



True North SUSK & Free

2017 National SUSK Congress
May 4-7, 2017 • Ottawa, ON

Details for Congress 2017 Inside!



Spring Edition





President's Message

Dear readers,



Just as reading week has passed, we're entering the final stretch of the 2016-2017 school year. SUSK has been hard at work since the last issue back in the fall, when several of our member organizations, along with SUSK Executive members, took part in the official signing of Alberta's Ukrainian Canadian Heritage Act at the Alberta Legislature in Edmonton.

In December, External Relations Director Stephanie Nedoshytko and I had the opportunity to speak on a panel about the role that student governments play in universities in Canada and in Ukraine. Both Steph and I expressed how strong student governments are in Canada, and how much opportunity for growth there is for universities in Ukraine. Student government provides rich resources and opportunities for young people and can motivate them to stay involved in government or politics long after their post-secondary careers.

January, as always, was a busy time for all member organizations, due to the countless number of malankas attended, nights carolled, and portions of food consumed due to pressure from their Baba's. However, January also brought three students from Ukraine who are involved in student government to Edmonton to meet with students at MacEwan University and the University of Alberta, along with members of the SUSK Executive. A big thank you to the Ukrainian Resource and Development Centre at Macewan for making this happen!

In February, I fulfilled a SUSK dream of mine: I had the opportunity to travel to **Vancouver** to meet with students to establish a new Ukrainian student organization. For my first evening there, a friend of SUSK, Svitlana Kominko, organized a pub night for students in the Vancouver area to come out and meet one another and for me to meet them. I was expecting 20-25 students, but as the evening went on, more than 60 students were in attendance. After providing a short address to provide some information about what SUSK is and does (and why I was there), I asked who in the room was born in Canada. To my surprise, I was the only one with a hand in the air. While members of SUSK and local clubs are a hodgepodge of 1st to 5th generation Ukrainian Canadians, this was the first time that every single individual was born outside of Canada. On the second day of my visit, everyone who was interested in setting up a new organization was invited to a meeting at the British Columbia Institute of Technology. We discussed about what SUSK does, what our member organizations do, and what these young Ukrainians in Vancouver want to do in their own community and how to start building their Ukrainian Canadian identity for the next 125 years. I would like to congratulate the new Executive, Галина Палійчук, Сергі Горбачов,





Мар'яна Пекельна, Мар'яна Савка, Валентин Коломійец, Анна Возна, Сергі Власенко, and Роман Петровський, with taking on their new roles and responsibilities and I wish all of you the best of luck. Also, thank you to Svitlana Kominko and O.W.L. – Open World Learning for their support to make this club and this weekend a possibility. SUSK is thrilled to have another member organization and we're looking forward to future opportunities together.

Unless you've been hiding in a cave for the last year, Ukrainian Canadians all know about the first feature length film about the Holodomor, Bitter Harvest. SUSK has partnered with the distribution company in Canada, D Films, and secured four pre-screenings for students on University campuses. Edmonton, Saskatoon, Winnipeg, and Montreal will all host the film two days before the official release date at the University of Alberta, the University of Saskatchewan, the University of Manitoba, and McGill University, respectively. I encourage everyone to see the film, to purchase the film when it's released, and to share it amongst your friends and contacts.

Lastly, I wanted to share that the 2017 National SUSK Congress will be taking place in Ottawa, Ontario from May 4th to 7th! Every year SUSK Congress is an incredible opportunity to meet students from across the country, learn how to improve your local club/organization, and to have the best 4 days of your life with as little sleep as possible.

I hope to see all of you the 2017 National SUSK Congress, or at minimum, following along on SUSK social media to see everything that we're working on.

