



President's Message

Hello and welcome to the third edition of *Student* for this academic year! Since Christmas time, we have seen a flurry of activity from all of our local clubs across the country, hosting everything from volleyball tournaments to Zabava's to movie screenings to Malanka's hosted at country bars!

Just after the New Year, we announced the dates and location for this year's upcoming SUSK Congress. The entire Executive is thrilled that the 2016 National SUSK Congress will take place in Saskatoon, Saskatchewan and will be called "СУСЬКАТУН"!! It is the first time in 25 years that a Congress will be held in the "Paris of the Prairies", "Toontown", "S'toon", "The City of Bridges", or "Saskabush". We are really excited to have the University of Saskatchewan Ukrainian Students' Association (USUSA) helping SUSK on a local level as well. More details will be posted on our website and Facebook page in the coming weeks.

SUSK has also seen several clubs utilize the Project Fund initiative since its launch in late 2015, which was created with funding from the UCC Dragons Competition. Through the Project Fund, Ukrainian Student Organizations (USOs) across the country are entitled to \$150 in funding for a local event. What has this funding been used for? The McGill Ukrainian Students' Association (MUSA) held a 'Christmas Night Outfits' collection Fashion Show, the Ukrainian students at McMaster hosted their 15th (!) annual volleyball tournament, and USC@Ryerson was able to purchase a "Holodomor in a Box" for use in November of 2015 and for many years to come. Other USOs have also utilized the Project Fund, and we are incredibly thrilled with its success.

Finally, a project that has been underway for several months, and has undergone many revisions, is an infographic about SUSK. Check out our Facebook page and our website to see what the final product looks like! We hope that this document will help other organizations understand the role of SUSK in the





Ukrainian community and all of the benefits it provides to USOs and individual students.

If you would like to receive email updates from SUSK on all of its activities, please contact myself at president@susk.ca.

I hope you enjoy our third issue of *Student* for the 2015-16 academic year.

Всього найкращого,

Cassian Soltykevych
Касян Солтикевич
SUSK President

A Wild Winter in the West

Ukrainian Students' Society members from Edmonton and Calgary in Fernie, BC.





The weather was analogous to an all-you-can-eat buffet. Within a day we experienced pouring rain, snow, blizzard winds, and some crazy fog. We left satisfied, but are most likely now all sick.

Andrea Dacko

Regional Vice-President - Canada West

SUSK National Executive 2015/2016

A Letter to Madame Joly

Dear Mme Joly,

My great Uncle, Ivan Fokij (born Yvan Fotij or Ivan Foty) arrived in Montreal from Bukovina, Ukraine (then part of Austro Hungary) as a young man in 1910. He left his new bride to come to Canada for a 'better future' and a new life. After finding work in the CN Rail yards, he finally was able to finance his wife's journey, and she joined him in 1912. They eventually settled in Verdun, QC, and later in Ville St Laurent, where I was raised, attended Parkdale Elementary, Malcolm Campbell High in Cartierville, and later McGill University.

Due to Canada's repressive policies during 1914-17 towards 'enemy aliens', to assimilate and live on, Ivan attempted to hide his identity, and this, in part, spared him from being interned during that time. He changed his name to Ivan Tokie, and still later to John Toke. He sheltered his two daughters from their heritage, language, and his customs, so that they would be spared identity persecution and bias. They grew up as true Canadians, and in turn, his daughters raised theirs, and then their sons and daughters raised theirs, spread throughout the Montreal area, without the background, knowledge, or appreciation for their fore fathers' culture, history, or language.

In 2011, I had the opportunity to reconnect with a few of Ivan's descendants, my cousins, second cousins, etc. I was shown a collection of handed down photographs from the early 1900's. My relatives did not really understand who these people were, where they came from. They all related that they wished they had had some sort of a connection to the language and culture of their great and great great uncle, but unfortunately, this was not passed down to them. Clearly, to my mind, they were searching for their roots, a connection with the past: who they were.

Their history and cultural heritage, for reasons unknown to them, was denied.

So, what does my family's story have to do with Spirit Lake?





