

Dedicated to the ideals and interests of young Americans of Ukrainian descent. Informative, instructive. Supplement of Ukrainian daily Svoboda. Published by the Ukrainian National Association.

СВОБОДА УКРАЇНСЬКИЙ ЩОДЕННИК



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RUSSIANS ADMIT EXPLOITATION OF SLAVE LABOR IN U.S.S.R.

By MIT FRIEDENHEIM L. I. Press - Chicago News Service UNITED NATIONS. — The Soviet Union has sharply reduced its infamous slave labor camps, for a very practical reason — to combat the manpower shortage. The Russians admitted prisoners had been exploited for "economic tasks" after years of denials, in the official publications "Soviet State and Law" last year. But forced labor proved so inefficient that Moscow has annulled tens of thousands of prisoners, even after the wholesale releases were blamed for a Soviet crime wave. The U.S. State Department estimates somewhere between 3.5 million and 8 million Soviet citizens in camps or exile. "No verified figures were available," State notes. By comparison, the U.S. Bureau of Prisons shows 188,730

Congressman Condemns Moscow For Enslaving Many Nationalities

PHILADELPHIA. — Meeting here on the grounds of Independence Hall on June 8, nationality groups representing Ukraine, Hungary, Latvia, Lithuania, Byelorussia and Caucasian ethnic groups demanded that Russia free their homelands, reports Al Yaremko. Congressman Chester E. Morrow of New Hampshire condemned Moscow's tactics in enslaving the many nationalities under its yoke. He sympathized with the plight of the Ukrainians who have suf-

Dr. Lev Dobriansky Returns From Study Tour of Near East

For the past several weeks Dr. Lev E. Dobriansky, chairman of the Ukrainian Congress Committee of America, was on an extensive trip in the Near East. The tour enabled him to study at close hand conditions in the countries of this region and to assess the forces at work within the framework of the global struggle. It also provided him with maximum opportunity to meet with interesting personalities in both official and private functions.

Stetsko Testifies In Washington

WASHINGTON. — The House Un-American Activities Committee heard testimony May 14 by Mr. Yaroslav Stetsko, president of the ABN (Anti-Bolshevik Bloc of Nations), on general world conditions and on the situation in the captive non-Russian nations within the USSR. His appearance was received favorably and his contribution, supported by accessory ways by Messrs. Hnat Bilinsky and Walter Dushnyck, is being properly acknowledged. This was the first time that a Ukrainian leader took the opportunity of the facilities afforded by this important Congressional committee.

N. Y. Police Balk Red Attempts

All requests to the New York City Police Department for information on foreign nationals, including those behind the Iron Curtain, must henceforth be cleared through the State Department, Commissioner Kennedy announced last week. The new policy was laid down after it was revealed that other nations, including those behind the Iron Curtain, were abusing diplomatic courtesy and using the Missing Persons Bureau "as an unpaid agency to track down nationals for political reasons, tax purposes, and for obtaining spies." Kennedy said that in the past "requests by foreign embassies and consulates for information regarding missing persons have

Pope Elevates Three Priests To Rank of Papal Chamberlain

Pope Pius XII has conferred the honor of Papal Chamberlain upon whom the Holy Father Monsignor on three Ukrainian American priests. Accorded the papal honor June 7, were the Very Rev. Stephen Chelahsky, pastor of St. John's Church, Northampton, Pa.; Rev. Jaroslav Gabro of Assumption Church of Perth Amboy, N. J.; and the Rev. Leo Adamiak of Holy Trinity Church, Youngstown, O. The nominations bring the number of monsignori in the Philadelphia Exarchate to five. The Very Rev. Msgr. Dmytro Gresko and Joseph Batza were similarly honored in 1953.

Novitiate Home To Be Dedicated

GLEN COVE, L. I. — His Excellency Archbishop Ambrosy Senyshyn will officiate June 22 at the blessing of the novitiates' home established here by the Basilian Fathers of St. Joseph's Seminary. Solemn Mass will be celebrated by the Archbishop at 4 p. m. He will be assisted by priests from the seminary and from his own exarchy of Stamford. The ceremony is open to the public.

Youth Who 'Stands On Own Feet' Appointed To Air Force Academy

John W. Jamba, 19, Jersey City, who "worked his way through St. Peter's Prep" as a newspaper carrier boy, begins training as an Air Force Academy cadet next month. He won the appointment through U. S. Civil Service and Air Force competitive examinations and a rigid medical test, says the Jersey Journal. Jamba, who has never flown in an aircraft, hopes to be flying jets some day. "He was interested in model planes at an early age," says his father. "He also studied astronomy in Assumption grammar school."

Coed To Attend Harvard Course

NEW YORK. — Ukrainian-born Olga Dyhdalevycz of New York City, a junior at Manhattanville College of the Sacred Heart in Purchase, N. Y., has been awarded a scholarship to a six-week Harvard summer seminar in international student relations. The scholarship, given by the National Student Association, is restricted to 18 students from all over the United States.

Ukrainian-Born Girl Chosen Valedictorian At Lapeer, Mich.

