СТУДЕНТ

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ART BY: LUBA MICHNO

BLAST FROM THE PAST

A LETTER FROM THE *STUDENT* EDITOR

This academic year marks SUSK's 65th anniversary. To celebrate it, I wanted to do something special throughout the Student issues to be released this year. As I started to look back at past Student issues for inspiration I began to realize two things;

1. how great it is that past issues since the 1960's have been converted to online versions (thanks a million to the SUSK 2015/2016 executive who were responsible for that), and

2. wait, I have access to issues of Student from the 1960's?!? That's amazing.

I found myself hours after these realizations still scrolling through past Student issues and admiring how neat they were. Front covers unique to every decade, political cartoons that were era relevant, and articles from students in the past. There was so much to appreciate, and yet I felt as if it was under appreciated.

I am here to change that one Student issue at a time!

I have deiced to celebrate past Student issues by featuring art, articles, and just about anything else I could find from each decade beginning from the 70's. For the last few months I have been scrolling through archived Student issues to find the most interesting pieces to share with all of you. In the next four issues of Student expect to see archived items reappear and make you feel nostalgic.

This brings us to the issue you are about to read which features the 70's. A time of peace, bell bottoms, and some great tunes.

As I sit here and edit this issue of Student I keep glancing outside my window only to see snow, yes snow. Guess the city. If you guessed Winnipeg, or the more accurate Winterpeg, you'd be right! It's almost the end of October and I guess Mother Nature has decided that winter is starting now. Sooo get lost in a mound of blankets, sip on a warm beverage of your choice, and turn on some sweet 70's tunes to boogie to provided for you below. You're in for a treat!

Catch you on the flip-side,

Zenia Michno

Зеня Міхно

SOME DYNOMITE 70's TUNE

Disclaimer: I attempted to condense this list on multiple occasions, but songs from the 70's are too good to condense

Earth, Wind & Fire - September

Doobie Brothers - Listen To The Music

Rich Girl - Hall & Oates

KC & The Sunshine Band - Keep It Comin' Love

Fleetwood Mac - Go Your Own Way

Eagles - One Of These Nights

Abba - Dancing Queen

America - A Horse With No Name

Steve Miller Band - The Joker

Al Green - Lets Stay Together

John Lennon - Imagine

Parliament - Give Up The Funk (Tear The Roof Off The Sucker)

Lipps Inc - Funky Town

The Four Seasons - December, 1963

Elton John - Your Song

Michael Jackson - Don't Stop 'Til You Get Enough

Bee Gees - More Than A Woman

Creedence Clearwater Revival - Have You Ever Seen The Rain

Harry Chapin - Cats in the Cradle

Queen - Bohemian Rhapsody

Carly Simon - You're So Vain

Don McLean- American Pie

Rod Stewart - Maggie May

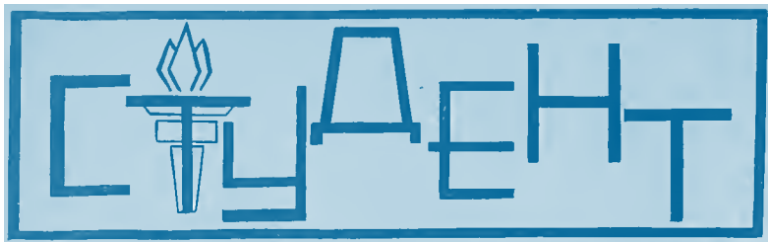
Neil Young - Old Man

Hues Corporation - Rock the Boat

Electric Light Orchestra - Mr. Blue Sky

Led Zeppelin - Tangerine

Cat Stevens - Wild World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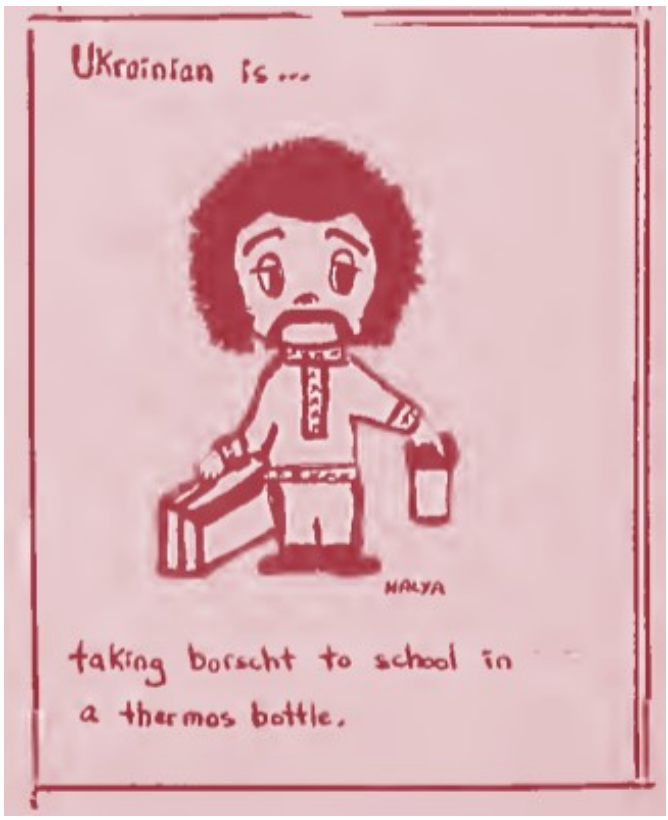
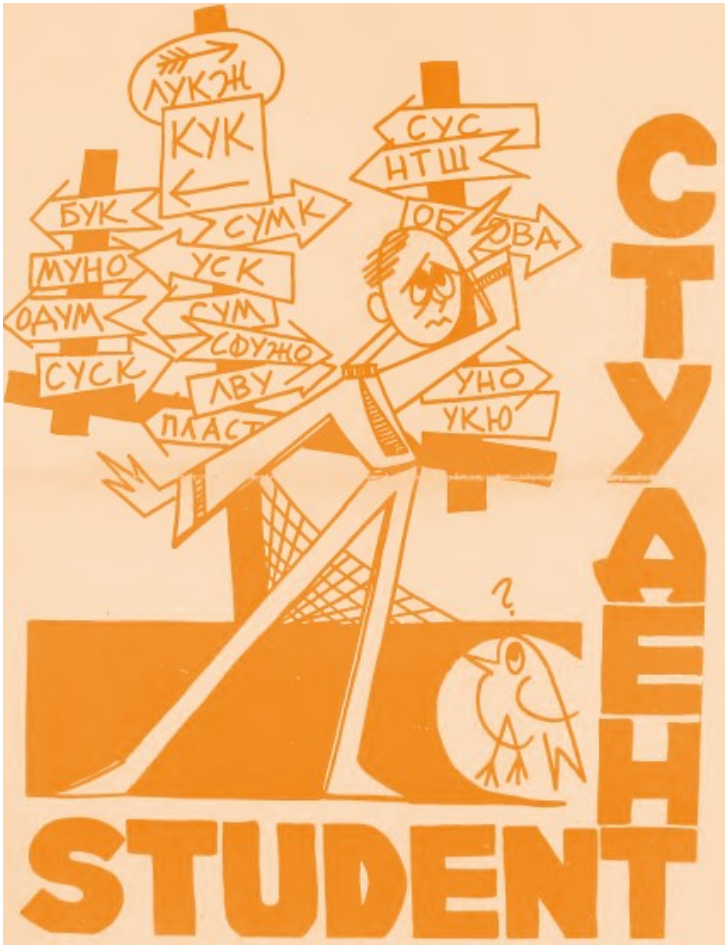

Ukrainian is...
MALYA
taking borscht to school in a thermos bottle.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STUDENT

СТУДЕНТ

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Вітаю!

