



# UKRAINIAN WEEKLY



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## Needs Greater Support

In the life of any well developed society there must be certain mediums which serve as connecting links among the various elements that compose it. In our Ukrainian-American society there are several such mediums. To a greater or lesser degree, each has done its share in preserving and developing our group consciousness and aiding us in the pursuit of our mutual aims.

From time to time it is well for us to pause and reflect upon the worth of these mediums. For by realizing their value we will sooner take steps to strengthen them and make them more effective.

Among the most efficacious of them can be cited the Ukrainian Church. Since its very founding at the dawn of our immigration, it has indeed played a great role in this respect. And the same is true of our fraternal orders, such as the Ukrainian National Association. Likewise, our humanitarian-political organizations, such as the "Obyednanye," have played an important role too. Among the younger generation the youth leagues, such as the Ukrainian Youth's League of North America, have been the primary and thus far the strongest link. Among our women, the Ukrainian National Women's League of America, for example, has played a significant role. And to an extent, books and pamphlets published in both Ukrainian and English, have also helped to weld the Ukrainian-Americans.

All of these mediums have developed our group identity and unity in this land and at the same time have helped us to make the progress we did.

And yet, the strongest medium of them all has been our press. No one, we believe, can conscientiously deny this to be so. For, in all seriousness, where would all of us, Ukrainian-Americans, be today if we had had no press? Where, for example, would our various organizations be if there had been no press to acquaint the people with their purposes and appeal for their support? How would we have known, day by day, just what others of our kind were doing, towards what goals they were striving, and what successes and failures they were having? How would we have known of our mutual joys and sorrows? How would have we been able to keep in close contact with one another?

Such and other similar questions suggest themselves in visualizing a "press-less" Ukrainian-American life.

Such questions also crop up in imagining our organized youth life without its English-language press.

How far, for instance, would our Ukrainian-American youth movement have advanced if there had been no such publication as the Ukrainian Weekly? How much progress would our young people have made in studying their Ukrainian background, in striving to adjust themselves to American life, and in creating a pattern of organized activities among them—if there had been no such medium to serve them?

Without a doubt, the benefits our younger generation has derived from the Ukrainian Weekly, are too obvious to any impartial and thinking person to make it necessary to elaborate upon them here. Within the comparatively brief period of its service, four and one-half years thus far, and in spite of its very limited size, it has done a good deal in advancing our organized life to its present position.

The time is growing nigh, however, for our young people to begin realizing that if the Ukrainian Weekly is to keep apace with the growing demands made upon it, certain definite improvements have to be made, such as its enlargement and more often appearance. And yet, these improvements are impossible unless our young people will them be so, unless they help to increase its circulation. For circulation, as we know, is the very lifeblood of a periodical.

Thus far the brunt of the Ukrainian Weekly's publishing costs has been borne by the Ukrainian National

## UKRAINIAN YOUTH RALLY HELD IN NEWARK

Featured by an unusually frank and interesting discussion and attended by over two hundred young people from various Eastern states, the Ukrainian-American Youth Rally, held last Saturday at Hotel Douglas in Newark, under UYL-NA auspices, is being acclaimed as a model youth gathering of its kind.

The rally was formally opened by Anthony Shumeyko, chairman of rally committee. A foreword on the ideals and work of the Ukrainian Youth's League of North America was delivered by John Romaniuk, its president. Stephen Shumeyko was elected as presiding chairman, and Miss Eugenia Uhorchak as secretary.

The keynote of the rally was "Youth looks upon itself." It resolved itself into four topics, which served as the basis for the discussions. They were (1) Our successes, faults, and failures, (2) Ukrainian boy (3) Ukrainian girl (4) Looking forward. Each was introduced by an address upon it.

Mr. John Kosbin's talk on the first topic together with the general discussion following it, evaluated the progress made by our youth thus far and emphasized some of their chief shortcomings. In the former class, the drawing closer of the youth living in various communities; their greater consciousness of their Ukrainian origin and its significance to them; and their clearer orientation in the vital problems affecting them—were the chief gains cited. In the class of failings, the proudest of the youth to ignore the bitter lessons of their fathers, especially within the field of political and religious differences, was most dwelt upon. The vital necessity for some manner of cooperation among the several youth leagues was also stressed.

Miss Helen Sywulak's and Walter Michaelson's talks on the respective merits and demerits of Ukrainian boys and girls, together with the unusually lively general discussion on this subject, brought far greater criticism of the boys than of the girls, in which the boys themselves joined in. The general opinion seemed to be that the boys do not play the part they should in Ukrainian-American life, but that in many respects the girls surpass them; although, it was pointed out, recent times are witnessing a change for the better in this respect. The girls especially charged the boys with failing in many instances to appreciate modern trends. Too many of them, it was cited as an example, still regard marriage in the light of the husband being "boss" and the wife a drudge. The opportunities of education and cultural development are ignored by too many of the boys, the girls also declared. On the other hand, the boys, while admitting some of the accusations made against them, charged that many of the girls act in too lofty a manner towards them, and that education makes them loftier

still. At dances, they declared, the girls do not take pity on the poor dancers. Also, in their social contacts they prefer members of the opposite sex who are considerably older than they.