На все добре,

Касян Солтикевич - Cassian Soltkyevych

SUSK President





Congress 2017: Everything You Need to Know

- **May 4-7, 2017**
- Canada150 Themed
- The Congress will feature *breakout sessions* to better target delegate students/clubs and meet their needs
- Friday Networking Event at the Embassy of Ukraine in Canada!
- Major Zabava planned for Saturday - stay tuned for announcements
- Same weekend as the Poutine Festival - coincidence?
- Delegate Fee is \$120 (early bird rate - due by April 1, 2017). This covers:
 - Most meals
 - Entire Congress Programming (Congress sessions, official evening events, etc.)
 - Special tour through Parliament Hill
- We are staying at the University of Ottawa's affordable Rideau Residence, with a discount included (~\$125/night room - up to 4 people). Secure a room by April 4th to guarantee an affordable room!
 - *Use the code **SUSK2017** to access the group discount rate
 - They only need a credit card on file - you will not be charged until the weekend of - buying plenty of time to find a roommate - so snag a room today!
- Try to book your flights at least 5 weeks in advance for optimal rates. [Google Flights](#) is a great tool to help find the best available flight for you.
- Does your USO have funds to send delegates? Contact your [SUSK National](#) Coordinator for guidance!



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2017 National SUSK Congress
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To SUSK or Not to SUSK? That is the Question

UKRAINIAN CANADIAN STUDENTS' UNION

S U S = K

HISTORY OF SUSK

SUSK is a national student organization comprised of Ukrainian Students' Organizations (USOs) at post-secondary institutions across Canada, founded in Winnipeg, Manitoba in 1953.



USOs

SUSK coordinates and represents over **20** Ukrainian Students' Organizations across three regions in Canada: West, Central, East.



"STUDENT"

The official publication of SUSK, "STUDENT"/"СТУДЕНТ", has been the place for Ukrainian Canadian students to voice their opinions and ideas since the late 1960s. All issues are available online at student.susk.ca.

Each year at SUSK Congress, we are reminded of (or introduced to) a resolution calling for USOs to change their names to (or adopt) SUSK in their respective club's title. As an example, the University of Saskatchewan Ukrainian Students' Association (USUSA) has evaluated the pros and cons of making such a change several times: with its executive defeating the proposal each time.

- *An example could include renaming the USUSA to become SUSK Saskatoon, SUSK YXE, Ukrainian Students' Association (SUSK Saskatoon), SUSKatoon, SUSKatchewan, or however the club would like to spin it.*

SUSK Disclaimer

Renaming to SUSK is purely an **optional** and **vote-in** procedure. USOs are autonomous, and each club may independently choose whether or not to add/re-name to SUSK.

This topic will likely reappear at future Congresses, so we are presenting some arguments **for** and **against** a name change to better prepare our fellow USOs for a more nuanced dialogue.





Argument One

Local Attachment to the Name

There have been a number of incarnations of the Ukrainian student club at USask. Many years ago, SUSK Saskatoon did in fact exist. A number of elderly Ukrainian community members do in fact title the club SUSK Saskatoon. However the reality is that the name SUSK is currently not as recognizable as it once was in our city. As the Ukrainian community ages, there are fewer members of the Ukrainian community that are familiar with this acronym. Additionally, those outside the Ukrainian community are also less familiar with such a name. Since the group's revival (2011) the group has worked diligently to become recognised in the broader community, to much success. Ukrainian, campus, and wider city organizations now understand who we are and what we do. We have made a name for ourselves and rebranding ourselves to a name that is not universally recognizable could be counterproductive.

SUSK: Why Cohesion Makes Us All Greater Than The Sum of Our Parts

As it stands, SUSK is a national organization looking to better serve its 20+ constituents across Canada. On the national end, it is believed that sharing a common name will better enhance the branding of student clubs as it will make themselves further identifiable across the country (much like UCC has in every corner of the country). For example, should a student ever move elsewhere, they tend to ask if there is a CYM or a Plast, but never a SUSK. Having one familiar acronym could help attract some of the most dedicated prospective members.

Further, every umbrella of the UCC, along with most member organizations, understand and recognize SUSK as the head of the student (and greater Ukrainian youth) community. Adding local acronyms to this context can often make it difficult for members of the Ukrainian community to locate and identify young leaders. As we all know, our USO memberships have wide revolving doors, and the executives (along with USO acronyms) fluctuate more often than a typical organization. Re-branding to include SUSK then enables students to understand that they are not an isolated city-state, but rather a part of a national community that wants to see its entire constituency thrive.