It is my pleasure to welcome readers to *Student* newsmagazine, SUSK's quarterly student run publication which is soon to be celebrating 50 years since its first production. This is the first issue of the 2017-2018 academic year. With midterms in full swing, I wish all students involved in the Ukrainian Canadian community a successful year. Whether you're struggling as a first year undergraduate, or you're in your knee deep in your PhD, *Student* is here to keep you updated and entertained.

This academic year marks an important milestone for SUSK. Not only has it been 50 years since the first *Student* issue was published, but we will be celebrating the 65th anniversary of SUSK itself. SUSK was established in 1953 at the 4th Triennial Congress of the Ukrainian Canadian Congress (UCC) held in Winnipeg. It's hard to think that some of our баби and діди started the very organization that keeps us united as Ukrainian Canadian students today. While SUSK has gone from times of great activism to a short period of complete inactivity, SUSK broke out of its dormancy in the 2010s and we're facing some substantial growth. Stay tuned for some updates as we celebrate this anniversary in style.

After participating in an unforgettable Congress this summer in Ottawa celebrating Canada's multicultural identity, the SUSK Executive has had a busy first few months of their terms. At the Toronto Invictus games, we had the opportunity to meet Petro Poroshenko, Ukraine's "chocolate king" and President, along with Prime Minister Justin Trudeau, various Cabinet Ministers, as well as Ambassador Shevchenko and Ambassador Waschuk. We also traveled to meet the newly established Ukrainian Student Union of Barrie, who is looking forward to a very promising year. Lastly, we had a chance to attend the UCC Annual General Meeting, where we had a better opportunity to meet leaders in the Ukrainian Canadian community and connect with SUSK alumni, as well as reconnected with the Ukrainian Youth in Vancouver.

Our cross-Canada Executive is excited to carry through some exciting ideas and initiatives this year. With our National Congress planning already underway, our focus remains on Ukrainian Student Organization (USO) success at every institution. SUSK sees increased stability with the National Coordinator, SUSK's staff member, staying a second year. We look forward to a number regional events and national projects. It is also our hope to reconnect with SUSK alumni to not only reminisce on SUSK's radical past, but also help us achieve further growth and stability for years to come.

If you haven't joined your local USO, do it now. You won't regret being involved with a great group of passionate people.

I hope you enjoy this issue.

Вього найкращого!

Stephanie Nedoshytko

Стефанія Недошитко

SUSK President

SUSK 2017-2018 TEAM

FROM EAST TO WEST...

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Roman Grod

PROJECT DIRECTOR

Orycia Karpa

SECRETARY

Mikaila Ortynsky

PAST PRESIDENT

Cassian Soltykevych

NATIONAL COORDINATOR

Connor Moen

Want to learn more about our fantastic team?

Check out our Facebook and Instagram @SUSKNational for all of our members in motion!

9 Secrets to Run a Successful Club This Year

WRITTEN BY: CONNOR MOEN

SUSK NATIONAL COODINATOR &

UNCONTESTED EMPLOYEE OF THE MONTH EST. SEPTEMBER 2016

From Vancouver to Montreal, there are over 25 Ukrainian Student Organizations (USOs) across Canada! I have worked with all of them, having even revived one myself. Each year, I am awed by the new talent that comes through each of these clubs, who bring new ideas and enthusiasm that constantly makes us a vibrant and dynamic organization.

One of our organization's biggest weaknesses however is the "revolving door" nature of our organizations; most clubs consist of students who are in university for about four years. By the time a student fully grasps how to run an organization, they are often not far from graduation. This article is a quick guide on best practices I have collected from my 6+ years of being involved in the Ukrainian Canadian student community on how to ensure a successful, organized, and meaningful year for your USO.

1. Regular meetings

I can not stress this one enough. With various people on the executives with different schedules, it can become very difficult to coordinate with executive members and effectively communicate over the year. Some clubs counter this by having **regular meetings with a consistent scheduling** (ie the first Tuesday every month, every Thursday afternoon, etc.) This also helps new members find you if they know they can plan at a specific time (vs filling out numerous doodle polls, see if they are interested, and so forth). Some clubs meet very often, others more sporadically. We however guarantee that if you at least introduce consistency, the people will follow.

Photo: University of Winnipeg Ukrainian Students' Association

2. Define Your Goals for the Year

This secret is applicable to every business/organization on the planet. Try to come up with realistic goals that can be achieved over the course of the year. These goals should also be measurable (Increase awareness? Grow social media/email lists by 50+ people each. Fundraising? Raise $500 at club sponsorship, build connections for future sponsors, etc.).

Once you've identified your club goals (most I see involve increasing awareness, succession planning for the current/upcoming year, and/or fundraising), this will provide a lens for you to look at what your club actually does on a day-to-day basis. Does a certain event/project/request (from a student, faculty, community member, SUSK, etc.) line up with your goals you've identified? Why or why not? These questions should help construct or refine a solid plan.

3. Make an Event Calendar

Now that we have identified some good goals to grow the club this year, let's talk about events. Some clubs do at least an event every month, some get together a few times over the year. This will really boil down to the size and capacity of your club. These events can be for various reasons (Social, Cultural, Raising Awareness). Make sure that these events align with the goals you've established and that you're being realistic with timelines (enough time to plan/market your event, delegating work accordingly). An event calendar will help define you as an organized club and will make planning for the year suddenly much more realistic and manageable.