Miss Olympia (Lee) Hamkalo's talk on "Looking Forward" did not attempt any vain prognostication, but confined itself with outlining certain courses of action which if followed by our youth will bring them sooner to the realization of their mutual hopes and desires. Pointing out that these organizations in Ukrainian-American life have been most successful that rest on a sound financial basis, she recommended that our youth societies, such as the UYL-NA, take immediate steps to place themselves on such a basis. In line with this recommendation she especially urged the creation of a fund to be used solely for youth purposes, such as their Ukrainian cultural activities, or the building of meeting places for them. Following a general discussion on this point, the rally empowered Stephen Shumeyko to appoint a committee, with himself as its chairman, for the purpose of studying this recommendation and initiating preliminary action upon it.

Resolutions passed at the close of the discussions dealt with the need of unity among Ukrainian-American youth, recommended the placing of our youth organizations on a sound financial basis, and expressed our youth's interest, sympathy and support in the struggle of Ukraine to gain her national freedom.

### Banquet and Dance

In the evening a banquet and dance was held in the same hotel, at which over two hundred young and older persons enjoyed themselves late into the night. Among the distinguished guests present were Maria Sekil, Ukrainian prima-donna, and Antia Rudnitsky, composer and pianist, the two artists from the old country who are now making a concert tour in America. They were introduced by Michael Piznak, who acted as toastmaster.

The guest speaker of the evening, Dr. Luke Mysnuha, appealed in his talk to the youth to make an honest effort to understand the older generation. Such an effort, he declared, will show that the motives of the elders towards the youth are of the best. "Where your mind fails you, then let your heart be the judge in this respect," he said, "and then you will surely see your parents in the true light."

Among the others who were called upon to speak was Mr. Dmytro Halychyn, who explained the important role fraternal organizations were playing in American life, and called upon the youth to join their own, such as the U.N.A.

### Basketball Tournament and Farewell Party

Sunday afternoon, the rally program came to a close with a basketball tournament and a farewell party, both which were attended by large numbers of youth.

(More details next week)

Association. How valuable this aid has been can be best appreciated by those who have had experience in this line. Yet this aid cannot be expected to continue forever, nor can it alone bring about the cited necessary improvements. Greater support is needed from the youth.

Accordingly, our young people are urged to give this matter their serious consideration.

## An Interview with Koshetz

### Ukrainian Participation at New York's World Fair in 1939

In answer to our question on how our songs could be utilized at the coming New York's World Fair in 1939, Prof. Koshetz replied:

"I believe that our Ukrainian songs will enable us to make a very distinctive contribution to the Fair, one whose benefits will inure not only to it but to ourselves as well.

"Most of the countries that will be represented at the Fair," he continued, "will feature varied forms of exhibits of the type that could be roughly termed as 'dead.' Under this designation will be various specimens of their native industry and art. With us, however, it can be different. For besides the various specimens of our folk art and industry, we can through our songs present a form of our culture that is highly expressive and that creates itself during the very act of its expression, something that can be termed as 'living' or dynamic. As such, I think, it will make a deeper impression upon those attending the Fair than the 'dead' exhibits.

"What makes me believe this all the more," he continued, "is the fact that our songs have already proved their fine and original qualities, not only in America but in most of the civilized countries of this world. They constitute one of the finest of our fine arts. Therefore, we should not hesitate even in the least to use them at this coming World's Fair."

"How do you think this should be done?" we asked.

"By means of a chorus," he replied. "It is very fortunate for us that our song has become so popular among us here that there is a Ukrainian chorus in practically everyone of our communities. For with so many choruses to draw from, the task of organizing a chorus for the Fair will not be so very difficult as it would seem."

"What kind of a chorus would it be?"

"Well, I believe that it should be a folk chorus of about four or five hundred singers."

### Why a Mass Chorus

"Why such a mass chorus? Why can't it be an ordinary-sized one?"

"For a very simple reason. If we appear as an ordinary sized chorus, then we will automatically place ourselves in a position where we will be judged on the same basis as the professional choruses that the other nationalities, like the Russians, will probably present there. In comparison with them our folk chorus, composed of amateur singers, is bound to suffer, particularly in the matter of its tonal quality, for a professional singer is bound to have a better voice and better training than one who sings just for the pleasure of it. There are exceptions to this, of course, but I'm speaking of the general rule. Therefore, it will be better to organize a mass folk chorus, such as the one that sang at Town Hall or Carnegie Hall within recent years. By doing this we will remove ourselves from the category of regular choruses, and at the same time our mass chorus will be able to achieve artistic results that will be peculiarly its own, for when a well trained and well directed mass chorus sings, its voices blend in a manner that is most effective."

"How then can such a mass folk chorus be organized?" we asked.

"In the first place," he said, "the organization of such a chorus to take part in the Fair in 1939 should begin immediately, for it will be a tremendous task even under the best of conditions.