Argument Two

USO Partnerships (SUSK and beyond)

With the USUSA as an example, the USO is a member organization of SUSK, while also a member organization of the following:

- Local and provincial Ukrainian Canadian Congress;
- Its college (St. Thomas More);
- Its university's students' union (USSU);
- And affiliated with The Prairie Centre for the Study of Ukrainian Heritage (PCUH);

The support that each of these organizations provides is deeply appreciated, but ultimately the USUSA is its own organization, and must balance relationships with all of the above. The goals of two student groups will never be exactly identical, just as the goals of two campus groups will never be the same. USOs need to remain connected, yet at the same time independent, of ALL organizations that they are a part of so that they feel free to build healthy relationships with all of the above. It all comes down to a matter of balance. A neutral name arguably provides USOs the freedom to balance themselves how *they* see fit.

SUSK as a Special Partner

Every USO has (and should!) balance its various relationships with its Ukrainian, university, and city partners. The SUSK perspective however postulates that among any other aforementioned partner, SUSK has *far* more interest in developing this club and every club across the country. Our mandate is to develop the *Ukrainian Student* experience across Canada, primarily through active Ukrainian clubs. From national conferences, to projects, to resource materials, to now full-time staff, SUSK almost entirely exists to the benefit of Ukrainian clubs across Canada.

Adding/renaming to SUSK is not a means of losing one's identity. UCC Saskatoon is not UCC Saskatchewan, and UCC Saskatchewan is not UCC National. They are separate entities, but also together contribute to the greater understanding of Ukrainian identity across Canada.





Argument Three

SUSK - Accessible or Inaccessible Name?

SUSK is the transliteration of its Ukrainian acronym, which can be inaccessible to people whom do not speak Ukrainian (which is a reality in Saskatoon, where the community has existed for well over 100 years). As an ethnic student group, it is important for a USO to balance its presence on both the campus community and within the Ukrainian community. For example, the name University of Saskatchewan Ukrainian Students' Association says exactly what the group is.

SUSK Is a Shorter Name

A name such as the USUSA is a bit lengthy and difficult to write out in full (for posters, social media, etc), or even to introduce itself to an uninitiated student. Although foreign, SUSK is arguably easier to write and distribute. Additionally, there ways to incorporate elements of both a club's former name, and figuring out how to add the national brand (eg the USO at uOttawa).

For example, the uOttawa USO identifies itself on the ground as the "Ukrainian Students' Club," but people who are more engaged eventually learn that "SUSK Ottawa" is in the official club title in parentheses. This enables the more engaged membership to look beyond not only the local club they have joined, but can then understand they are a part of something broader and can use their local club experience to network and make meaningful connections across Canada.

Ashley Halko-Addley (co-President, USUSA; Alumni Director, SUSK)

Connor Moen (Former President, USUSA; National Coordinator, SUSK)





Living in the Article: Why Your Ukrainian Friend Gets Angry When You Say “The Ukraine”



To my friends, professors, peers, and people everywhere,

For the last four years, I have been studying at the University of King’s College and Dalhousie University in Halifax, Nova Scotia. It should be said that the stereotype is very real – east coasters are really quite wonderful people. If you’re cold, they will provide you with mittens and hot chocolate. However, I find myself having to explain myself more and more often in the nicest voice I can – “No, it’s not ‘the’ Ukraine. It’s just ‘Ukraine’.” I get a humble apology from my boss or my peer or my friends and I smile and they ask “So, yeah! What’s going on in the Ukraine?” This issue isn’t exclusive to the east coast population either, this happens on an international scale.

Although the article seems almost meaningless to non-Ukrainians, the crucial use of ‘the’ before Ukraine sends many messages to your now-miffed Ukrainian friend. “But why?” I hear you ask.





During the time of the Soviet Union, Ukraine was not 'Ukraine', it was the Ukrainian Soviet Socialist Republic. From 1919 to 1991, Ukraine's name was a few words longer and the world saw it as The Ukraine. The Ukraine was a time of totalitarian rule, the Holodomor, the Cold War, and most prominently a Soviet social ideal. An ideal that many people died to change. An ideal that many people did not live to see come into fruition.