Table 1: Example skeleton plan for next year, done in late August

Month	Event Description	Responsible	Helpers
September	Club's day booth	Maksym	Mirka, Olenka
September	General meeting	Christina	Olenka, Andrij
October	Pyrohy night	Kassandra	Maksym (marketing only)
November	Holodomor holodivka	Kalyna	Roman, Olenka, Kateryna
November	post-midterms movie night at Maksym's house on campus	Maksym	Catherine
December	Christmas Dinner – member's only!	Olenka	Mirka, TBA
January	Koliada!	Volodymyr	TBA
February	General meeting	TBA	TBA
February	Club delegation to SUSK Congress!!!(registration starts in December)	Christina	Olenka, Kassandra
Feburary	Sports tournament	Orest	TBA
April	Year-end event	TBA	TBA

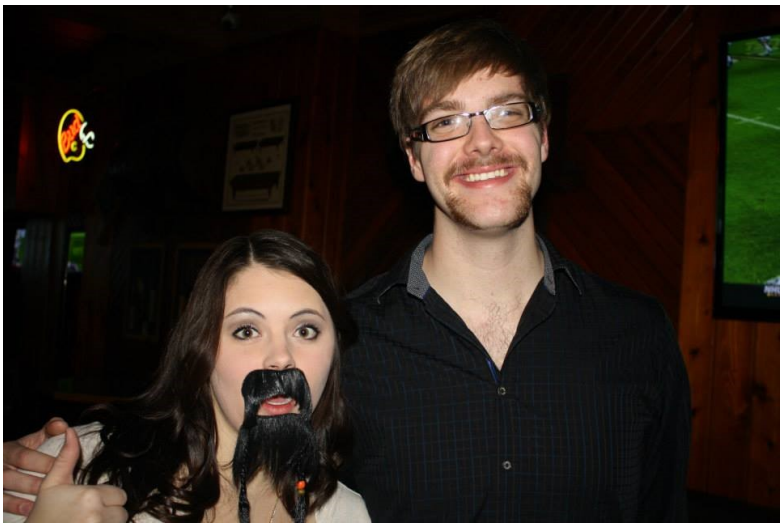
From *"How to Start a Student Organization,"* available at susk.ca/resources

4. Have Fun

Ok, now that I scared some people off with critical thinking and schedules, let's talk about why we all joined our first Ukrainian Student Organization: to have fun; make friends, belong to something greater than the sum of its parts. I have been involved with the Ukrainian student community since 2011: as a club member, club executive, SUSK Congress attendee, SUSK Executive, and now SUSK staff. Each phase of my Ukrainian student career has given me some of the funnest and most rewarding experiences in my life, all while building core skills.

So how does one "have fun?" Well, this one is a lot less structured than my last point. When approaching new members and engaging your current members, remember that this should be an enjoyable experience for you, your team, and the people you want to attract. Too much work and too little reward is a surefire way to lose volunteers burn yourself out. Acknowledge if/when your club may have limits, spend time learning more about your core club members (what do they enjoy? Pub nights? Ukrainian culture? Food?) and try to create a healthy club dynamic that people *want* to be a part of and contribute. If your club is no longer enjoying themselves, pause what you are doing and recalibrate.

One final note on having fun: this is by far the most effective approach to attract new members. Whether these are Ukrainians from the dance community, CYM, Plast, no organization, etc. – everyone wants to have a good time. Keep this in mind when you create your "club pitch" to attract new members. The more invested in the club, the more they can learn about the other things that make your club great (raising awareness, team work, attending SUSK Congress, etc.).



From "*Vusopad*:" a Ukrainian Movember (Vusa + Lystopad, *get it*?) event from my USO days

5. Make Yourself Stand Out

So you are at a club fair or raising awareness on campus one week – what do you bring? This could include a variety of things. The important part is to be visual and be friendly (and fun – but you already knew that). Here are some best practices from other clubs:

- An aesthetic vertical banner
- Free candies/chocolates
- Play ping pong and win a shot glass (credit: University of Saskatchewan USO)
- Kozak-style photo cut-outs (credit: University of Alberta USO)
- Alcohol-free shots [ie *Zhyvhchyk*, *Kvass*] with membership (credit: University of Alberta USO)
- SUSK Infographic (prints well on glossy standard 8x11s, or even on a stand)
- Printouts of your regional club newsletters (if you do not know what that is, contact your regional Vice President!)
- Free pens, buttons, and other swag from your partnered businesses/sponsors
- Poster board with fun photos, articles, and stories of your club from previous years

SUSK Past President Cassian Soltykevych w/ Ukrainian Students' Society, U of A

6. Keep in Touch With *all* of Your Members

Treat each of your club members, paid or unpaid, like stakeholders for your organization. At one point, these people have expressed some interest in being involved with you in some way or another (attend events, get involved, join the executive, etc.). Far too often, club executives keep their work and plans only known to the people who show up to meetings. The reality is there is a lot of power in that membership list and keeping them in touch. The most basic way of doing this is collecting everyone's email addresses and ensuring consistent communication. We recommend at least once a month if your club has the capacity to do so.

Social media is easily the most cost-effective way to reach your members, community members, and anyone who may not have yet heard about you. Having an active and fun online presence will entice current and prospective members to get involved and stay in touch with you throughout the year.

We suggest having a Facebook Page at the absolute minimum – the Group feature can help with coordinating among executives – but a page is better for a broader approach. Beyond that, Instagram is an obvious second (especially now they have a new 'Stories' feature where you can update others on your club). After that, the sky is the limit: a Website, Twitter, Snapchat, LinkedIn, Youtube, etc. It all boils down to how much time/ resources you have (but we really recommend the top two for starters)!

Member email for Ukrainian Students' Club at York University

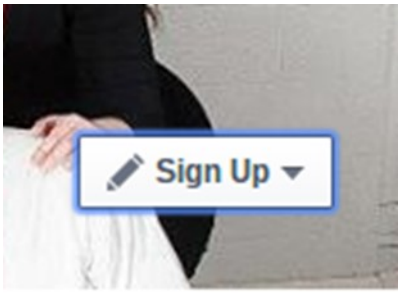
7. Leverage Other Opportunities for Exposure

September is the best month for recruiting. Period. More students are outside, walking around, still not yet broken by midterm season. This is when you want to seize every opportunity to make your presence known on campus. Get your club a booth at orientation, at club week, at the Arts & Science Student Fair, at the local Ukrainian event, etc. This is where you will find new members. Getting published online (campus newsletters, local news, Ukrainian media, etc.) will also help get your name out there and improve the branding of your club.

This applies to every club across Canada, new or well-established. Our clubs have wide revolving doors and the sooner people can remember your face and your organization, the more successful your future efforts with the club will be.

Ukrainian Students' Club at Ryerson Club Fair 2017-18

8. Let Members Join Club Throughout the Year & Make it Easily Accessible (online form, Mailchimp for welcome email)



With new members, it is important to make them feel welcome and clearly indicate how and where they can get involved. For SUSK, we find that using an official mail client (ie MailChimp) does an excellent job. These clients will maintain your mailing list year-to-year, you can draft a standard welcome email (with where your regular meetings are and other important information), and consistently contact them about upcoming events.

9. Remember You're Not Alone

When you're busy running a club, it can become very easy to only rely on your executives and volunteers for support. This is not always the case. For clubs of over one year in age, chances are you have certain alumni still in your city who may participate, help mentor, or even volunteer for you at certain events if needed! Maintain/build your relationships with these people – you may never know when you need to knock on their door.