Lapeer, Mich. — Lydia K. Lebedovych, daughter of Drs. Emil and Lydia Lebedovych, was valedictorian of the class of 1958 at the graduation exercises of Lapeer High School. She was also awarded the University of Michigan plaque, the highest honor given at Lapeer High for scholarship and leadership. Four years ago the plaque was won by Lydia's brother Emil, who was salutatorian of the class of 1954 and is now a premedical student at the University of Michigan.



LYDIA LEBEDOVYCH

Born in Mostiska, Ukraine, Lydia came to the United States with her family when she was nine. After attending Bishop Kelley Memorial School for four years, she entered Lapeer High School. Her school activities included the Drama Club, Future Teacher's Club, Girl's Athletic Club, Model United Nations Assembly, and Library Club. She has been a gym assistant, a class officer, costume chairman of the senior play and a member of the Board of Directors in her sophomore and senior years. In 1956, as delegate to the

Scholarship Awarded by Club

Joseph Strosnik, a junior at Lake Forest College, Lake Forest, Ill., who is majoring in chemistry, accepts a full tuition scholarship for 1958-59 from Bill Paschen, president of the Ukrainian Arts Club of Chicago. Presentation of the Ukrainian Arts Club Scholarship was made at the club's annual dinner dance June 14, when guest speaker was Dr. Alexander Sas-Yaworsky, Ukrainian-born veterinarian from Abbeville, La., who recently won renown as a winner on the CBS-TV quiz program "The \$64,000 Question."

Exhibit of Inventions, Patents Planned By Ukrainian Institute

NEW YORK. — The board of directors of the Ukrainian Institute of America has announced it will sponsor a museum exhibit of inventions and patents created by Ukrainians. The exhibit will include the actual inventions, as well as models of inventions, and inventions which have been superseded by newer discoveries and are no longer in use. Inventions which are being constructed or manufactured will be shown in illustrations.

SCHOLARSHIP AID

The Institute's board of directors has also made announcement of student loans, which will be made to Ukrainian students requiring funds for completion of their studies in American colleges and universities during 1958-59. Students must have a high scholastic standing as well as need for aid in order to qualify for a loan. All students who fulfill these requirements are eligible to receive aid regardless of their course of study.

NEW MEMBERS

Newest member organizations of the Ukrainian Institute of America, recently accepted by the board of directors, are Samopomich Association of American Ukrainians, (3,960 members), "Slovo" Association of Ukrainian Authors (20 members), the Ukrainian Music Institute (55 members), and the Ukrainian Youth League of North America Foundation (12 members).

Ukrainian Professionals in N. Y. Plan Picnic Outing For July 12

NEW YORK. — A group will plan and arrange an educational program for the fall and winter season. Others on the committee are Steve Kheymychev of New York, Joseph Lesawyer of Briarwood, L. I., and Helen Perozak of Jackson Heights, L. I.

GOVERNOR OF MICHIGAN ADMIRES UKRAINIAN EXHIBIT AT FESTIVAL

East Lansing, Mich. Ukrainian Dancers of the University of Michigan took first place in the stage show presented in the auditorium of Michigan State University here as part of the annual International Festival. The Ukrainian booth received honorable mention and was further distinguished by a visit from Michigan Governor G. Mennen Williams, who stopped to admire the exhibit of Ukrainian arts and crafts.

Medical Reports Heard By Doctors

CHICAGO. — Some 140 Ukrainian physicians and surgeons from all over the United States and Canada gathered here recently for the Second Academic Convention of Ukrainian Doctors in the United States and Canada. During the weekend conclave they heard reports summarizing progress that has been made in various fields of medicine, honored the memory of the late Dr. Maryan Panchyshyn, and attended a grand Doctors' Ball.

CHOIR INVITED

PITTSBURGH. — The Pittsburgh District Ukrainian Orthodox Choir, which participated in the city's Festival of Nations last month, is scheduled to take part in Pittsburgh's Bicentennial Celebration in 1959.

Weekend Ceremonies To Launch Children's Camp At Soyuzivka

KERHONKSON, N. Y. — will be opened June 28. It Gala festivities are set to begin today at the UNA vacation resort Soyuzivka as a prelude to the dedication tomorrow of the new children's camp. Hundreds of guests are expected to spend the weekend at the picturesque resort in the Catskills, and more will arrive by bus and car on Sunday morning to take part in the dedication program.

Tennis Tourney Will Be Held In September

NEW YORK. — Bohdan Rak, president of the Carpathian Ski Club of New York, announced last week that a tennis tournament will be held at Soyuzivka, Kerhonkson, N. Y., during the Labor Day weekend. Mr. Rak made the announcement at the club's annual meeting on June 14. It was held in the clubrooms of the Ukrainian Engineering Society at the Ukrainian Institute of America. He said the tournament is open to all comers, and will include men's singles and women's singles events. Championship trophies, awarded by the Ukrainian National Association, will be presented to the top male and female players.