On August 24th, 1991 Ukraine declared its independence and in dropping the weight of the Soviet Union off its shoulders, it dropped the 'The' that made it a Soviet state. That August marked the political shift for Ukraine that it had been fighting for since 1919. That August was when maps had to be changed to cross out the article before our name. The 'the' holds us back from progress; the 'the' is keeping a whole culture from moving forward.

Nothing is more angering than hearing our history overshadow our accomplishments.

So, when your Ukrainian friend pauses and closes their eyes when you drop the article bomb on them, remember the weight of a single article to a whole culture and nation of peoples.

PS. And if you are someone who is older or 'just can't seem to get it,' we are not going to forgive your ignorance and your erasure. Enough is enough.

Ariana Potichnyj

From February 2014 'Student'





Oh no! Free money! Said no one ever.



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СТУДЕНТИ





To Do an Internship or Not:

In my second year of school, I was faced with the decision of “to do an internship or not”. Seeing as this was only my second year of school, the decision was quite difficult. I felt like I wasn’t qualified at all and I wasn’t sure if I was willing to push back convocation. All I saw was negatives when I first thought about it. That’s what everyone around me was portraying. They said, “The organization that you work for will make you do the unimportant jobs (i.e., fetching coffee, filing papers, etc.). You won’t be involved in meetings. It seems like a waste of time.” The list goes on. However, my brother previously went through the program. He said it was beneficial because he got hands on learning. The company he was employed at allowed him to be extremely involved. He didn’t end up doing the unimportant jobs. It wasn’t a waste of time. Sure it pushed back when he’d be done taking classes, but it didn’t entirely matter. He had the experience. Shouldn’t matter when you’re done, it’s the experience when you’re out of school. His classmates that finished in April and convocated in June didn’t even have a job, and yet, he still had a part time job with the same company that he did his internship with. He ended up getting a permanent position once he was done classes. See, not so bad?

So I decided to apply for the program. It had its process for sure. The procedure for applying was simple, but if you really wanted to try (because it is quite competitive), you needed to prove it. You had to write a letter of interest indicating why the program should consider you as a candidate, what you hope to gain from participating, etc. You also needed your current resume. It was extremely intimidating. I didn’t want to get turned down. So I tried my hardest. I ended up getting an interview. Surprisingly, the interview was super chill. Didn’t feel like an interview at all. And that’s how interviews are supposed to be! Its supposed to feel like a conversation. Sure, you can be nervous, but don’t let that ruin the interview. They’re there to make you feel comfortable. After the interview was the waiting game. I remember discussing with my boyfriend about how nervous I was to even get into the program. I knew I had nothing to worry about, but I was still nervous. It was competitive. I didn’t want to get turned down because it’s hard on an ego. You’ll feel like a failure if you don’t get in.

After 11 days of waiting, I got an email. I didn’t want to look because I knew it was results. You gotta rip it off like a band aid. So I looked. I GOT ACCEPTED!! I was extremely excited. However, I didn’t know what was in store for me... This meant,





no more Fridays off. I had to be in workshops every Friday... AT 8AM! After a year of having Fridays off (yes, Business kids got Fridays off!), I had to be functioning. AT 8AM! I was not used to this. Little did I know, that wasn't the worst of it...

The workshops were very informative. They were really trying to prepare us for when we go into our placement. We learned all the essentials in how to excel in a workplace. We learned about how to make a proper resume and cover letter, business etiquette, and interviews. It was preparing us for what we will be going through once applications for placement started. Placement wasn't guaranteed, just like when you finish school.

So applications started and wow, that was even more of a process. It was recommended that you change up your resume and cover letter to highlight what was said in the job description. I was so busy. I ended up applying for approximately 30 jobs. I got 11 interviews and ended up receiving 3 job offers. I was stressful, as this was in the middle of doing 5 group projects and in the middle of midterms. However, I managed. The worst of that process was waiting after the interviews. Words cannot describe what it felt like. Probably best way to describe it is sending a risky text message to your crush and waiting for their response... however, you knew when the response was coming. The morning of offers was like Christmas morning, just waiting for 9 am so you could open your presents. In this case, open the email to see the offers you got. You were hoping that you got your #1 choice. I didn't sleep that night. I tossed and turned, just so scared I wouldn't get any. I did end up receiving my #1 choice, however I was torn because the other opportunity gave me more experience. It was out of town and they would pay for accommodations. That was tough to know what to do. I ended up picking my #1 choice because they were my top choice for a reason.