Current SUSK Executive (Cassian Soltykevych, Stephanie Nedoshytko) with past SUSK Presidents Paul Grod, Danylo Puderak, and Michael Bociurkiw

SUSK is also committed to supporting each of its 25+ member clubs, whether they are a new club just starting or an established club looking to expand its capacity. SUSK provides club funding, can help with sponsorship, marketing, connect with your alumni base, or essentially most needs that a USO can define. There are also numerous guides, including on how to start a club from scratch as well as a 25 page document on running virtually any event specific to a Ukrainian student club in Canada. We are always happy to hear from you all.

On behalf of SUSK, we wish all of you member clubs a successful year!

CABBAGE ROLLS AND COFFEE?

WRITTEN BY: ORYCIA KARPA

If you're a student and caffeine isn't your best friend, you are a LIAR. Next time you're waiting in line at the campus coffee shop, think about these interesting caffeine facts instead of trying to convince yourself that you're not going to buy that double chocolate loaf you've been eyeing…

Caffeine can be found in unusual places. People can purchase caffeine-infused bottled water, jelly beans, breath mints, peanut butter and chewing gum. There are even caffeinated bath soaps that supposedly help people wake up in the morning.

Energy Drinks have less caffeine than coffee. By definition, one might reasonably think that energy drinks would be packed with caffeine. But Red Bull for instance contains considerably less than an old-fashioned cup of black coffee. A 250 mL serving of Red Bull has a relatively modest 80 mg of caffeine, compared to the 95-200 mg in a typical cup of coffee.

Caffeine is found in more than 60 plants. It's not just coffee beans; tea leaves, kola nuts and cocoa beans all contain caffeine. The stimulant is found naturally in the leaves, seeds and fruits of a wide variety of plants. It can also be man-made and added to products.

In need of a stronger caffeine fix? Listen to these coffee inspired songs while enjoying your coffee…

Cabbage Rolls and Coffee Polka – The Shmenges (Yes this is real, no I did not make it up. Check it out on YouTube. HIGHLY RECOMMENDED)

The Coffee Song – Frank Sinatra

One More Cup of Coffee – Bob Dylan

Coffee & TV – Blur

Java Jive – The Ink Spots

40 Cups of Coffee – Freddie Slack

HOW MY INVOLVEMENT WITH SUSK HAS SHAPED WHO I AM AND THE PATH MY LIFE HAS TAKEN

WRITTEN BY: ASHLEY HALKO-ADDLEY

I think there comes a point in all of our lives when we ask ourselves the question "How did I get to where I am today?" At this point in time we reflect on all the meaningful moments and decisions that brought us to where we are today. I recently finished my undergrad, packed up my life and hopped a province over to pursue graduate studies in my dream program, at my dream school, studying what I am most passionate about- Ukrainian culture. As I did this I looked back on my life and thought about all of the moments and decisions which brought me to this new chapter of my life.

Before I get into these life changing moments and decisions, a little info about me! I grew up in Regina, Saskatchewan and moved to Saskatoon in 2013 to do my undergrad at USask. When I started I was planning on going into Political Studies and then Law, but like many students my plan got altered along the way, and I ended up majoring in Anthropology and minoring in Ukrainian Studies. I was involved in a number of community and campus organizations, but the one that dominated my life was the University of Saskatchewan Ukrainian Students' Association. I joined the executive in my second year and ended up as Acting President half way through my third year and Co-President during my fourth. It was hard to say good-bye, but in September I packed my bags and paddled my way down the Saskatchewan River to Edmonton. That brings us to where I am now- a graduate student at the University of Alberta studying Ukrainian Folklore. I attended my first SUSK Congress three years ago and I'm currently serving my second term on the exec, this year as Executive Vice President.

The first of these life changing moments I mentioned before was accidental stumbling upon my university's Ukrainian language course, which was of course full when I wanted to take it. I made the decision to get into that class by whatever means necessary and accomplished it. If I hadn't pushed to get into that class I guarantee I wouldn't be studying Ukrainian Folklore and I probably wouldn't have join SUSK. The second moment was actually being rejected by my local USO in my first year. I wanted to join the group, but was told their executive was all full for the year and I would just have to wait to get involved with them. While this may seem like a negative moment, it actually had positive consequences. I was determined to become involved, so I attended every event that I possibly could that year. I also started to develop my passion in Ukrainian Studies. This meant that when I finally could join up, I was so much more qualified to do the job and quickly worked my way to the leadership positions. From my leadership positions, I was able to attend my first SUSK Congress. I made connections and friendships with students all over Canada and saw that there were people who were passionate about their Ukrainian roots, just like me. From joining the executive, I developed a new confidence to pursue my dreams and never to give up. These connections eventually helped me move from home, because I knew that I had a support system, even in a new city away from my family, my friends, and my home.

SUSK has shaped who I am in so many ways. It gave me confidence, it taught me how to support my community, it allowed me a space to connect with likeminded individuals, and it gave me a purpose. I am extremely grateful for the opportunity to work on the executive of such an amazing organization. Reflecting back on the last four years of my life, I don't think I would be where I am today and who I am today had I not made the decision to have SUSK be a part of my life.

SELF-IDENTIFICATION

WRITTEN BY: RAYA DZULYNSKY

How many of you were part of a Ukrainian dance group or a church youth group? Or maybe you were part of Plast or CYM? Many of us are active in the Ukrainian community as children but few continue their involvement when they become busy with school and other commitments. However, those that do stay involved find that Ukrainian activities have a large impact on their lives.

I've been involved in the Ukrainian community in Toronto for as long as I can remember. I did not go to Ukrainian elementary school but I went to Saturday school, danced, was part of the Ukrainian youth group, Plast, and recently became involved in the charity Help us Help the Children. The biggest impact on my life was Plast Ukrainian Scouts Organization.

According to Wikipedia, "scouting is the movement that aims to support young people in their physical, mental and spiritual development". I was actively involved in Plast, which is based on scouting principles, from age 7-17. Plast was a weekly commitment, whether it was attending group meetings, mentoring younger scouts, or being a camp counselor. Now that I am in university I try my best to continue being involved in Plast, especially in the summers. For example, this summer I had the honor of being bunchuzna (program director) at the girls youth camp (65 girls, ages 6-11) near Cobourg, Ontario.

A few years ago I wrote a reflective essay on my life in Plast. It was at this time that I realized the profound impact Plast had had on me. Here is an excerpt from my essay:

Пласт все був частиною мого життя. Не тільки мої батьки ходили до Пласту, а також моя Бабця Таня і Дідо Орко. У вересні 2004 р. мене записали до новацтва. В цьому моменті я не мала поняття який великий вплив Пласт буде мати на моє життя. З новацьких таборів я найкраще пам'ятаю наші різні забави та заняття. Я тоді не розуміла які вартісні вони були до мого розвитку, але тепер розумію.