Ukrainian Community Center Holds Open House June 15

More than 500 persons visited the new Ukrainian Community Center located at Fleet and Oakland streets in Jersey City, during the open house held there June 15. Not yet completed, the building stands on the site of the Ukrainian home which housed the first publishing facilities for the UNA's official organ "Svoboda." Finishing touches will be given to the structure during the next three weeks. Cost of the building is almost a quarter of a million dollars, of which approximately one-half was financed by contributions and a loan from the Ukrainian National Association.

Fund For Gonas Now Over \$1,000

BROOKLYN. — Members of UNA branches 159 and 325 in Brooklyn, assembled at a joint meeting on June 14, contributed \$200 toward the fund to assist Judge J. Gonas in his attempt to win the Democratic primary election in Indiana for candidate as U. S. Senator. Another \$45 was donated June 15 by guests attending a banquet sponsored by the Brooklyn chapter of the Ukrainian National Women's League of America. Total amount donated by various organizations and individuals so far exceeds \$1,000. Judge Gonas of South Bend, Ind., who is a member of UNA branch 176, is said to stand a good chance of winning the primaries and going on to become U. S. Senator from Indiana. If he wins, he will be the first Ukrainian-American to become a member of the federal government. Chairman of the Gonas fundraising campaign is Joseph Lesawyer of Briarwood, L. I., and treasurer is Peter Gulick of Youngstown, O.

Governor of Michigan Admires Ukrainian Exhibit At Festival

East Lansing, Mich. Ukrainian Dancers of the University of Michigan took first place in the stage show presented in the auditorium of Michigan State University here as part of the annual International Festival. The Ukrainian booth received honorable mention and was further distinguished by a visit from Michigan Governor G. Mennen Williams, who stopped to admire the exhibit of Ukrainian arts and crafts. It was estimated that some 5,000 persons viewed the stage show and inspected displays of various nationalities. Ukrainian participation in the Festival was sponsored by the Ukrainian Club of MSU, which also donated English-language Ukrainian books to the university library.

Medical Reports Heard By Doctors

CHICAGO. — Some 140 Ukrainian physicians and surgeons from all over the United States and Canada gathered here recently for the Second Academic Convention of Ukrainian Doctors in the United States and Canada. During the weekend conclave they heard reports summarizing progress that has been made in various fields of medicine, honored the memory of the late Dr. Maryan Panchyshyn, and attended a grand Doctors' Ball. Among those who gave reports were Dr. Roman Osinchuk, Dr. W. Olesnytsky and Dr. Thomas Lapchak. Welcoming addresses were spoken by Dr. George Horodylovsky, president of the Chicago Ukrainian Doctors' Society, and Dr. Yaroslav Voyevodka, president of the UDS in New York City.

CHOIR INVITED

PITTSBURGH. — The Pittsburgh District Ukrainian Orthodox Choir, which participated in the city's Festival of Nations last month, is scheduled to take part in Pittsburgh's Bicentennial Celebration in 1959. Mr. Michael Rodyk was asked to head a committee which



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The Most Horrific Famine in History - Kremlin-Made

Famines are not a rarity in human history. They have been brought about by natural causes, such as failure of crops due to excess or defect of rainfall and other meteorological phenomena, ravages of insects, vermin and great droughts in tropical countries; among the artificial causes are war, economic errors of production, transport and sale of food-stuffs, etc. Their toll has varied. Thus in 436 B.C. thousands of starving Romans threw themselves into the Tiber; the toll of the great famine in Bengal, in 1769-70, ran into some 10 million lives; a toll close to that in number was taken by the famine in north China in 1877-78.

But there never has been a famine like the one in Ukraine in the early 1930s. To be sure, it was artificial, but not because of war, economic errors in production or transportation. It was a man-made famine, something never heard of before. It was, simply, instigated and fostered by the then Stalin-led Kremlin tyrants in an attempt to quell Ukrainian resistance in their native but enslaved land to Soviet Russian national and social enslavement.

The facts concerning the existence of this famine, its cause, the suffering and death it brought about, and the resultant events that followed are, by now, well known among people throughout the world, especially by those who survived it, their progeny, and their kinsmen here in America and elsewhere. The reason why we now recall this great tragedy, plus some of the horrible details concerning it, is that Ukrainian people throughout the world, no matter what their nationality may be now, by adoption or birth, are now holding commemorative exercises for those who perished during the famine, and are calling upon the world's conscience to bestir itself to help right the wrongs being constantly inflicted upon the enslaved Ukrainians under the Soviet Russian misrule.

Some of those who survived the famine have since then written vivid accounts of how day by day their plight grew worse. It's a gruesome picture they present. Ukrainian cities, towns and villages were strewn with dead or near-dead. Pangs of hunger drove some victims to the eating of human flesh. In some sections, cases of cannibalism were reliably reported. The corpses of famine victims could not be decently buried. They were gathered up by the death carts, from the homes, roads and streets, and carted off to mass graves. During the winter, when, because of the frozen ground, it was difficult to dig such graves, the corpses were dumped on the ground, and covered with piles of snow, to lie there until spring for burial. What remained of cattle and other stock was quickly devoured. As for horses, during the winter of 1932-33 they were perishing in the same manner as the people, for there was no fodder for them. The grain, like other foodstuffs, had been taken by the Soviet authorities, largely for export to Russia proper and foreign countries. Carcasses of the dead horses were carted away, to be buried in pits about 4 feet deep, after lime had been poured over them. But the famished people, especially the women, stole out during the night, dug up the dead horses, cut up their flesh, and ate it, with foreseen results.