### Its Personnel and Training

"The personnel of this mass chorus will be drawn from the already existent choruses. The latter of necessity will have to be those of the Eastern states, although if it will be possible some of the more Western choruses can be used as well. The training of them, of course, will be the chief task, and the brunt of it, especially in the early preparatory stages, will fall on the local chorus directors themselves. From time to time each such chorus will be visited by one of the several assistants to the main Conductor.

(2)

These assistants will make known and illustrate to the local director the manner in which the Conductor wants the songs to be sung. Such assistants will also hold joint rehearsals of several choruses of one region. When the preliminary stages of this training have passed, then the Conductor himself will direct such joint rehearsals, in preparation for the final rehearsals in which all participating choruses will take part. Briefly told, the plan of preparation of the choruses for their mass appearance at the World Fair will be pyramidal in form."

### Its Organization

"Who will do the actual organizing work in this connection?" we asked.

"For this task there will have to be a chief Organizer. He will take care of all organization details, leaving the Conductor fully free to train the choruses. And since quite a sizeable amount of money will be needed to finance all this, there will also have to be a Treasurer."

"To whom will the Conductor, the Organizer, and Treasurer be responsible?"

"To the general committee in charge of the Ukrainian participation in the Fair," was the reply. "It is this general committee that will appoint the Conductor, the Organizer, Treasurer, etc., as well as conduct a drive among our people to raise the necessary funds."

"Tell us, Prof. Koshetz," we ventured one more question. "How much progress has been made thus far by our Ukrainian-Americans towards the creation of such a general committee and to the setting up of the necessary apparatus in preparation for our participation at the New York's World Fair in 1939?"

"To tell you the truth," he replied. "I am quite disappointed at the lack of progress made thus far. Although several months have passed since I, by invitation, expressed my views on the subject at the annual meeting of the 'Obyednanye,' yet thus far I have not seen any definite steps taken in this direction. The main trouble, I think, is that our people have not stopped to really realize how important Ukrainian parti-

### UKRAINIAN MOMENTS

The Ukrainian Club of New York University has, for the past 3½ years presented such leading Ukrainian programs as, "An Evening in Ukraine," "Christmas Eve in Ukraine," in addition to several lectures, musical programs, choral singing, and socials.

All these programs were sponsored with one purpose in mind, and that was to portray and acquaint the Ukrainian Youth, also the American public with the Ukrainian language, customs, songs, music, art, and the history of Ukraine.

This year the Ukrainian Club of N.Y.U. is pleased to announce another outstanding program entitled, "Moments in Ukrainian Life"—a beautiful gay presentation of Ukrainian songs, whirling rhythmical dances, musical and choral selections, the "vesilye," and colorful costumes. These will be moments that will make everyone of us proud of our heritage—of Ukraine.

This program of gala entertainment will take place Friday, February 25th in the New York University (4th Street, Washington Square) School of Education Auditorium at 7:30 P. M.

Invitation is extended to all the Ukrainian Youth, to the Parents, to social groups, to Ukrainian Clubs—especially your American friends—bring them all to be entertained and to get an eyeful of "Moments in Ukrainian Life."

### Ukrainian Club of N.Y.U.

Opinion is ultimately determined by the feelings and not by the intellect.—Herbert Spencer.

There is no feeling in this world to be compared with self-reliance.—John D. Rockefeller.

participation at the Fair can be, to both them—and the Ukrainian Cause. This in my opinion, is a serious mistake, for 1939 is but one year off, and we have to begin preparing for the Fair now! However, I think our people will soon awaken to the possibilities the Fair offers them. And when they do that, then things will certainly hum."

## THE BLACK COUNCIL

(CHOENA RADA)

By PANTELEYMON KULISH

(Translated by S. S.)

(28)

"Listen to me now, squire," spoke up the venerable Sitch elder. "Perhaps it is true that the burghers have made some gains at the Kozaks' expense, and yet it is also true these very same Kozaks are beginning to place a yoke on their necks, just like formerly the Polish landlords did. Having seized most of the power, the Kozak high command now orders their mayors and leaders about like the devil does the lost souls. If your Colonel gave you these manors, then keep it, but don't wreak injustice upon these people. Give back to them their oxen."

Gvintovka pondered upon this for awhile, then glancing at Shram, said: "No, I shall not, for these oxen have done enough harm in my groves. I will show them who is master here. I'll take down some of their high airs."

"What foolishness!" cried father Puhach. "It is your pride that needs to be taken down, not theirs. You are so blind! Come, my children," he said, turning to the burghers, "spit upon his pride and his avariciousness! We Zaporozhians will return your property to you tenfold."

"God bless you, father, that at least you have stood up for us," said one of the burghers. "We beg you to come and have supper with

us. Do not disdain our humble homes. And as for you, sir, farewell. The time will yet come when our accounts with you will be settled."

"Wait a moment, father Puhach," said Gvintovka. "I don't want to have any quarrel with you over such a petty matter. Let them take the oxen and go to the devil, but you remain with us for supper."

"No, that's out of the question now," replied Puhach. "For our people are already on their way here. The Czar's boyars will be passing by, and we won't let them get to Pereyaslav. For this Nizhen is as good a place as any for a black council. That's why it's out of the question for me to accept your invitation to stay for supper." And without waiting for an answer he put on his hat strode out of the house, followed by the burghers.