Впродовж новацтва і юнацтва, Пласт мені дав не тільки можливість пізнати товаришів та товаришок на життя, але також цінні життєві вміння. Пластування мене навчило жити за чотирнадцять точками Пластового закону. Я вважаю, що ці точки є вартісні і тому, я все пробую їх спостерігати. Наприклад, я пробую все бути ощадною. Коли я плянувала меню на юнацький табір [camp for ages 12-18] *я дивилася де ми сподівались мати додаткову їжу і думала як її зужити щоб не тратити. Я вже відбула різні вишколи та табори які відзеркалює мою пильність. Я все хочу навчитися щось нового, щоб покращити себе. Це, як і другі точки пластового закону, є корисні не тільки в Пласті, а в щоденному житті. Наприклад, в школі я сильно вчуся і хочу все розширити моє знання. Востаннє, Пласт мене вчить працювати та співжити з іншими людьми. Останні дві зими я що суботи і неділі треную дітей як переганятися на альпініських лещатах. Моя праця в Пласті, а особливо з новацтвом, помагає мені успішно виконувати цю працю.*

Вищо згаденні зразки є тільке деякі приклади як Пласт збагатив моє життя. Пласт надав мені вміння, що мені помагає в різних аспектах мого життя. Кажучи це, Пласт все буде частина мого життя тому що, я вір'ю, що ця організація нам є корисна в дитинстві, і також дорослість.

I wrote the excerpt back in grade 12 as part of a project I was doing. It was the first time I really thought about how involvement in an organization was part of my self-identification. There are many Ukrainian organizations, all with different goals. Just get involved! There will be an organization that you love and it will change your life. Not only will you make friends but it will help shape you as a person.

STUDIO LIFE

WRITTEN BY: HANNAH PICKLYK

Where do I even begin?! I have so many stories, experiences and thoughts that I have collected over my first month of living in Ukraine… And I really can't wait to share them all with you! But, if I shared allllll of that in one post, I would be here for a month writing and you would spend a month reading. So I have to start with a piece of my adventure, and that's Ukrainian dance!

Let's jump back to Friday, September 1st. I had been in Ukraine for a few days, getting acquainted with the streets, becoming buds with the other program participants, making myself at home in my apartment and Friday was the day the program truly began. The 7 participants met up to walk to the Virsky studio… a walk filled with anticipation and excitement (and anxiety, if I'm being honest). Most of the other dancers had been to Ukraine before and seen the Virsky studio, but these were all firsts for me! I was feeling so many emotions. We were welcomed in the building (and our new home for the next 2 months) by Natalia, our newest friend in Kyiv and Virsky Ensemble dancer. We were shown our change rooms where we met some of the dancers we would be dancing alongside in Studio. We were taken upstairs (where I saw the famous Virsky statue for the first time ever!!!) and shown a carpeted room just outside the studio, filled with a sea of keen Studio dancers stretching and getting ready to start another dance year. This was so intimidating!! The 7 of us sat down in a little circle and couldn't help but stare, as we watched all these flexible noodles stretch into their over splits (we didn't stretch much on our first day because it was so intimidating). It also didn't help that none of the Studio dancers really knew who this group of non-flexible, English speaking group of folks were, that were intruding on their 2nd year of Studio.

Before I go further, let me explain to you how Virsky works. They have Virsky school, Virsky Studio and the well known and loved Virsky Ensemble. I am training with Virsky Studio. The students must audition and be accepted into Studio, complete and pass exams during the 2 years of Studio, after which they can audition to be in the Company. They do a fresh class intake for Studio every second year, once the previous Studio class has completed their training. Virsky Studio dances from Monday-Saturday, starting each evening with a ballet class, which is then followed by either a choreography, technique or character class (each twice a week).

And now for some talk on *actual* dancing. It's difficult. Everyday I'm challenged, but I love it. I'm dancing a very different style than I am used to, but I'm learning heaps. There's a heavy focus on ballet, as we have a class everyday and Virsky's style is highly academic. I've taken a few ballet classes but have never been seriously into it. The barre exercises are tough, with always so many elements to think about… and just as I think I've finally remembered all the details, the ballet master changes it! He keeps us on our toes (figuratively and literally… His exercises often have us standing and holding relevé)! In choreography class, the Virsky Studio learns 2 dances from the Virsky repertoire which they perform at their exam in December. September has been spent learning Virsky's Gypsy dance! I'll admit that this would not have been my first choice of dances to learn,but I have come to love it. I have never danced a Gypsy dance, probably never will, and if I'm going to learn one it may as well be Virsky's. I have come to really enjoy technique class. Along with ballet, the girls and guys have technique class separately. In technique, the girls do turns across the floor, turns in a circle, turns on the spot and stamping combinations. Even after almost a month, I still get bits of anxiety in this class because it's really the only time we have to dance on our own and get critiqued individually. Also, if you saw the Studio dancers whip across the floor doing turns and realize that all eyes are going to be on you doing the same thing (but half the tempo haha), you might feel some stress too. But for that same reason, I love it because I really feel I am growing and being pushed as a dancer. Last, is character class. This semester the students are learning Spanish dancing. I've always wanted to learn another style of dance, but have never had the opportunity (besides a class of two). This class is SO FUN, mentally exhausting and I always leave the studio with aching feet… so much stamping! Every