News of what was happening in Ukraine then was slow in reaching the outside world, especially America. The Iron Curtain was hardly ever more impenetrable than then. A few American newspapers wrote about the famine, but in a rather garbled fashion, and illustrated with famine scenes in some Russian villages in 1921, brought about by the breakdown in transport. Other newspapers published what their Moscow correspondents wrote, including the late Walter Duranty, who after having been conducted through starving Ukraine reported that there were no cases of starvation, just some "malnutrition." Some years after the famine, Eugene Lyons, who witnessed the horrors of the famine wrote how the Soviets prevented him and other correspondents from sending dispatches abroad about it.

But truth is bound to come out. In August, 1933, Vienna Cardinal, Dr. Theodore Innitzer, appealed to the world to help the starving Ukrainians. Dr. Ewald Amende, Secretary-general of the Congress of European Minorities, issued a similar appeal, following the Congress of that body in September, 1933 in Bern; the question of saving Ukraine under Soviet misrule from starvation was the principal issue at its sessions then. Moreover, at the same time, the Premier of Norway, Mr. Morvinko, raised the matter of the famine in Ukraine at a meeting of the Council of the League of Nations in Geneva. Noted journalists, like William Henry Chamberlin, and the British Garret Jones, former secretary of Lloyd George, also took up the cudgel in behalf of the starving Ukrainians. Finally such world leading newspapers as the New York Times, the British Manchester Guardian, and the French Le Matin began to devote more attention to the famine.

Meanwhile, the Ukrainian Americans, immediately upon receiving the earliest reports through their own channels about the famine, galvanized themselves into very vigorous action. They began to knock on the doors of anyone who would heed them, appealing for help for their starving kinsmen, and even offering to send foodstuffs to Ukraine. But it was rough going for them, for Soviet Russia had just been recognized by America, Russian influences were strong and Russia was the darling of American "liberals" and self-styled experts, who pooh-poohed the charges. Nonetheless, the Ukrainians here did not relax their efforts. Through their efforts a Resolution was introduced in Congress, condemning the Soviets for instigating the famine and expressing Congressional sympathies for the victims. Along with this, huge mass demonstrations and huge protest parades were held throughout the country, which gave the average American citizen some idea of what was going on, and sharpened his growing awareness of the Soviet reality.

Similar demonstrations are being held now, although not on so vast a scale as then. Still they are valuable, to remind ourselves and our American friends of what took place in Ukraine some 25 years ago.

But they can be much more valuable, if—as a result of them there will appear in the near future a carefully prepared and well-documented and illustrated volume about that Famine in Ukraine.

Such a book will be an everlasting monument to the victims of the Soviet instigated famine in Ukraine in the early 1930s.

Soviet and American Education

By CLARENCE A. MANNING

For many years after the Soviet Revolution, Americans were accustomed to laugh at the possibility that the USSR could or would develop an educational system worthy of the name. In this they were largely justified, for the account of Communist writers themselves revealed fully the chaos that prevailed in education as the system of imperial Russia was consistently broken up and the foremost representatives of education and scholarship were liquidated or largely driven abroad. Now the Soviet success in launching larger Sputniks than the Americans have yet done has produced a startling effect and we are witnessing an over-evaluation of the new Soviet methods, although we are still inclined to do too little to meet the Soviet challenge.

During the first years of Soviet rule, all sense of discipline and all intellectual requirements in education were abolished. Admission to "higher learning" was accessible only to what was regarded as members of the proletariat. It made no difference whether they were prepared or not and Soviet education became a parody of the worst aspects of the American system. The nonsense of this situation soon became apparent and the Communist leaders began slowly to correct their own worst mistakes.

The story is told that at the turn of the tide Prof. John Dewey, the great American educator, was in the Soviet Union, outlining his views on education. A young Communist girl teacher asked him if he knew what he was doing and added that in the Soviet Union they were trying to train Communists and so in America he was trying to train capitalists. Dewey gave her an inconvincent answer and she retorted: "Why don't the Americans hang you? We would if we had you here in the Soviet Union."

The Illustrative Story About Prof. Dewey

The story may be apocryphal, but it illustrates the basic attitude of the Communists and their thoroughly utilitarian thought directed to world conquest. Step by step they have tightened their system, trained their students for definite goals and sent back to industry or agriculture without remorse any who have failed to come up to the rigid standards that they have set. They have given their faculties abundant resources, set them goals and norms and in so far as they have judged rightly, they have built up a new and very competent force of scientists and technicians who have learned how far and in what direction it is safe for them to venture in thought. They have been isolated from the masses and the political life of the country and have learned for the most part to be content with their fate. It is a system built from the top down in which all the lesser parts fit as smoothly as the pieces in a jigsaw puzzle but it has the disadvantages of such a system and no matter how rigid the standards, the number who can surpass them will be necessarily limited. As a result the Soviet Union can boast of the number of trained

American System Different

The American system with all of its disadvantages is constructed on the opposite principle. It started before the Revolution in the system of local elementary schools. A group of city people or of farmers met to found a school where their children could be taught elementary subjects. They acknowledged no responsibility above their own group, they set their own standards, secured their own teachers and acted as a distinct unit, the school district. Colleges, even the oldest Harvard College and University, were started in this way to answer local needs and so were all the other institutions established in the early days. The colleges were founded to provide candidates for the law and ministry and few other persons attended them.