The point is, Mme Joly, although the actions or lack of, may seem inconsequential now, they will impact future generations. And the relatives of those who perished at Spirit Lake? Will we deny them a tangible connection to their past? Do we desecrate the bodies of their ancestors, who gave so much to Canada?

Shall we forget and move on? I hope not, and believe not. The interred deserve not. Please consider the importance of saving the cemetery at La Femme for those who survived them and know, and those who have lost a connection with their past due to tragic circumstances, of no fault of their own, who are still searching and wish to know.

Fortunately for myself, my parents, my wife's parents, and many others of our and different heritages, who arrived to Canada after that era, transferred their cultural heritage to their children, in a free, welcoming, and open society of, as the late Senator Paul Yusyk, a great Canadian of Ukrainian heritage, coined it: "Multiculturalism". We, therefore, transferred this heritage to our children. See attached: my daughter in Bukovinian dress, Ukraine, 2008. My side of the family, and others similar and other heritages, fortunately did not lose our "roots".



On behalf of myself and as an extension of the direction of the late Senator Paul Yuzyk, the father of multiculturalism, and on behalf of Yvan Fokij and wife



Paraska, (the Toke family - my family - of Quebec): their two daughters, the late Mary and Susan. Susan's only child Audrey, her children, and their children. Mary's children: Yvan, the late Caroline, Sony and Sussie, all their children, and their children. All of these families and descendants, and of other families who lost their 'connection', who are still searching.

Respectfully,
Dr George W Foty
Oakville, On.

Antibodies in Healthcare

While studying in my classes for my degree, I've realized that few people outside of specialized biology degrees are aware of the role of antibodies in research, industry, and healthcare. Antibodies are proteins produced by a living system which are capable of distinguishing between different microscopic targets with very meticulously and at times, almost flawlessly. Without antibodies, the isolation of some drug compounds would be impossible. This kind of differentiation of very small particles is quite fundamental in industry as well as healthcare.

The recent trend with antibodies is to use them as drugs themselves. Antibodies work as drugs by binding negative elements in the body, whether they are proteins, sugars or lipids, and neutralizing them. Their accuracy in distinguishing target is one of the features which attract researchers to use them. As more attention is given to autoimmune disease and cancer in North America, the antibodies treatments of these conditions increase in number. After the discovery of efficient production method of antibodies in 1975 by George Kohler and Cesar Milstein, the focus of treatments of varies conditions seems to be shifting towards antibodies.

Last year, more than 900 drugs produced in living systems, called biologics, were being developed. Most of the biologics being approved for sale in 2015-16 are antibodies. Antibodies show great promise for effective treatment of a wide spectrum of conditions, however a downside exists. Currently "Humira", an anti-inflammatory drug which utilized the ability of an antibody to neutralize a key signal in the blood, called TNF-a, grossed an astounding \$8.6 billion dollars in sales. However, this



treatment does not come cheap. While some costs may be covered by various insurance plans (varies with countries), “Humira” costs \$3100 per month.

Moreover, this drug is approved for various arthritis conditions, Crohn’s disease, as well as other autoimmune disorders. Many of these conditions would require prolonged treatment, amounting to massive costs to the patient. “Humira” is not alone in this business. Various other antibody treatments are runner ups to the top grossing drugs. “Enbrel” grossed \$6.1 billion dollars as of June 2015. Moreover, many other antibody drugs are to enter the playing field by 2018, forming a significant portion of over the counter and prescription drugs.

Therefore, it is clear that while the benefits of antibody treatments are great, attention is required to improve the production process, which currently requires high skill level of the immunologist as well as a long time period, thus reducing the costs of the associated therapeutics.

Alex Prokopchuk
Regional Vice - President - Canada Central
SUSK National Executive 2015/2016



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A Lament For The Heroes

The Slav people taught me that there would always be a conscious people who would find a purpose in their lives—even in the worst moment. Such people would always live truthfully, and never hesitate to fight for their dignity.