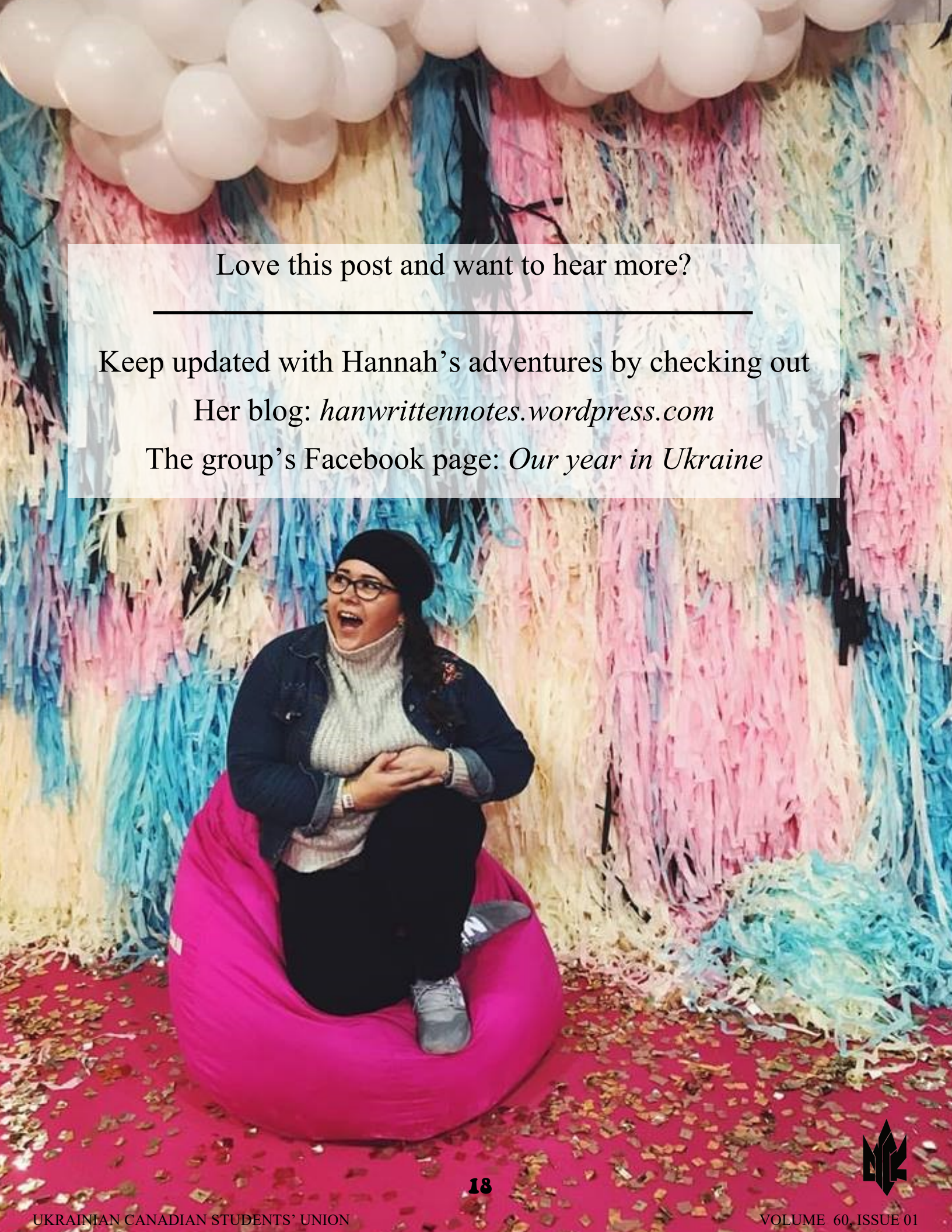
rehearsal has a live musician(s) (piano for ballet and accordion(s) for every other class), and it's such a treat. They are so talented and sometimes I catch myself getting lost in watching them play. They know exactly which tune to play for each exercise/spin/stamping combo,and easily change the tempo according to level of the dancer… Shout out to the accordion player for slowing the tempo when it's Canada's turn to do spins across the floor I wish I understood more Russian and Ukrainian so that I could be soaking up all the information and pointers the teachers impart during class. Although the dancers often translate when it's necessary, we can't possibly have someone standing by our side for entire classes translating every word.

You definitely need a thick skin and a brave soul in the studio. It's emotionally and physically difficult to be dancing amongst remarkably flexible, strong and highly-trained dancers. I've quickly learnt that I cannot compare myself to Studio dancers, who are training to dance professionally, whereas I'm primarily there to broaden my teaching skills and grow personally as a dancer. I've also realized that a lot of this dance experience (at Virsky, at least) is what I'm going to make of it for myself. The instructors are willing and very helpful, but we (the dancers in the Immersion Program) are not their focus. For the majority of the classes, we stand behind the Virsky Studio dancers, copying and trying to learn everything we can from their

movements. I can push myself as much or as little as I want. Exercises are often run in groups, and the instructor rotates through the groups until everyone has completed the exercise. I can do the exercises once with one group of dancers and stand to the side for the next 2 groups, or I can do the same exercise 2 more times. Sometimes I really do just want to stand out for those 2 subsequent groups, but doing an exercise 2 extra times, 6 times a week is an incredible amount of opportunity to improve myself… so if I'm physically able, I've told myself I won't stand to the side. We celebrate the little victories of *finally, sort of* getting a stamping combo that the Studio dancers have had nailed for weeks previous, getting told your chaines turns are "OK", or even getting a backhanded compliment from the instructor…"Even Canada did it… Why didn't you?" But we take what we can get, and get pretty excited about it.

We have become so close to some of the Virsky Studio dancers, it already makes my heart hurt to think about leaving them and Kyiv in a month. They are always happy to step to the side and demonstrate/explain choreography in slow motion, are so encouraging in the studio even though it's clear we are sometimes struggling, and make an effort to translate the instructor's comments when they can. We often spend breaks between classes teaching them English phrases, and they teach Ukrainian in return (we even help each other with homework!). They get a kick out of me *attempting* to say mile long Russian words and Ukrainian tongue twisters (Миші в шафі шаруділи шість шарфів шерстяних з'їли– say that 10 times fast!). And we love teaching them weird English words and slang phrases (ex.– 'garburator' and "That's nuts!").

At some point, almost everyday, I think about how amazing this opportunity is. To be living in Ukraine, training with Virsky, learning from their instructors, just being in the studio… it's truly something. I can't believe walking by that Virsky statue, stretching and chatting with new Virsky friends and dancing in that studio are my normal (for now!). It's surreal. It has only been a month (or should I say it has *already* been a month!), and I only get more excited to see what I'll be able to accomplish and learn this upcoming year!



Love this post and want to hear more?

Keep updated with Hannah's adventures by checking out
Her blog: *hanwrittennotes.wordpress.com*
The group's Facebook page: *Our year in Ukraine*

WORKING FROM A DISTANCE (IN ANOTHER IME ZONE ON THE OTHER SIDE OF THE WORLD)

WRITTEN BY: CASSIAN SOLTYKEVCH

A hotel room in Tokyo, a coffee shop in Sydney, or 40,000 feet above the Pacific Ocean are just some of the places you can be when working remotely (I'm currently typing at the last option). While I frequently hear that working remotely is the easiest and best thing for work, I would raise a hand and say that it really isn't for everyone. There are a number of things to consider before travelling and working remotely, along with potential problems that could arise.

Before taking off on a plane, train, or automobile, you have to think about how you're going to be able to work while travelling—you can't just assume that you'll work 8 hours straight on the train ride. You'll probably want to eat some lunch, look at the views (after all, you're likely somewhere you've never been before), and maybe take a bit of a break from work. Be reasonable with what you'll be able to work, and don't lie to yourself (or your boss). Do you normally work 40 hours a week from Monday to Friday? Maybe think about working Monday to Saturday or Sunday and work a few hours less each day as maybe one day you have to be on a plane and won't want to work as much.

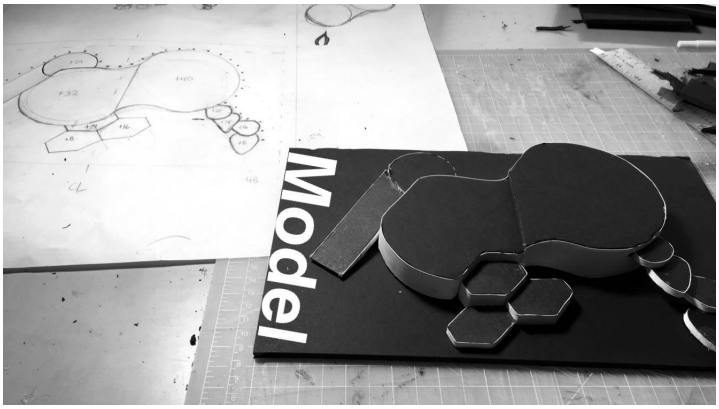
While in the last 10 years internet availability has grown substantially in most countries, it isn't always as fast or reliable as back home. While Starbucks and McDonald's are pretty reliable for some free data, having that vanilla latte or double cheeseburger every day or two can quickly add up. Also, keep in mind that your internet connection may not always be as secure as you might think—especially in public areas such as museums and airport lounges. Consider getting a data plan locally—almost every country in the world has more affordable LTE/4G service than Canada (think $5/5GB in many parts of Southeast Asia).