Gradually during the nineteenth century experience and better communications worked out more or less a standard curriculum but it still left the execution to the local authorities. Then after the Civil War the colleges developed on the English pattern, received an influx of men trained in the tradition of the German universities and graduate schools modeled upon the German were superimposed. Voluntary organizations like the College Entrance Examination Board were set up to standardize education and slowly but surely they exerted their influence to make the American system what it is today.

On the other hand the improved living and better economic conditions of the masses led them to desire more education for their children. Many of these as many in the colleges were not college material or were interested in particular subjects and so President Elliot introduced the elective system into Harvard and reduced to chaos the standardization of subject matter that had been achieved. The extreme form of the elective system was free choice of courses and the obligation of society to give all children an education such as it was was carried down into the secondary and elementary levels. The school boards, elected from citizens with little awareness of educational problems, were aghast at the questions that they had to decide and all too often they contented themselves with building larger and costlier schools in the belief that they were doing their public duty. They introduced into the schools all kinds of subjects, academic and non-academic, and paved the way for a bewildering situation where high school students with little idea of their own future take any courses that appeal to them at the moment and then rub their eyes in amazement when they find that they have made a bad choice.

It is hardly likely that John Dewey foresaw the complete intellectual chaos that he was producing in education with

Youth Editors Discuss Soviet Visit

Too many visits with Soviet officials and too few contacts with students, was the general complaint made by the first of American students and youth editors on the new exchange-of-persons program upon their return early this month from a thirty-day sojourn in the Soviet Union. Five of the six who made the trip returned after intensive, "heavily organized" tours of universities, factories, collective farms, and other Soviet organizations in six cities, including Kiev. The trip was sponsored by the United States Student Association and the Committee of Youth Organizations of the USSR. Although the trip had been valuable in many ways, they said, the Russians allowed them far too little time to be with and talk with Russian students, the purpose of their visit.

his practical views and his desire to adapt education to life. Both in the elementary schools and the colleges those golden years before the depression saw the colleges turn out in mass bond salesmen and stock salesmen with few or no intellectual interests and yet many of those men and women had marked potential intellectual powers as did many who dared not dream of college, despite the increase in scholarships, and contented themselves with jobs as more or less trained artisans and not even technicians.

The France Influence Here

On top of that the graduate schools came under the influence of the French universities and the doctor's dissertations became more and more a work of a lifetime instead of a training in some field of research. Students worked for years on a doctor's dissertation and often stopped half way to their goal because of the extent of knowledge that they felt that they had to secure. The medical and law schools, raised to the highest degree of excellence, saw themselves forced to curtail the number of their students because of the expense involved to them in the American system.

Yet out of this apparent chaos in many fields the United States has produced as many or more first-class students as the rigid system of the Soviet Union. It has had no way of getting the failures out of the educational hopper where they clog the works but those who have succeeded in getting through have acquired valuable training not only for work in a restricted field but for life itself. This must always be remembered in any comparison of the two systems but it is not enough for the present technological era.

It would be worse than useless to try to regiment the American schools and education on the Soviet pattern, no matter how many Sputniks that can produce. The answer is different. In some states the State Departments of Education are endeavoring to change the picture. Now the Federal Bureau of Education is trying to coordinate the states. New associations of professors and colleges are trying to bring order out of chaos. But the American system considers

The Americans, who are between the ages of twenty-one and twenty-seven, spent most of the time visiting classrooms and laboratories with Russian guides and keeping Russian-planned appointments with university officials. Ralph Delia Cava, twenty-three, editor of the USNSA international publication, noted that he could count on one hand the number of times he had eaten in student canteens. In four of the cities visited (Moscow, Leningrad, Kiev, Sverdlovsk, Baku and Tashkent), the Americans ate in hotel dining rooms.

The food, they asserted, was better than student fare. Few trips were made to Soviet homes. The six Russian editors, now visiting this country, however, frequently are guests in American homes for meals.

fundamental the ultimate local control and all plans must take account of that, whatever the temporary handicaps.

As a result progress must be slow but it will be sure and it is only hampered by the introduction of extraneous demands for a generalized system on the ground that this is the only democratic way. There are questions of finance involved. There are questions of the willingness of the children to learn and of their parents to make them study. The idea of the country club college, once so popular, is largely gone.