Once I started placement, I didn't realize that there were so many assignments. I thought that wasn't properly explained. There were a lot of things that I felt weren't properly discussed, however, we're in the work world. If we have a question, we have to go ask. It felt so stupid, but I guess its their way of making sure that the adjustment back into school isn't as harsh.

Working is has its ups and downs. Its tough getting up for work every morning, but after a while, you'll start to get used to it. Trust me, I'm the person who loves her





sleep. For example, I slept 16 hours from Friday after work until Saturday. You'll feel lost, but it's your responsibility to reach out to your supervisor if you need more direction. No more babying. You're in the work world, act like it. If you get paid, it feels so great. You can save money to go back to school, and hopefully be able to start saving money.

In the long run, I know this is worth it. Sure the added work of doing assignments is kind of a pain, it's the experience that you get from this. I highly recommend doing an internship, especially with the economy the way it is. What will set you apart is your experience. I learned so much from hands on learning. I'm a marketing major, so learning in the Marketing and Communications department really showed me how businesses actually do their marketing.

Maria Boyko

SUSK Media Director

Why I fell in Love with Japan

In the quarter century that I have been alive, I've been fortunate enough to travel to over 25 countries, and every time I go some place new, I think of yet another place I want to visit. Things are so unknown at this point in my life that travelling is the only thing that truly makes sense to me. It broadens your mind like nothing else. And the world is just so extraordinarily beautiful and fascinating. I want to share a little bit about the most recent place I went to; Japan.

I've seen poverty, and I've seen wealth. People who live without electricity in huts in indigenous villages in the Amazon to the blinding flashing symbols of any and every technology brand on towering skyscrapers stretching all along Hong Kong harbor. Exceedingly beautifully bizarre landscapes in Southwestern Bolivia and a delightful conglomeration of European and Asian cultures in exotic, spicy Turkey. And I can't fail to mention the sophistication and charm of Europe. But there is one thing about Japan that got to me like no other place has yet. It is beautiful, rich in culture, highly technologically advanced, and very clean.

But the people. How they behave, that is. Would you believe me if I told you every single person I had an interaction with there was incredibly kind? Every. Single. Person. And when I say kind, I mean they smiled at me, responded ever so politely, acknowledged the end of the interaction with a slight bow. I never heard a voice once raised, a parent scolding a child, nothing. I'm a fairly quiet person but my





laugh on the metro was the loudest thing there. Being around these people filled me with a sense of peace and happiness, and I found myself always smiling after talking to someone. Even if it was mostly me miming my request. It might sound odd, that in a country of 130 million people, I felt so completely peaceful, yet I did. As a Canadian I've often heard the stereotype that we're very polite, but now I have to sit back and rethink about this. A few times my companion and I were obviously lost, struggling with heavy backpacks and trying to orient ourselves with our map, when a stranger came up to us, asked us where we were going, and actually led us all the way to our destination. Not for any money, just to be helpful.

Observing all these small mannerisms of graciousness that all of the Japanese people seem to embody, on the long way home I found myself watching the interactions of people very shrewdly and somewhat critically. "This would never happen in Japan," I thought on multiple occasions. I know it's a cheesy cliché when someone says that a smile goes a long way, but now this point seems so utterly valid like it never did before. There are so many kind, beautiful souls in the world; I'm lucky that my life has many of them. But I wonder: if we all raised it to the next level and showed a little more warmth, a little more compassion, whether to a friend or a stranger, would we live in a happier place.

One last item I should mention about Japan: the cuteness factor is exceedingly high.