If you're looking to travel to a number of places in a shorter amount of time, say a new country every few days, time zone changes can impact your sleep and health fairly quickly if not adjusted for. In the span of a few weeks, flying from Toronto to Tokyo to Sydney to Singapore to Istanbul to Kyiv to London and back to Toronto can lead to serious jet lag and potentially being sick on your trip. Always spend time planning your sleep schedule before taking off, keeping in mind how a flight will impact you if you can't sleep on planes. Also, be mindful of how being in a different time zone can impact work meetings or client calls. If you're lucky, your boss will be sympathetic if you're just sending an update via email instead of joining a call because it's 2am in Australia and 10am back in Canada.

Inevitably you'll start missing home—friends and family, or even pets (the latter aren't very good at Skype). Don't feel down that you couldn't be abroad for as long as you thought and that living in London for a year or trekking across Nepal while working remotely for 5 months wasn't quite as simple as you thought it'd be. I travel on dozens of flights a year and have found myself in at least half a dozen countries each year, but nothing feels better than being with your friends and family, and, most importantly, sleeping in your own bed.

OFFICIALLY A GRADUATE

WRITTEN BY: DAYNA KONOPELNY



After what has seemed to be forever...I finally received my BA in the mail today. Here I am with my piece of paper valued at approximately $15,000.

I think lots of people still don't know what I really did in school...so I'll quickly explain my journey at the U of W.

I started my university studies in a joint Communications program with the University of Winnipeg and Red River College. It is a four year program, with two years at each school, finishing with a degree and a diploma. Coming out of high school this seemed liked a good option for me... it was creative, and would teach me many things I thought I was interested in such as; advertising, media, and public relations.

However, during my first year the U of W I really felt I was missing something. I was being taught how to market a product, but ultimately I wanted to be the person creating the product...not marketing it for someone else. So here started my long process of looking inward and thinking about who I really was. Ever since I was a child, I was always making things, creating things, and working with my hands. (As Dayna would say..."I'm working on cwafts") .

Deciding to change what you're studying is never an easy process. Many thoughts crossed my mind as to why I couldn't just be happy with what I'm doing...what brings me joy...what my parents were going to say...and what the next step was. So...when it came to choose my classes for the next year, I knew I needed something creative and couldn't be in all the rhetoric classes that were required. I opened the course catalogue, hit CtrlF and searched "design". And that is how I discovered the theatre department and their design program. I figured out all the require-

ments, so if I liked the program I would still be on track to graduate in 3 years.

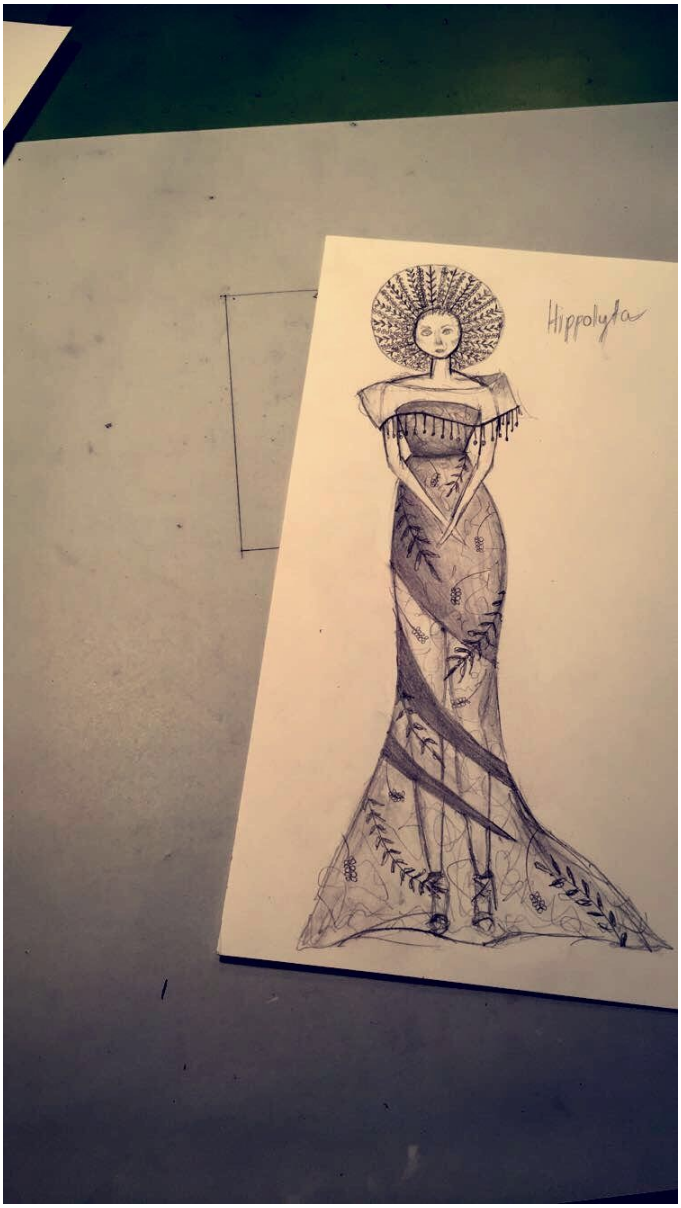
The hardest thing was telling my parents and explaining my decision. I had no plan, but I had planned. I understand my parents' hesitation, and although I may not have felt 100% supported from the beginning, I stuck with it, and my parents realized that no matter what I do, I am always 100% committed and am highly motivated. I know they are proud of me, and are supporting me in my endeavours to become a "designer" (whatever that really means). I wouldn't be in Toronto without them.