Our Education Needs A General Tightening

Once again American education needs a general tightening up all along the line and a reconsideration of its immediate aims. This cannot be done merely by statistical charts on the number of engineers and technicians turned out here and in the USSR. It can only be done by accepting the Soviet challenge, not overestimating it, but examining the American system to see how and where it can be improved. If that is done, the American educational system based on life in the free world and on free inquiry will more than hold its own in the struggle for intellectual survival. Not despair but confidence and the willingness to think through the main problems involved, the re-assessment of courses of study and of the grades demanded, all these can be used to assure the survival of a free system of education and the preservation of the free world against the forces of Russian Communist tyranny and bring about the final triumph of freedom.

TRUTH

Truth is the "most powerful thing in the world, since even fiction itself must be governed by it, and can only please by its resemblance.—Shaftesbury.

Search for truth is the noblest occupation of man; its publication is a duty.—Madame de Staël.

JUSTICE

The only way to make the mass of mankind see the beauty of justice, is by showing them, in pretty plain terms, the consequence of injustice.—Sydney Smith.

Life of University Professor In USSR Is Far From Happy Lot

The following text is the second part of a paper delivered by Dr. Ivan Rozhin of Detroit during the symposium on the Soviet educational system presented last February at the University of Michigan by the university's Ukrainian Student Club and the International Center. Dr. Rozhin is a former professor dean and president of Soviet colleges.

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Support of World Revolution. "Society for Anti-aircraft and Anti-chemical Defense," "Militant Atheist," etc. Many of these organizations were disbanded after World War II, but similar societies have since been organized in their stead. For example, the "Militant Atheist" has been replaced by a "Society for Propagation of Scientific and Political Knowledge." The name has changed, but the organization pursues the same anti-religious campaign as the late "Militant Atheist." The purpose of re-naming was simply to mislead Western observers. Not only all faculty members, but the entire academic and scientific staff must belong to this society.

One feature of communist reality, known to only a few

western observers, is the number of so-called "voluntary" contributions to various communist funds. The academic staff feels this burden more than any other group in the USSR. There is no question of their refusing to contribute to such funds as the "fund for assistance to the prisoners of the international capitalism," "fund for assistance to People's Korea," etc., etc.

Economic Status. A professor finds a welcome respite from these activities during the yearly summer vacation. Since no summer session of formal instruction exists in Soviet universities, faculty members try to make arrangements to leave the city and to go with their families to a summer place. Since, however, their salary is very low by western standards, professorial families, almost without exception, engage in vegetable gardening during this vacation. Usually the produce of such work provides vegetables, potatoes, beans, peas, etc. for the rest of the year.

To make this work possible, the government assigns to each college a portion of land out-

UNA BENEFITS TO NON-MEMBERS

By THEODORE LUTWINIAK

The Ukrainian National Association pays benefits to its deceased beneficiaries of its deceased members. Many of these beneficiaries themselves are not members of the organization. We mention this because someone inquired recently whether it was required that a person be a UNA member in order to be named as a beneficiary.

About 500 UNA members die during the year and these members may have thousands of beneficiaries. Although many leave the death benefits to their wives or husbands, many have their children listed as beneficiaries. It is not unusual for a single death benefit to be paid to as many as eight children.

Not long ago we searched through the death records of a group of members and found that many of the beneficiaries were not members. There is nothing wrong about this, of course, since it is not required that a beneficiary must be a member; but we couldn't help wondering why some of our people are not members, so we sent UNA literature to some of them. There was no response at all.

One would think that a recipient of a UNA death benefit check would show some interest in an organization his deceased parent helped to build. Our fathers and mothers, who joined the UNA as much as fifty years ago and who supported it and worked for it all that time are now leaving this world at the rate of sev-

eral hundred a year. The very least that we, their children, can do is to continue the great work they started, and the best way to do that is to become members ourselves.

The fact is that we all need insurance protection. How can any Ukrainian-American turn his back on the UNA, an organization founded by his people for their and his protection, and seek protection from companies interested only in the business he can give them? Our young people are doing just that. And what may be worse, they are also insuring their children only in the commercial companies.

The UNA sorely needs the business that is slipping away. This organization is striving to be of service to all of the Ukrainian people, but it cannot accomplish this worthy aim without the wholehearted cooperation of the people themselves.

RUSSIANS ADMIT EXPLOITATION IN USSR

(Concluded from Page 1)

vey, part of a report on "Human Rights in the Soviet Bloc," says reports from released prisoners indicated "a large proportion of all types of 'political' have been set free..."

This affected notorious political prisoner camps in Potma, Tashket, Vorkuta and Norilsk.

The reforms have reinstated the liberalized rules of the 1920's which disappeared around the mid-1930's for two decades of repression and slave labor.

But the publication "Sovetskaya yustitsiya" warned last fall:

"It must be remembered that the corrective-labor establishment is not a school and not a children's home but an establishment where the state applies special forms of compulsion."

A spokesman for the American Committee for Liberation which supports Radio Liberation broadcasts to the USSR said "there's no doubt the slave labor total has been considerably reduced."

But he cited the "volunteers" sent from city schools to farm virgin lands in the farthest reaches of the Soviet Union on two-year hitches. "This is not free labor, exactly," he said.

Also, under anti-vagrancy laws passed by the various Soviet republics, young people who balk at work assignments are assigned instead to the virgin land areas.