Tamara Soltykevych

SUSK Alumna





Travel Abroad to Ukraine

Have you ever considered brushing up on your Ukrainian by traveling back to the motherland? If your college has a travel abroad options, I highly recommend that you consider looking into these programs or talking to the travel advisor at your school. Here are some reasons I did an immersion program in Ukraine:



1. Improve your Ukrainian language skills;
2. Make connections with your host family, teachers, and/or tutors;
3. Earn university credits;
4. Travel with friends after your program ends and;
5. Avoid working for a few weeks in the summer.

In spring 2016, I traveled to Ukraine through St. Thomas More College at the University of Saskatchewan. This was an incredible opportunity that I was lucky to participate in, and I look back on it as the highlight of my university career. Five weeks in an immersion program can challenge you and give you a unique understanding of the culture. As Ukrainians, traveling to Ukraine will also have a personal meaning. Speaking from my own experience, this trip has meant that I can feel closer to my grandparents – who have long passed away – and reconnect with my family members who are still in Ukraine. This trip has made me much more interested in working and volunteering in the Ukrainian-Canadian community and I know it will be the starting point to look back upon through the rest of my career.



I was lucky that most of the students who went on our trip knew each other before hand or were able to become friends quickly. We stayed in Ternopil and attended the Ternopil National Pedagogical University where we took two advanced Ukrainian language classes. A professor from the U of S flew with us in order to teach us Anthropological on Contemporary Ukraine. We were able to meet with





inspiring people like renowned Feminist scholar Oksana Kis, and volunteers of an Anti-Terrorist Organization who bring resources to soldiers at the front. We also attended a concert by Okean Elzy and Jamala – the 2016 Eurovision winner. A personal feat was climbing Hoverla – the highest mountain in the Carpathians – to a breathtaking height of 2061 meters. Besides visiting L'viv, Ivano-Frankivsk, and Kamianets-Podilskyi, I would say a defining aspect of the trip is the

host families and tutors who spent countless hours making us feel welcome because without their patience, we would not have excelled in language.



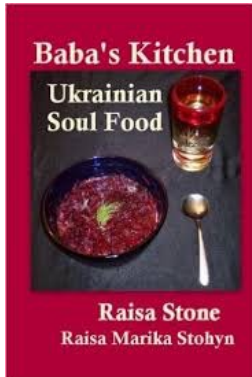
If you are not as lucky as those of us with university Ukrainian travel programs offered at your campus, please look into other programs. For example, The School of Ukrainian Language and Culture hosts programs throughout the year in L'viv and is open to all students.

Nycole King
University of Saskatchewan





Book review: “Baba’s Kitchen: Ukrainian Soul Food”, by Raisa Stone



“Baba’s Kitchen” is not your typical cookbook - although it covers a breadth of traditional Ukrainian recipes, it is infused with stories collected from Stalinist survivors, served with a Ukrainian Canadian twist.

The tone of the book is set with its dedication: *“This book is dedicated to my ancestors. You have not been forgotten, and you do not forget me. You exist as far more than shadows. Your hands are upon my head, your songs live in my heart”*, reflecting the author’s deep respect for her traditional roots.

Raisa’s recipes include a wide variety of Ukrainian dishes which are complex in flavour, but sourced from a few staple ingredients: potatoes, beets, cabbage, greens, onions, beans, eggs, and whole grains, once again illustrating reverence for simple ingredients sourced from the land.

However, it is the book’s narrator, “Baba”, that brings the book to life, filling the reader’s belly with wise words - such as self-reflections on Ukrainian school - *“What irritated me as a child, is a treasure now”*, as well as playful advice - such as her unwavering stance regarding canned vegetables - *“Canned beet is how you learn to hate them. Fresh beet is different from canned, like reading about sexy romance is different from having one”*.

The book is a real treat for any Ukrainian Canadian, especially students learning their way in the kitchen. Baba will teach you the ways of Ukrainian classics (including some “lazy” versions), such as varenyky, holubtsi, and crepes. Along the way, Baba will feed you a bit of wisdom, together with a generous serving of laughter. Enjoy those recipes, poopchik ;)

“Baba’s Kitchen: Ukrainian Soul Food” is available on [Amazon.ca](https://www.amazon.ca)

Check out: www.ukrainiansoulfood.ca

Christine Czoli

Past SUSK President
University of Waterloo





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