I cannot thank them enough for teaching me the greatest lesson of my life. Today, Ukrainians are following this lesson better than any others. Their desire for such life gave them the courage to overthrow the tyrant. Ukrainians now fight for their homeland and people. But at the same time, they are vigorously fighting the sickness plaguing the world. Economic inequality, government corruption, and alternative reality are not just a Ukrainian problem: it is a problem for all humanity. In many ways, today's Ukraine reminds me of the novel *Mother* by Maxim Gorky. It is a story of a woman, abused by her drunkard husband. For years, she felt helpless and numb. When he passes away, the mother and her son finally find peace. Soon, her son becomes involved in a political movement. At first, she is greatly concerned. But as she interacts with her son's friends, who are energetic and full of life, she recovers. After living a life full of sorrow, she was able to find a purpose in her life. The movement becomes her will to live, and the motivation for doing what is meaningful.

Ukrainians shocked the world when they bravely stood up against the great injustice three years ago. Before the Revolution, Ukraine was just like the mother; people felt helpless towards injustice. Ukraine was a country where injustice was considered "normal." People were tired and wanted to get out of the country if they could. But it was not that the people had no desire for the life of dignity. After all these years, a soul crying for humanity was hidden inside the Ukrainian heart. The great sacrifice of Ukrainians has given a new meaning to the Ukrainian flag. The flag that painted the Independent Square in blue and yellow, the flag that once stood high at the airport, is not just a Ukrainian symbol. The flag now represents all humanity's desperate desire for the life of dignity. The blue and yellow resembles our strength, and our will to endure the great trial for what is right.

Like Rodion Romanovich, I bow before you and your suffering, my dear Ukrainian friends. It is most unfortunate that so many lives were lost. But, their sacrifice left a great legacy. They united the nation that was once divided. They left their compatriots and children a chance to live a better life. They sent a strong



message to the enemies of Ukraine: the people will not stand idly by while injustice is plaguing their homeland.

Ukraine's heroes showed the world that history is not made by the cold, calculated decisions of the few. History is made by the will of the ordinary people, who are flawed and imperfect. Nevertheless, the heroes proved that people like them are capable of doing a great deed together. The greatness of the Euromaidan lies in the ordinary people accomplishing what the exceptional few could never accomplish by themselves. This is why the Heavenly Hundreds and those who perished while defending Ukraine are not only your heroes; they are my heroes as well.

I thank you, my dear Ukrainian friends. I could overcome the greatest challenge in my life only because your courage and strength had inspired me. You helped me to regain trust in humanity. You taught me that democracy and freedom are not lost causes, but the causes that we all have to fight for.

Glory to the heroes forever!

Elliot Cho
University of Saskatchewan
Political Studies (Undergraduate)

Remembering Your Roots

A group of doctors and medical professionals from Canada travelled to Ukraine, where they operated on the Ukrainian soldiers injured during the ongoing war with separatists and Russian aggressors. Dr. Antonyshyn, who is a reconstructive plastic surgeon at Sunnybrook Hospital, led the team. I had the utmost privilege of shadowing his practice for about a month last June, and was very inspired by his passion and resolve to help the people around him. From his amazing surgical skill to his ability to make patients feel comfortable and well cared for, he is an amazing professional that brings great pride to the Ukrainian-Canadian community here in Canada. CTV's W5 crew documented the October 2015 mission, organized by the Canada-Ukraine Foundation, and a television documentary titled "Healing Hands" was released about a month ago.

I write this piece to showcase the importance of professionals in Canada, who are of Ukraine descent to not forget their homeland - Ukraine. We are lucky in



Canada to have the ability to showcase the outstanding achievements of members of our Ukrainian community, and should be proud of both our heritage and Canada, for giving us the opportunities and resources to become successful.



“This boy is one of the main things that made me personally want to come to Ukraine”, says Dr. Oleh Antonyshyn of his desire to help Nazar Derzhylo.

Photo courtesy of Gary Hanney, Operation Rainbow.