Nearly 100,000 Poles have been repatriated from the USSR, many from prison camps. West Germans are still trickling out. A group of 300 arrived in West Germany last week.

Jay Lovestone, International publications chief for the AFL-CIO, says a new restriction is "forced residence" in areas the government selects for persons released from camps.

A spokesman for the Assembly of Captive European Nations charges that young people from Hungary, Romania and the Baltic countries are being taken to Soviet prison berths vacated in the recent amnesties.

CUSTOMS COLLECTOR SAYS U. S. MAIL AIDS FLOW OF RED PROPAGANDA INTO THE COUNTRY

Communist propaganda, including "sputnik pins," is pouring into every U.S. port of entry at the rate of 15 to 20 thousand pieces a month, according to Irving Fishman, deputy collector of customs for New York, in testimony last week before the House Un-American Activities Committee.

Fishman explained that the

Soviet-inspired material arrives, unlabeled, via parcel post, and is therefore not examined. Since fourth class mail does not pay its way, Fishman agreed, U. S. taxpayers are helping to foot the bill for the propaganda.

The sputnik badges were sent to U. S. students with the advice to ask questions on Soviet culture, he said.

The mainstay of nutrition is provided by bread, sugar, milk, meat and butter which are bought in the regular government stores. Only the highly paid superiors can afford to supplement their diet by purchasing more varied and better food. Still better off are scientific workers of classified military projects. They are supplied from restricted centers. Most of the ordinary faculty members have to secure additional fare by some other means, and that is why summer gardening is so widespread.

A faculty member must possess a quality which in the USSR is called "social discipline." He must abide rigidly by written and unwritten laws; he is expected to lead a dignified and modest life, both in society and at home. Most free evenings are spent with the family. Theater and cinema are a rather infrequent diversion for a professor. His reward is the deep esteem that all the population has for him. Even a high school teacher finds general respect on the part of the people, similar to that. (To be continued)

Tribute-Winning Soccer Season Concluded By Ukrainian Teams

Another soccer season has concluded and tribute can be paid to the great Ukrainian teams in Chicago, Detroit, Philadelphia, Rochester and New York.

Chicago reached the Western Finals of the National Challenge Cup while Detroit and Philadelphia were eliminated in the Quarter Eastern Finals of this loser-drop-out tournament to decide the national championship.

The Ukrainian Nationals of Philadelphia finished in second place in the inter-state pro American Soccer League with a record of 12 wins, 3 losses and 3 ties—which isn't bad for a newcomer.

The Rochester Ukrainians didn't fare as well as was expected of them after being in the National Finals for the Amateur Cup in 1957. The New York Ukrainians competed in the Premier Division of the

By AL YAREMKO

German-American League and finished in third place. If we were to rate the Ukrainian teams we would place Philadelphia first, followed by Chicago, Detroit, Rochester and then New York.

NATIONALS WIN

The Ukrainian Nationals of Philadelphia concluded their American Soccer League schedule with a smashing 8 to 0 victory over Ludlow, Mass. in a game played June 8, in New York City.

This game on neutral grounds was ordered following the 1-1 score of the unfinished game played in Ludlow in March which was marred by attacks on the Philadelphians by the Ludlow players.

The Ukrainians will play an exhibition game in New York on June 22 against Hakoah which won the American League championship.

Personalia

The marriage of Jean Ann Samitz of Niagara-on-the-Lake, Ont. and Harold Lysecko of Vancouver will take place July 5 in Christ Church, Niagara Falls, Ont.

Miss Samitz is the daughter of Peter Samitz, active leader in the Ukrainian community of Niagara Falls and St. Catharines, Ont., and Mrs. Samitz. All are members of UNA Branch 468. Her fiancé is the son of Mr. and Mrs. Michael Lysecko of Winnipeg.

Ukrainian ballerina Roma Pryma of New York City was seen by a coast-to-coast audience June 10 when she appeared on the CBS-TV show "To Tell The Truth." Miss Pryma was one of two "decoys" whose presence and answers were intended to puzzle the show's panel of experts in identifying a mystery guest personality.

Matyslav, archbishop of the Ukrainian Orthodox Church of the U.S.A. The ordination was held in Sts. Peter and Paul Ukrainian Orthodox Church in Lyndora, Pa.

The cover of a recent issue of the Toronto Globe and Mail Sunday magazine showed Ukrainian-Canadian Nellie Stepaniuk of Toronto assisting a patient in the Cancer Institute of Toronto. Miss Stepaniuk, a radio-therapy technician, works with the famous "cobalt bomb" whose powerful rays destroy cancer.

Andrew Kosovych, one-time combatant in the Ukrainian Galician Army and a member of UNA Branch 106 in Chicago, died June 11 at the age of 57. Born in Western Ukraine, Mr. Kosovych lived in Belgium after World War II.

He was a member of the Board of Directors of the UNA Home in Chicago and of the League of Americans of Ukrainian Descent, and belonged to several other Ukrainian organizations.

The Rev. Dmytro Martin Telenos was ordained June 1 to the priesthood by the Most Rev.

