights, but all of your members are welcome to participate fully in as observers.

Do I have to be a student?

- It isn't necessary to be a student to attend the Congress. It is necessary to be a student if you choose to run for the SUSK Executive.

Do I have to be Ukrainian?

- No, you do not have to be Ukrainian to attend. All that is required is the interest of the topics at Congress.

How can I join the SUSK Executive?

- In order to join the Executive, you must be a student. Someone must nominate you for a position by 11:59pm on Friday night. Elections will take place on Saturday, where you will have a few moments to speak about why you are the best for the position. Election results will be released later that evening.

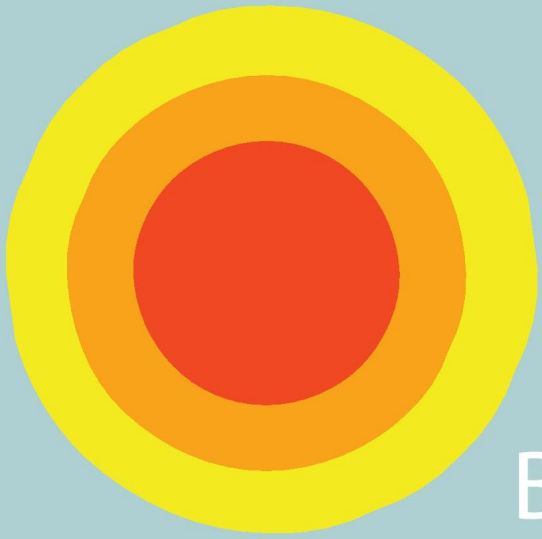
JOIN US!



ZABAVA IN THE MOUNTAINS

ЗАБАВА В ГОРАХ

...presented by SUSK National



May 5, 2018

Banff Recreation Center/
The Fenlands

Featuring Zabava u Koli
and mountain views

TICKETS: Dinner & Dance \$75
Dance \$30



Pinterest's Idea of 90's Funky Wear

WRITTEN BY: ORYCIA KARPA

Today I went on Pinterest and searched "90's outfits". Here is what I found...

1. **Really cool windbreakers.** I suggest either going through your parents' closet or stopping by your local thrift store to find one of these gems.



2. Layering. It will keep you warm but cool on those in between days in the spring where it is cold in the shade but hot in the sun. It's also great to go visit baba in because you aren't showing too much skin but you're still able to wear your favourite dress.



3. Denim on Denim on Denim on Denim. Enough said.



Wear all of the above and you will be cool ;)





WANT TO SELL? STOP SENDING EMAILS

WRITTEN BY: CASSIAN SOLTYKEVCH

Leads, leads, leads - the basis of all business to business sales in the world. You need a lead to make a sale, to fuel your business, to make it profitable, to then hire someone to get more leads...you get the idea. In centuries past, the idea of selling to each other was relatively simple: I raise cows, you grow wheat, let's trade and both have more effective farms and lives. As time went on, industrialization ushered in a new era, and things changed. It wasn't a small cooperative or the corner store anymore, it became what are now conglomerates trying to grow year over year with increasing returns and brand portfolios.

Imagine being a purchasing manager in 1873 looking to buy a series of new office typewriters. There would be Bill from one company and John from another that you probably knew on a personal level who were trying to get your business. There was only so much competition, with businesses being much more difficult to start up, and try-

ing to reach potential customers was a laborious and time intensive job. Good years may have meant a small sale once a week or a bigger sale once a month.

Cue the ringing of a telephone.

With rapid implementation of telephones in businesses in the first half of the 20th century, along with the now archaic phone book, being a salesperson got a little easier. Or at least that's what many thought. With much easier access to more people in a much shorter period of time, pressure increased on sales to increase sales. After all, a salesperson who wasn't on the road could talk just as well on the phone as in person, so why not keep them in the office and and "always be closing"?



Cue the shrill tone of a dial up modem.

Now obsolete to younger generations, fax machines were the next sales tool in trying to reach a greater amount of people with less effort (note: as much as we think fax machines are now obsolete, almost every major corporation still uses fax and many larger organizations and government offices still won't accept an email as an official communication method, sadly. Long live the modem dialling concertos). I vividly remembering working at a store whose fax machine would print off an incoming fax advertising sales on office supplies, Alaskan cruises, and retirement homes. While this seems like an even more effective method than a telephone call, I can't imagine many people were convinced to buy items from a company who was wasting their toner and paper without their permission.

Cue the silence of a router.

We've finally reached the final and current phase of the evolution of sales. Welcome to the internet - where ten minutes feel like one and now you're late to a meeting about responsible workplace internet usage. Everyone has received an email similar to this in the last 20 years: "Dear Sir/Madam, We are A Commpany looking for A Representative In Your Country and We pay top wages \$100,000.00 US DOLLARS. We hope YOU contact us For ThiS job offer thank you sir/madam". While these spam emails are still going around, in the last year many clients of mine, along with me, have received well thought out emails that I'm positive have brought higher response rates.

An effective product website encourages you to make some sort of action. Whether that's inputting your email to receive a coupon, or to call now to claim your exclusive offer. For example:

Subject: Possible call tomorrow at 10:30 AM
Good afternoon,

I hope this email finds you well. Are you available for a call tomorrow morning at 10:30am to discuss your current marketing strategy?