Gvintovka now stood before Shram neither here nor there. He realized that Shram had perceived his true self at last. Nevertheless he still thought he could squirm out of this embarrassing situation with some light banter or excuse. But when he saw Shram's forbidding mien as he sat himself behind the table again, he decided it would be best to let

matters alone as they already were. The others, seeing Shram in a black mood, lapsed into silence as well.

Angry at himself at the turn events had taken, Gvintovka had to take it out on his wife. The poor duchess was anxiously supervising the serving of supper by several maids, careful that nothing should call her husband's wrath down upon her. Without further ado, he began to pass sarcastic remarks about the Poles and their ways of doing things.

The remarks were too pointed for the duchess not to realize that they were meant for her. Her fear and confusion grew apace with them. Trembling she fluttered about the table, trying her best to please. As luck would have it however, her sleeve caught on a silver goblet containing brandy and overturned it, with the brandy spilling all over the table.

This was just the excuse Gvintovka was apparently looking for. "You clumsy cow!" he roared so loudly that the very windblows shook, and roughly pushed her away from the table. She fell to the floor, and there lay in a death faint.

"Hey, you wenchess!" Gvintovka roared. "Get your mistress out of here. May the devil take her!" Several serving-maids ran in and lifting the duchess carried her out.

Cherevan looked at Shram to see what he was going to say now. But the latter remained morosely silent, as if he had seen nothing at all. So Cherevan and the others remained silent too.

After supper Shram merely spoke long enough to Gvintovka to tell him that he was leaving the next morning for Baturin, but that Petro would remain for awhile on account of his still weak health. With this they parted and retired for the night.

(End of chapter ten)

### CLEVELAND U.N.A. YOUTH BRANCH HOLDS ELECTION

At the annual meeting of the Youth Department of the Ukrainian Culture Society of Taras Shevchenko, Assembly 291, UNA, held January 30th in the Ukrainian National Home, the following officers were elected: President—Paul Burg, Vice Pres.—Julius Pelech, Sec'y—Mary Yatchun, Treasurer—Virginia Wozny, Sergeant-at-arms—Mike Burg, Program Chairlady—Genevieve Marinchak, Assistants—Elias Burg, Jane Burg, Ann Stupka, Frank Kobierski.

MARY YATCHUN, Sec'y

### BEFORE AND AFTER MARRIAGE

When a man's single, his money he'll jingle;  
He carelessly squanders his rocks.  
He may look funny, but he spends lots of money  
On funny white shirts and light socks.

When a man's married, he's worried and harried,  
He wants things that will not show dirt.

His wife calls him "Honey," then takes all his money,  
And buys him a mud colored shirt.

HERR PILL.

# Evaluating Our Youth Progress

By JOHN KOSBIN

[Address delivered at the Ukrainian American Youth Rally, in Newark, February 12, 1938.]

A little more than four years ago the progressive element of our youth of America met in Chicago and took definite steps in forming a national organization which would weave a harmonious and a workable pattern of youth activity. The passing years revealed a greater part of the youth taking advantage of this pattern, and advancing with a determined and confident stride. The history made is not news to most of us. In this assemblage there are those who have been taking part in the making of it, those who have applied their talents in the laying of the course we are following.

Now it behooves us to pause a moment and reflect. All going concerns at regular intervals curtail activity long enough to take stock of their progress. Even individuals, every now and then, pause long enough to review their qualifications and acquisitions, spiritual and material; and we are gathered here today to determine collectively, among other things, our accomplishments and failures as revealed by a resume of our activity thus far. In bringing about this Rally, its organizers worked with the idea in mind of having the youth look at itself, hoping that the youth will open up the reservoir of its opinions and let flow ideas, suggestions and criticisms that have been, often long restrained. This restraint has been best evidenced at the national congresses, where only a certain few participated in the discussion and the rest had their say behind scenes.

A brief glimpse into our background provides us with an approach to our summary of the past. In the past, speakers repeatedly have included, and certainly in the future some will include in their deliveries a dramatic version of the origin of our generation. It's about time we knew our parents came from a Ukraine divided by four oppressive states; it's about time we knew we are first American born Ukrainians. The shortcoming of those unprogressive individuals in our midst, who are not conscious of these facts, is self-evident.

## National Characteristics

Now as to our national character. Even though we were born in a land foreign to our parents, we nevertheless have retained the characteristics of the Ukrainian race—capabilities, talents and failings. On the whole the Ukrainian is primarily an individualist. History tells us what a great lover of freedom the Ukrainian Kozak was and beside him the Ukrainian peasant; but that characteristic has its drawbacks as well, in that his sense of individualism, whether justifiable or not, often impedes harmonious cooperation with others of his race. He does not tolerate dictation yet in unguarded moments he is prone to give dictatorial "advice," and though he offers resistance to any attempt to drive him, proper suasive methods can lead him to do most anything. His happy and open nature often gives way to wariness, melancholia, and taciturnity, all of which make him less assertive and more submissive. Being less of a realist and more of an emotionalist he traverses between extremes. Though he is patriotic his political activity has been hemmed in by years of cruel subjugation, and as a result he lacks the experience to make real the world built in his active and creative imagination. His latent talents, given the proper impetus, would elevate him to great heights. ... Too much time cannot be devoted to further analysis but we can see how these characteristics mentioned apply to our youth, especially that of planning great projects but failing to make them an actuality.