<http://www.cbc.ca/news/canadian-surgeons-reconstruct-people-wounded-in-ukraine-s-revolution-1.2847053>

Andriy Katyukha

Vice – President

SUSK National Executive 2015/2016

STUDENT #TBT

We dove back in our Student Archives and found a time-sensitive article for all undergraduate and graduate students working on their theses (from the 2010 days!) If you're having trouble reading it in this issue of “Student”, please visit:

<http://student.susk.ca/wp-content/uploads/2014/04/STUDENT-2010-January.pdf>



We hope you enjoy this #flashback and we'll keep digging for more cool stuff to share with you!

Being a Grad Student or: How I Learned to Stop Worrying and Love My Thesis

Your undergrad degree in hand, you've decided to delay adult life and have joined the ranks of grad students. Congratulations! Your life will soon be filled with fascinating courses, professors you can talk to for hours on end... and a thesis. Although many programs now offer course-work options, the lure of researching and writing about an original idea is still strong. And the beginning is exciting; all your ideas swirling in your head as you enthusiastically explain your genius idea to anyone who will listen. Fast forward a few months, and you've become so good at dodging that dreaded "How's your thesis going?" question, you wish they'd make it an Olympic sport.

But there's hope! Despite moments of discomfort, you can indeed enjoy the thesis-writing process. I present to you, soon-to-be thesis writer, five key pieces of advice.

1. Don't pick a topic based on your professor's recommendation. Don't pick a topic you wrote an A paper on in undergrad. Don't even pick a topic you're interested in. DO pick a subject you're passionate about. You'll be stuck with it for a few months (or more!) and you'll need to revisit the beginning a few times asking yourself why you're doing this. Make sure it's because you love what you're writing about.

2. Find a professor you get along with and who will tell you the truth. You will be spending many hours discussing with your advisor, and the less you want to avoid him or her, the more painless the process will be.

3. Make sure you understand the concept of self-discipline. Your deadlines will be few and far apart, and it will open be up to you to enforce them. If you had a hard time sticking to deadlines in your undergrad, realize that you are about to begin a period of self-torture. Or at the very least, a long thesis-writing process.

4. Keep things in perspective. Remember that you're not the first person to write a thesis. Not to say that your work is any less important than that of the first thesis-writer, but you're not alone in what you're trying to accomplish. Your advisor will help you. He won't let you go to your defense if he's not convinced you'll pass. Likewise, the thesis committee is not out to get you. Their goal is to ensure you've done a thorough job of researching your topic, not to identify you as a fraudulent academic. So do your best, and realize everyone else is hoping you'll do your best too.



5. Don't forget to have a life. Yes, you want to focus on the thesis. Yes, you want to finish writing before this year's frosh graduate. But sanity is one of the keys to a good, coherent thesis, so find out how to keep yours. Play a sport, learn a language, and go out with friends... Stick to hibernating only when absolutely necessary, and don't punish yourself if you're a bit behind schedule.

Although you don't always have control over these five areas - maybe the only professor who understands your topic is the one who failed you in first year - but the more you stick to them, the more likely you are to enjoy the process. After all, once you're done and defended, it's time to stop avoiding the world of adults and get a job. Or sign up for another five years and a PhD.

Motria Spolsky

Що це "gluten free"?

When I think about the rise of the "gluten free diet", I can't help but visualize thousands of Ukrainian ancestors rolling around in their grave. No wheat? No rye? No barley? How does the bread basket of the world comprehend this? I feel like now is a good time to clarify that but no means am I disclaiming the Celiac disease or any sort of severe gluten sensitivity. Those are real medical conditions and I feel deeply sorry for those affected. This is more so a public service announcement for those who think gluten is a dangerous chemical out to destroy the bodies of each human. Jimmy Kimmel (a late night TV host), recently recorded a segment which included asking pedestrians what gluten is. To his surprise, no one knew, but all collectively were partaking in a "gluten free diet" because their friend from yoga class said it had helped them lose weight. Now this is quite outrageous. Although weight loss could come from a "gluten free diet", it would merely be a side effect of avoiding the pastries, doughnuts, and loafs of bread that we've been indulging in over the past years, and instead opting for some extra fruits and vegetables. We need every food group and a balanced diet. It's as simple as that.