All the best,
John Doe

The email prompts you to take action, instead of just an informational email, and a number of people I know have been duped by these types of messages. However, it doesn't take long to hang up on what someone thought was a genuine marketing agency, but instead is someone in a call center overseas. A room that used to be a few buyers and a few sellers has become a few buyers, and thousands of sellers crowding up the room. The pie baking hasn't kept up with the pace of everyone's appetite and it only gets harder with the increasing connectivity of the world.

Let me get back to the basics of sales and say that these emails, or any emails, faxes, and most phone calls, are a waste of time. Your best bet to make a sale is to take it back to a century ago. Talk to people, ask what they work in, what services you provide, and see if you can work together or help one another. Once you establish a relationship, then move to technology to communicate wherever needed.

I've been in some sort of sales since I discovered the concept of supply & demand in my early teens. I've had CRT monitors, a Motorola Razr, and brand new iPhones that I can use to send an email from anywhere in the world. None of that technology brought me a sale on its own.

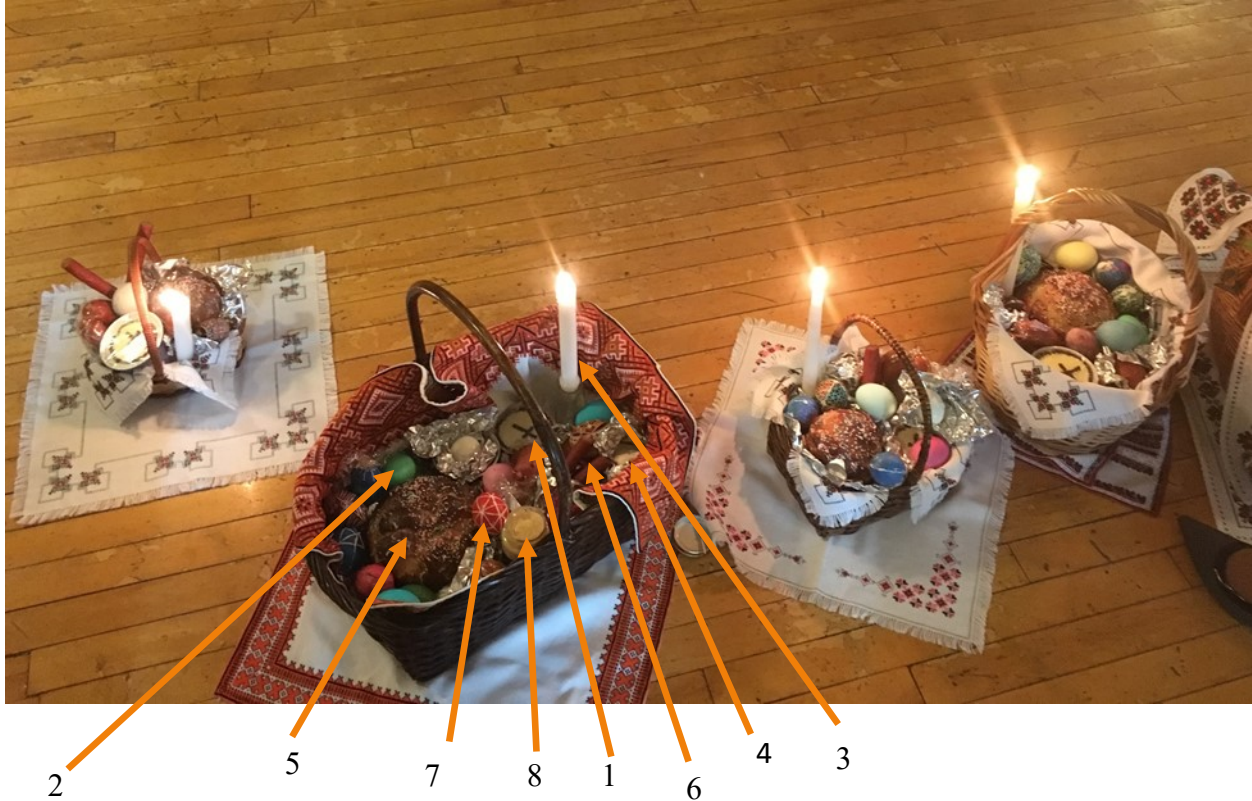
Did it help? Sure.

What really got me a sale? I took my hand off my mouse, and used it to shake hands instead.



UKRAINIAN EASTER TRADITIONS

WRITTEN BY: RAYA DZULYNSKY



There is a tradition in the Ukrainian community to prepare an Easter basket that is then blessed at church. Here are some traditional foods to put in your Easter basket.

1. Butter with cloves or peppercorns in the shape of a cross

*only some families use cloves/peppercorns

2. 'krashanky' – Easter eggs in dye
3. a candle
4. farmer's cheese
5. 'paska'- Traditional Easter bread
6. various 'kovbasas'- Eastern-European sausages
7. 'pysanky' – painted Easter eggs
8. Xrin- horseradish





WE WANT TO HEAR FROM YOU!

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something to share, send it in!

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