## Our Goal

Our ideals and our goals present themselves as the next point in order. As in the case of our background, I think it is about time we were conscious of our aim and aspirations. America is primarily interested in good intelligent citizenship and our ideals together with the aim of being successful in American life provide an agreeable response to that demand; Ukraine's primary interest is freedom, and our activities are based on this ideal as well.

## What Degree of Success Made

And now, with these basic thoughts in mind, with that review of who we are and why we are, let us determine what degree of success we have attained in the pursuance of these ideals and aims. This is no easy matter, since progress is not always clear-cut and visible; however, we can put our finger on certain outstanding manifestations of our youth progress. In doing so I will stress more those which can be classed under organization life, for it is here that the youth has shown many encouraging signs.

## The Drawing Closer of Our Communities

Several years back there was a noticeable isolation of our communities. Apparently the youth of one locality found no necessity of keeping in touch with other localities. The clubs in the field led a haphazard existence with the minimum amount of cooperation among them. Each regulated its activities on a purely local basis, and even that basis in many instances was vague and uncertain. An effort was made to bring these clubs into at least a semblance of unity, to give them a better understanding of the ideals, problems and aspirations of the Ukrainian race, and to help them realize their inherent future possibilities. These efforts, though they have given a start to all that, have yet far to go before they can achieve an appreciable degree of success.

The isolation mentioned, can be best illustrated within our immediate communities. The youth of Newark and that of New York had very little if any, personal contact with one other a few years back. For all it seemed to have mattered they could have been on the opposite sides of the globe. Today however, with the various common and mutual undertakings, direct contact has been effected at least once a week. They not only become closer than next door neighbors, but have made Philadelphia, practically exist around the corner; for some members of that locality find (rhyme and) reason to call on the other two and receive visitors from them with great frequency.

## Youth Congresses

We saw the start of this at the national congresses. People met, struck up acquaintances and established post-congress correspondence, developing often into friendship. The press was also very instrumental in keeping the youth informed as to the activities of other centers and established a medium for contacts, as is shown by the overflow of bookings for athletic events sought through the medium of its pages.

These congresses, also of recent origin, are an important manifestation of youth organization life in that they provide splendid opportunities not only to meet one another, but to discuss common problems and ideals and perhaps to reach a better understanding of themselves and of the problems and ideals of the Ukrainian people.

## Recognition of One's Nationality

Another interesting point is the firmness with which one recognizes and announces that he is a

Ukrainian. Not so very long ago some of our youth were content in being termed a Pole or a Russian because of their laziness or reluctance to make clear who a Ukrainian is. Today, with a better knowledge of their background, facts about which have been disseminated on a larger scale by both the older and the younger generations, they have made their declaration of their nationality as a matter of fact, which is as it should be. Following this point up, the youth has been informing Americans about its nationality with greater regularity and better results. Taking New York as example, much has been done in the International Institute where there are four Ukrainian groups, each of a different nature. The fifth Ukrainian activity there is an independent Ukrainian Class. In Columbia University there is maintained an advanced course in Ukrainian. In New York University, the Ukrainian Club there has been very active, so much so that of the numerous culture groups in the school it was chosen to present a program in honor of a retiring dean, the program to be given under the title of "Moments in Ukrainian Life."

## Study of Background

Another encouraging sign is the increasing interest in the study of our Ukrainian background. There is a greater appreciation of our literature; a greater knowledge of our history; a greater observance of the holiday ceremonies and a greater attempt at the preservation of the customs than there was previously. Girls are taking to embroidery—they are getting to know more about it. The great number of choruses under youth direction reveal the interest of the youth in one of the finest manifestations of Ukrainian culture, the Ukrainian song. Youth mixed choruses are in existence in New York, Detroit, and Rochester; male choruses in Chicago, Philadelphia; and perhaps more in other centers yet to be heard from. They prove that the value of the Ukrainian chorus work to our youth is immeasurable. The youth has participated in grand concerts in such institutions as Town Hall and Carnegie Hall in New York. In addition, the Ukrainian dance exhibitions by the youth are making commendable progress. From all this we gather that to the American Ukrainians the culture of their ancestors is more than just a song and dance.

## Meeting Problems More Successfully

We have also shown a marked advance in being able to cope with the various intricacies of our problems arising from the fusion of our American and Ukrainian character, and the adjusting of our Ukrainian background to the spiritual and physical aspects of our American environment. We have become articulate in expressing and discussing these vital problems, for without discussion very little or no progress would be made towards their solution. Again, our American Ukrainian press has played a major part in this connection.

This is but a brief sketch of the accomplishments of the youth and it certainly deserves more detailed treatment by those of you present.