Yet another increasingly popular diet seems to be the vegan diet. Try explaining to your baba that you won't be eating any dairy or meat products. Better yet, try explaining this to her as you are blessing your basket full of meat, dairy, and gluten-filled products during Easter. I think it's become clear that fad diets and our cultural roots just do not seem to mix well.



In conclusion, gluten is not a villain but simply just a protein in charge of making dough stretchy, and our bread tasty. Stay curious with fad diets, and always question the root of the said benefits. Eating healthy is important, but never forget to indulge (once in a while).

Andrea Dacko

Regional Vice-President - Canada West

SUSK National Executive 2015/2016

USC@RyeHigh in the High Mile Club

Since the Ukrainian Students' Club at Ryerson University has revived club life since 2009, the executive has taken on a very energetic and intensive presence in the student community in the #the6ix. Over the past few years, the club has established itself as an athletics-oriented group, not to mention fun-filled. Since 2012, the club has hosted at least one tournament a year, and in the past two years, two different tournaments per year. We have recently, just this past weekend in fact, have hosted our 2nd Annual Trampoline Dodgeball Tournament, hosted at SkyZone Mississauga. The premise is simple: everyone's favourite beloved and easy sport, combined with the fun option of jumping on a trampoline. End result? One of the most intense, competitive and rigorous sports tournaments that we've hosted in history!

The tournament started early in the morning at 9AM, as players walked in pretty tired (and some hungover from previous evenings' shenanigans) clutching their extra-large Roll Up The Rim coffees, signed off on registration forms and assembled with their teams. The tournament started promptly at 10AM, as two teams faced off for 20 minutes on the court. The way that SkyZone is set up is that the courts are right across from each other, so the players who weren't playing the first round had the option to watch and support their friends. Off to the side, there was a basketball pit area, where tournament players could warm up and practice their slam dunks, layups and generally improve their #sportsing levels.

The tournament was held in a round-robin format, with teams being eliminated based on how many points they had after each game won or lost. In the end, out of the 8 teams that participated, The Tramp Stamps came in third place,





placing bronze; Ball So Hard came in second with silver; and in first place, a returning champion team, The Ball Dodgers, came in first place with gold. The teams were awarded with medals and a trophy for the winning team later on in the evening, at the Trampoline Dodgeball Post-Tournament Zabava, which was held at the St. Vladimir's Institute in downtown Toronto. The tournament players were all guaranteed free entry to the zabava, thus saving \$15 in admission which they could spend on three (3!!) \$5 drinks instead! One of our favourite club mottoes is "student prices guaranteed" - we can't really argue with this one, we hope everyone feels the same about it too.

In addition, we were also lucky enough to have the KONTAKT team come to our tournament, film some of the action and take some interviews from the teams and the club members. This is always a fun after-part of these events, to see the content captured a few weeks later with thoughts and comments from the participants themselves, and the silly in-between moments and exchanges between team players. We also had some of the players wear GoPro cameras strapped to their head so you could see and hear the action of the game first-hand!

The night also included awesome, hip music from one of Toronto's favourite and emerging bands, Hloptsi Z Mista, some of which are #RyeHigh Alumni! A couple of birthdays were also celebrated during the course of the evening, which made it a (un)memorable evening for all attendees! We enjoy hosting these types of events and love it when all of our friends, colleagues and family come out to support us - whether that's playing in the tournament, attending the zabava, providing hip beats at the zabava. We are hoping to keep up this tradition and we hope that the club will follow our steps in years to come! Here's to many more - #Будьмо!

Inga Bekbudova

Media Director

SUSK National Executive 2015/2016

“Bitter Harvest”



I recently stumbled upon a trailer for an upcoming Canadian movie titled “Bitter Harvest”. Curious to see what it was about, I quickly learned that it is an epic romantic drama film that is set during the Holodomor in Ukraine. Starring actors such as Max Irons, son of Jeremy Irons, and Samantha Barks the movie helps bring more light and exposure to the atrocities committed by the Stalin regime. I urge everyone to see it when it is out, and hope that it gets the publicity that it deserves!

Andriy Katyukha

Vice – President

SUSK National Executive 2015/2016



Do you want to be heard? Do you have something you want to share? Submit it to student@susk.ca today!