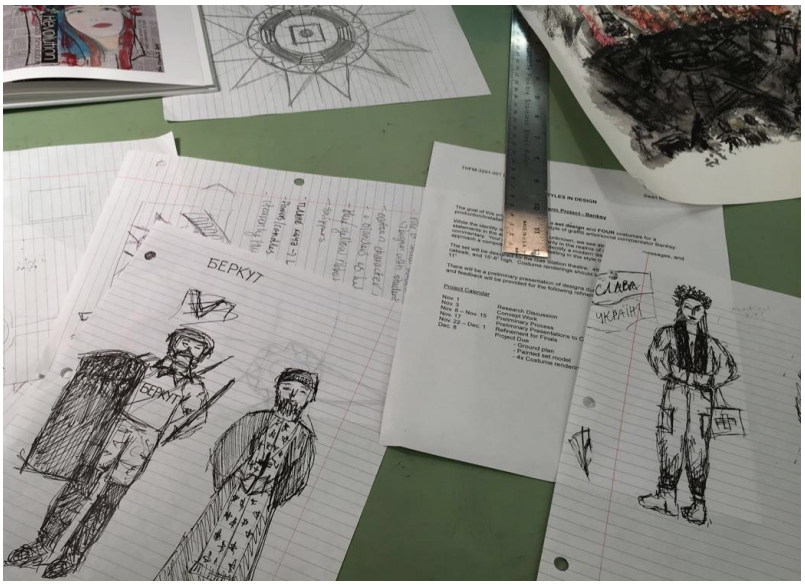
The absolute best part of my studies at the University of Winnipeg, was spending time with my amazing friends. I could not have made it through all those long days without them. I'm so grateful for all the adventures we went on, especially the frequent trips to Stella's. I miss my friends everyday. I miss walking into the caf to see their smiling faces, or meeting up for our Ukrainian club meetings. We had our fair share of shenanigans, and I wouldn't want it any other way. Thank you for making those days so memorable!

CtrlF helped me fall in love with an art form. Before that, I rarely went to the theatre, the symphony, or the ballet. I was always interested in the mechanics, but never realized I could play a part in that. I still vividly remember the glass elevator from Charlie and the Chocolate Factory in London in 2014. I was probably in love then...I just hadn't realized it yet.

For the non-theatre goers, I'll tell you the most magical thing about the theatre or any live performance. It's EPHEMERAL. You can only experience it once. Every night is a different show, and no two shows are the same. In a world where recording a moment is in the palm of our hands, it's beautiful to think of the moments that only live inside our minds. The moments that brought a pit in my stomach, made tears stream down my face, or brought goosebumps to my skin. This is the theatre, and this is why I love it.

So that's a small glimpse into my academic and creative endeavours from 2014-2017. Until next time....DK





Love this post and want to hear more?

Keep updated with Dayna's adventures by checking out Her blog: *thedaynadiaries.blogspot.ca*

NO QUALIFICATIONS

BY: MATTAY DUBCZAK

In these rants, I'm aiming to channel my cynicism, mild anger issues and love of Last Week Tonight with John Oliver into entertainment for you all. Hopefully you all get a kick out of it!

This is an opinion, not fact, important to note that. I'm not qualified for any of this, but f*** it!

Ok folks, here we go…

The school system isn't effective in developing leaders, plain and simple. Before anyone gets at me about this, I need to make one thing clear. The point I am trying to make is that the school system isn't doing enough to breed leaders and creative people, rather I think it tries to reign in creativity and entrepreneurship.

Let me paint you a word picture: People sit row by row while someone else stands at the front of the room speaking, expecting the seated people to take their words as doctrine. You must abide by the rules of the organization or you will be punished. If you can't remember or absorb everything that the leader has said, then you will be punished. Essentially if you don't fall into the model that the organization is attempting to breed, then fuck you. You aren't worth the time and you will be forced to fall between the cracks of society.

1984? Nope. It's a classroom, where those who's focus aligns with the objectives set out with the teacher is successful and those who aren't meant for indoctrination of this kind don't survive. We sit row by row while someone speaks at us and expects us to absorb the knowledge.

For all the talk about "investing in education" it amazes me that the broad nature of how students are taught is roughly the same as 100 years ago. Notice that I didn't say the word "learn" in my previous statement. There's a reason for this. In my experience, the traditional method of learning via lecture and textbook readings isn't that effective. I equate it to throwing water against a wall, in which sure, some is bound to stick, but most will just fall away.

Now, you may be wondering what my qualifications are for going after one of the largest institutional systems in the world. And I have none! But I'm not here to act as a serious critic, just here to voice my opinion. No, I don't have a solution. Nope I don't think I'll ever come up with one good enough to solve all the issues within the education system. But I do think it's important to start a dialogue between the students and the educators about how we can improve. Whether that be answering the surveys that your professor hands out or just talking to them, you can vastly improve your educational experience by just speaking up.

It all comes down to this. I believe that the current system of education (in many cases) does not give students enough weapons in which to arm themselves for their future proverbial wars, which says a lot more about humans then you may think. Human beings are resourceful; they aren't too bad at figuring things out on their own. We've come this far; can't we fix an issue which is glaring like this one? The elaborate and intricate geopolitical issues which will define our time need to be tackled by leaders who can think in new ways, to view these issues through a different lens. The companies which will define our future require capable and creative entrepreneurs at their helms. I just feel like the same system that we've been using for many years isn't going to be the most conducive to helping humanity get to where it needs to be. Where that is, I have no freaking clue, but that just kind of grinds my gears.

Keep updated with *Student* to journey along with Mattay in his unqualified ranting!

VOLUNTEERISIM

WRITTEN BY: ROMAN GROD

Volunteerism has played a large part in my life and my development in the Ukrainian community. Growing up, I was a member of the Ukrainian Youth Association (CYM) and attended summer camps as a camper, and more recently as a counselor. I've also taken on in an executive position within the organization that allows me to be part of the planning of events and various activities.

More recently, in 2015, I began volunteering with the organization Help Us Help the Children. Over the past years I have attended two summer camps and I'm looking forward to attending winter camp this upcoming January. Help Us Help the Children strives to improve the quality of life of children living in orphanages throughout Ukraine. Our goal is to educate the children and prepare them for life after the orphanage, through various workshops and activities. During the year we prepare for our camps by collecting clothing that the children will wear at camp, and will take back to the orphanages, as well as funds needed to run our camps.

In the past year, I have become involved with SUSK as alumni director. This position has allowed me to take on a leadership role in being a liaison between SUSK and our Alumni, as well as joining various committees to help raise funds so that we are able to connect Ukrainian Youth in Canada all under one umbrella.

These organizations play a key part in the development of each and every individual. They allow us to take on leadership positions at an early age that help set us for success outside of the community. It also allows us to build connections, unlike in any other community. Most importantly, in times where Ukraine is under duress, it allows us to come together as one community to see Ukraine prosper, and overcome these aggressors.

SUSK PRIDE: HALLOWEEN EDITION

CREATED & DESIGNED BY: KIMBERLY GARGUS

USO UPDATES

SUBMITTED BY: THE UKRAINIAN STUDENTS' CLUB AT THE UNIVERSITY OF TORONTO MISSISSAUGA

The Ukrainian Students' Club at the University of Toronto Mississauga held their first perogie workshop of the year on Friday, October 20th, 2017. This is an annual event but this is the first time we were able to host it on campus. The event was a huge success with a turnout of about 30 students in total. The event ran for 2 hours welcoming students to drop by, make and enjoy perogies between their classes. Students of all backgrounds learned to make traditional potato and cheddar cheese filled perogies from scratch! Our main goal is to share our Ukrainian culture on campus and to bring everyone together! We would like to thank SUSK for all their help in making this event possible and allowing us to offer it for FREE to UTM students! We look forward to making our second workshop bigger and better with 2 more filling options- blueberry and sweet

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