## Our Chief Failings

That agreeable picture of Ukrainian-American life however, in no way conceals our failings which arise now as another item for discussion. What seems to cap all of our faults is that we are not good students of Ukrainian life here in America. The relations of the various groups of the older generation provide important material for study—and the bitter lessons learned in no way guide the youth in their handling of their problems, permitting, quite frequently, the differences of the older generation to affect the life and progress of the younger generation. The youth has failed to profit by the mistakes of the older genera-

tion and it allows the influence of their parents rule their action, where the religious and political problems are concerned. As a result, unity, for which we have striven, is lacking, and several encampments are found in the field, each under a different banner. The youth also fails to exert influence in the various older groups, and that brings to mind the indifference of the younger Ukrainians to the possibilities our existing fraternal organizations can play in our future life.

Then again, with the political field practically flaunting its advantages and opportunities our youth decides to play ostrich and bury its head. Frequent arguments arise because many of us overlook the basic issues of our Ukrainian-American life, splitting hairs over minute and immaterial points. This brings about friction and leads to a childish and yet destructive display of disagreement and criticism. Constructive criticism should be welcomed and encouraged, but malicious criticism should be disregarded. Ivan Franko said "Flies settle on wounds and bees on flowers, the good see good and the bad see bad in others."

Many clubs are found at fault in planning and conducting activities that are constructive in nature. In other words, there are too many clubs of the social type where people meet—and only do that.

Another of our youth failings is our proneness to attribute many of our shortcomings to the older generation. If there is anything we would expect to attain, we should do it by our own efforts. The older generation started from scratch, in some cases even behind it, but that certainly did not prevent them from achieving what they did.

All in all, examining ourselves in this sketchy manner, such are some of our successes, faults and failures. We should consider them seriously, for only in this manner can we expect to develop the good and correct the bad in us.

## COMPILING RECORD OF THOSE IN MILITARY SERVICE

The Ukrainians are slowly but surely making a name for themselves in this ever changing world.

Some have been able to climb just a little higher than others. I know that these Ukrainians want to lend a helping hand and aid their neighbors, but often it is not such a simple matter to do this. We are aware of the hindering cause, organization in the real sense is lacking. The remedy is simple. Here it is:

Let us compile for permanent record, the names and addresses of Ukrainians who belong to certain groups or professions. With this as a basis, we can exchange ideas and work out problems pertaining to our groups. Since military activities loom large on my horizon, I am vitally interested in compiling a list of those Ukrainians who are in any way connected with the service: the Army, Navy, Marine Corps, National Guard; Army, Naval or Marine Reserves, as well as the military schools, ROTC and CMTC.

While we are at it, we might as well make the list as complete as possible, so when you send in your information, here is what we want to know: Name, Address, Organization, Service, Rank and Length of service.

One big thing which we can accomplish is to inform our Ukrainians throughout the United States of the various opportunities offered by government in the different branches of the Service.

The progress is going to be slow at first for this is just a beginning, but with a little cooperation and enthusiasm, we will go places and really do something worthwhile for ourselves and the Ukrainians on the whole. Send information about yourself or anyone whom you may know to:

JOHN CHMELYK  
952 W. Russell St.,  
Philadelphia, Pa.

# RAY OF SUNSHINE

By RAY DAMER

## GOOD HEALTH VS. VITAMINS.

**H**EALTH is the foundation of your whole career—of your entire life. If you neglect your physical machinery the penalty will be failure and collapse. You may have to stop your career just when a few steps more might have brought you great reward and brilliant success.

Wishing never brought health. To have radiant health one must be sure to get plenty of fresh air, exercise, wholesome food and rest. In addition, science informs us we must pay particular attention to Vitamins. Vitamins are organic food substances which are necessary daily for growth and continual renewing of the body. The lack of sufficient Vitamins is soon followed by serious "deficiency diseases," such as: eye and ear diseases, anemia, kidney stones, gland disorders, loss of sexual powers, teeth decay, breakdown of nerves, ulcers, retardation of growth and development and many other diseases too numerous to mention.

How are we to get the necessary supply of vitamins? Science says we must eat natural foods, as offered to us by Nature—untreated, unrefined, unprepared (commercially prepared). But do we eat natural foods? We do not! We eat foods that are highly advertised; that are packed in attractive containers; that are wrapped in cellophane—food that have been: fixed, mixed, mashed, shredded, oiled, roasted, greased, puffed, sweetened, fermented, etc. By these different processes the manufacturer has improved the taste of the foods—has made it more convenient for you to serve it—but he has robbed the food of its vitamin content, so necessary for our well-being.

So, take heed and begin today to give some attention to your diet and to the Vitamin question. The vitamins are listed below with their functions and foods are given which are known to science as the most reliable source of these health essentials.

**Vitamin A**—helps to keep the eyes cloudless and in healthy condition. Necessary for the normal formation of enamel of the teeth. Tends to increase vitality and is essential to a feeling of well being. Prevents dryness of the skin and hair. It maintains a first line of defense against infections and so helps to prevent colds. Increases appetite. Most reliable sources: whole milk, butter, green vegetables—the greener the better, fruit, carrots, and other yellow vegetables.

**Vitamin B**—tends to prevent and cure constipation. It tends to prevent injury to nerve tissue and to prevent nervousness, irritability and nervous disorders of various kinds. Tends to aid digestion and it helps to utilize the starches and sugars in the diet. Tends to prevent brittle nails. Eliminates signs of fatigue. It helps to remove lactic acid from the bloodstream. Most reliable source: germ and bran of wheat, in the seeds of plants, in eggs, in yeast. The foods we eat have a very small amount of it. The germ of wheat is taken out in the modern milling process to make white flour (whole wheat bread contains 1000% more Vitamin B than refined white flour bread). Eat whole wheat bread and cereals. Cabbage, spinach, honey and raw fruits are good sources of Vitamin B.

**Vitamin C**—tends to prevent the skin from becoming sallow and pale. Vitamin C tends to prevent skin bruises and bleeding gums by protecting the little network of capillaries just under the skin. It protects the pulp and the dentine of the teeth. One of the reasons so much emphasis is laid on a certain amount of raw foods in any health diet is that Vitamin C is easily destroyed by cooking in

## A New Year for the Soyuz Ukrainok

As a New Year opens before us, it brings a threefold challenge in which we understand the past, accredit the present, and face the future.

We acknowledge the past with "achievement." The records of the Ukrainian National Women's League of America disclose the enduring story of things accomplished, tasks which are as fabric woven into the movement of a great educational society, and which will continue its wearing for the future.

In the present we acclaim "activity." The work of today and tomorrow can be recognized only in terms of "doing," of thinking, and of finding a stimulus and inspiration in the living movement of the active and responsive thousands of members. Only evident values remain as the years pass. Bylaws may be amended or become obsolete, but the high courage of those who stood by together, is permanently rooted in the heart and core of this great Ukrainian American society movement.

For tomorrow or the future, we have a desire for something higher and finer, therefore the word "aspiration." Into all our work we must weave the substance and pattern of our dreams. With the growth and understanding of our Soyuz Ukrainok of America members, united as one courageous army, we see the future—a future which is different from the present, in its new and unguessed activities by young inspired Ukrainians, though they be founded upon the ventures of today. The new year reveals once again as it has in the past, and always must, a great collection of people united in purpose of instilling friendliness for the Ukrainian cause, amongst our American friends. The courage of our members enables them to devote their effort and loyalty to the task of

the presence of air. Most reliable source: tomatoes, oranges, green and red peppers, lemons, green leafy vegetables, raw cabbage, raw fruits.

**Vitamin D**—utilizes the two minerals calcium and phosphorus, to develop healthy bones and teeth, and seems to prevent early tooth decay. Vitamin D deficient diet produces blood low in calcium. Muscular soreness is likely to follow strenuous activity where there is a deficiency of calcium in the blood. Most reliable source: Cod, halibut, and other fish liver oils contain it. Egg yolk and spinach have some. However the best source of Vitamin D is the sun.

**Vitamin E**—is called anti-sterility vitamin. This same vitamin if lacking in mothers will tend to prevent childbirth. It also tends to prevent general lack of well being, loss of vigor, loss of muscular tone, also promotes mental vigor. Most reliable source: wheat germ, spinach, lettuce, watercress, whole wheat products, and egg yolks.

**Vitamin G**—Necessary for growth and development, tends to prevent skin disease and dermatitis. One of the first signs of insufficient Vitamin G is the loss of gloss to the hair. Chronic insufficiency of Vitamin G produces hard and heavily pigmented skin. Most reliable source: Yeast, wheat germ and bran, wholewheat products.

For further study of this most absorbing subject the following books are recommended: The Newer Knowledge of Nutrition by McCullen and Simmons; How To Eat Biologically by Dr. John Harvey Kellogg; Vitamins by Sherman and Smith; How To Live by Fisher and Fisk.

### NEW YORK CITY:

The Ukrainian Civic Center invites you to a SOCIAL on Sunday, February 20, 1938 at the International Institute, 341 East 17th Street, New York City. Commencing at 6:00 P.M. Admission 30¢ Dancing—Refreshments—Games.

understanding, and creating a unified Ukrainian American women's organization, a dream and aspiration of Soyuz Ukrainok of America come true.

The Annual Conference of the Executive Council of the Ukrainian National Women's League of America, held Nov. 28, 1937, exemplified what gains would be benefited by such Division group conferences. At this gathering the representatives of the Eastern Division shared their ideas and many future plans were discussed. The report of Mrs. H. Stogryn's trip to Europe confirmed the many reports we hear of Poland's ruthless tactics hindering our brave Ukrainian old and young in their patriotic work. But she was convinced that such hindrance only heightens their courage in the furthering of Ukrainian independence.

At the conference it was revealed that the branches of Soyuz Ukrainok are making a quick response to the saying of the House of Lesya Ukrainka, which will be saved for the use of the Ukrainian people for only \$400. Mrs. Stogryn also informed the members that the Ukrainian National Women's League of America has been made a member of the newly formed Ukrainian Women's League of the World; and if any other Ukrainian women's society in the United States wishes to become a member of this great women's alliance, it must first become a member of Soyuz Ukrainok of America.

The executive board reported that negotiations are being conducted for Soyuz Ukrainok of America to be represented at the World's Fair in New York City in 1939. Mrs. Wagner, president of the league, announced the appointment of Miss Stella Abrahamovska of New York City as organizer in the Eastern Division. The executive board wishes that patriotic Ukrainian women take advantage and write for information to the headquarters of the league, 217 E. 6th St., N. Y. C., on how to arrange for group lectures and membership drives for the league. Mrs. Wagner also announced that Mme. Prof. S. Rusova was named Honorary President of the U.N.W. of A., and Mme M. Rudnitska and Mme O. Kisilevska were named as Honorary Members. We are also happy to acknowledge that many branches of the league are welcoming the two honored guest artists from Lwiv, Mr. and Mrs. A. Rudnitsky, who have begun a concert tour in United States. We wish them success in their endeavor.

Announcement was made of two new Junior League branches, Br. 51, Daughters of Ukraine of Jersey City, and Br. 52, Natalie Kobrinska of Philadelphia. For better understanding and cooperation among the Young American Ukrainian women and older members, the new Board of Directors was formed of both factions, who are Dr. N. Pelechovich Hayvoronska, Mrs. J. Jarema, Mrs. P. Kostetsky, and Miss A. Horbal of Ansonia, Conn., Miss H. Siwulyak of Philadelphia, and Miss Roselyn B. Homa of Yonkers. This body of women represent today's patriotic influx, instilled with the love for the Ukrainian cause, who are willing when called upon, to assist the Executive Board in finding that "aspiration" for the future work of the Ukrainian National Women's League of America!

ANNETTE L. KMETZ,  
Amer. Sec. of Fin. & Records

### PHILADELPHIA, PA.

The "Ukrainian Cultural Centre" invites all young Ukrainians to its big VALENTINE DANCE - SOCIAL, SUNDAY, FEBRUARY 20, 8 P. M. at 645 N. 15th St., Philadelphia. Proceeds to Ukrainian Girls' Basketball Team. A good time is in store for all who attend. Come, meet your Valentine! Donation 25¢.

## URAINIAN JUNIOR LEAGUE OF CLEVELAND

One popular saying is, "the eaves-dropper never hears any good of himself," but I'm glad I listened to the following conversation between two girls at the Ukrainian National Home in Cleveland:

Nettie: Say Olga, are you going to join the new Girls' Club?  
Olga: What club?

Nettie: Oh, about twenty-five girls here at the Ukrainian National Home have organized the Ukrainian Junior League, and believe me, I think they are going to go places!

Olga: Why do you say that? Every time some one decides to form a new club, they have one or two meetings and that finishes it. What makes you think this club will be any different?

Nettie: Well, listen to this. You know that we have four or five different youth clubs here in Cleveland. What are they doing? This new club has just organized and already they have sent two people to the Cuyahoga County Youth Conference. From what I heard, all nationalities were to be represented there except the Ukrainians. This group went right ahead and told the Federation sponsoring this international affair that they would be willing to come and act as the Ukrainian host and hostess, and also do the various Ukrainian dances for the guests. This offer was readily accepted because no other nationality representatives are going to dance. I think that they got one step ahead of our other clubs here, don't you?

Olga: Yet, they did! But what makes you think they are going to last longer than the other groups which were organized here?

Nettie: From what I understand about them they will. Any group that is not too proud to ask for advice from other active clubs out-of-town is bound to make good. I hear that is what they are going to do.

Olga: Are you going to join?  
Nettie: Oh yes! Why don't you?

Olga: Before I join any club, I'm going to find out who the officers are.

Nettie: I can tell you that. They are: Stella Palivoda, Pres.; Dorothy Lupan, Vice-Pres.; Mary Mural, Secretary; Olga Bilous, Treasurer.

Olga: You know, Nats, I kinda think I will, yet somehow I rather hate to join some club and just listen to minutes and reports throughout the entire time.

Nettie: Well, that is just what you will not have to do. Of course, they have their business meeting but the girls also bring their sewing and knitting to do. Just think of it! We really have a chance to learn the Ukrainian cross-stitch, and I know that is one thing that my folks want me to learn.

Olga: Whom would I have to see if I decided to join?

Nettie: Oh, Mary Mural told me to come up to the studio at the National Home any Friday evening. Any girl 18 or over can join, and believe me, if they are going to go places and do things, I'm going right along with them.

That was the conversation.

P. S. I hope that the out-of-town clubs will not disappoint us. Any information you may send to us about your club and its activity will be very much appreciated. Send information to Stella Palivoda, 2444 West 5th Street, Cleveland, O.

### NEW YORK CITY

BALLOON DANCE sponsored by the St. Vladimir's Ukrainian Club of New York City at their Club Room, 334 East 14th St., New York City, on SATURDAY, FEBRUARY 26, 1938. Music furnished by the ever popular orchestra of Myron Baron and his Royal Arcadians. Admission 40¢. Commencement 8:30 P. M. An enjoyable evening will be had by all.