Passaic Group Gives Performance of Ukrainian Dances in Newark

NEWARK.—The Ukrainian Folk Dancing Group of the Ukrainian Orthodox Holy Ascension Church of Passaic, N. J., was enthusiastically received by members and guests of the Newark Teachers' Association at their annual get-together dinner here in the Military Park Hotel.

Among the dances performed were "Hony Viter," "Chumak" and "Kolomeyka Siyanka." The dancers were Annie Bokowicz, Nicholas Herbetko, Walter Jurcheniuk, Walter Klymenko, Cynthia Pankiw, Lubu Plutenko, Olga Prochow.

AUSTRALIAN UKRAINIANS DESCRIBED BY SPEAKER AT MEETING IN ASTORIA

ASTORIA, N.Y.—Mrs. Helen Prociuk of Forest Hills, L. I., secretary and public relations chairman for the New York Regional Council of the Ukrainian National Women's League of America, addressed the Ukrainian American Women's Circle here on June 10.

Mrs. Prociuk, who lived in Australia for six years after the World War II upheaval forced her to leave Ukraine, was presented to Queen Elizabeth II of England as the representative of the Ukrainian Women's League in Australia. She described the meeting with the British monarch and told UAWC members about the Ukrainian community in Australia.

The Women's Circle, consisting of American-born women, is Branch 53 of the UNWLA. Its president is Mrs. Alexandra Riznyk of Astoria.

UKRAINIAN YOUTH NEWS

By ALEXANDER DANKO

NEW JERSEY With the great UYL-NA Sports Rally at Scranton, Pa. now recorded in history and with my own personal tussle with the school brought to a successful (I hope) conclusion for the year—we turn to our regular and normal pursuits—activity in all phases in the N.J.—UYL domain and its surrounding environs.

The active N.J.—UYL held a very successful dance, a week before the UYL-NA Sports Rally, at the St. Demetrius Ukrainian Community Center in Carteret. Then, two weeks later, the N.J.—UYL held its Victory Awards bowling dinner at the Ukrainian National Home in Elizabeth.

The winning team was led by Captain Sam Herila of the Elizabeth Ukrainian Boys Club, who also bowled on two other teams that won in league competition on the outside in their respective leagues. Others on the winning squad were Mary Herila, Mr. & Mrs. John Kachurak, and the newly-weds, Mr. & Mrs. George Semen.

Among the other honored bowlers were Mike Kowalczyk, George Kimak, Joe Androsko, Helen Balandis, Helen Chrebet, Stella Maciach, Bertha Skiro and Kay Roy. Alice Wasylyk and Bill Draganchuk were the most improved bowlers, while Gloria Luzba and Joe Orenczak won the sportsmanship awards. Congratulations, people!

Two weeks ago, the N.J.—UYL held its annual weekend outing to the UNA Resort "Soyuzivka" at Kerhonkson, N. Y. A comparatively small (for us—about 35 people) group had themselves a fine time taking part in the varied events arranged by the Social Committee chairman, Bill Dudak.

A hay-ride and a beach party are on tap for the summer, while a Fall Dance has been tentatively set up for mid-October to be held at the soon-to-be-completed Ukrainian Community Center of Jersey City—with a fine pair of local-ites, John Nechesny and Ann Kawoczka acting as co-chairmen.

Again as in the past, the N.J.—UYL hopes to sponsor another youngster to the fine Ukrainian Cultural Courses, held each August for the past four years, at Soyuzivka in Kerhonkson, N. Y. They've already sponsored four youngsters—probably the best record of any Ukrainian Youth groups anywhere.

Any Ukrainian youngster, 16 to 21 years of age, residing in the State of New Jersey, can vie for this free \$120 scholarship simply by writing a one-page letter stating why he or she would like to attend the Cultural Courses. Send all letters to: Walter Bodnar—414 South 10th St.—Newark, N. J. Do it at once!

After an informal bowling party June 4, the N. J.—UYL had its monthly meeting and we were highly pleased at the seminar-type discussions that ensued concerning the general Ukrainian Youth programs and how we can further improve them, plus the general trend of elevating our Ukrainian Centers to a type that would cater to all tastes and ages.

NEWARK, N. J. Recently, the Newark Ukrainian Veterans sponsored their first annual dinner with their seven honorary members—Luke Janick, John Chuy, Al Walker (he's Ukrainian), Andy "Coffegrinder" Chymiy, Steve Harmatiuk, Mike Golombuski and Mike Matias as guests of honor.

Commander Leon Koropatnick ably served as M.C. of this sprightly stag affair which was held at the Club Diana in suburban Union - Springfield. With the UAVets business and joking taken care of, the club management slid back the folding portion of our private room just in time for us to view the club's regular floor show, which was quite good and which mentioned the UAVets group quite often.

The Newark Vets, who are quite civic-minded, have been on a nice round of events. Recently, they held a successful card party at their headquarters (the Ukrainian Sitch Home), donated blood to the Diane Lysak Fund, marched in the local Memorial Day parade and were acknowledged by the reviewing stand as the Ukrainian Veterans, sponsored a bus ride to Yankee Stadium to see the champs take a double loss from Cleveland—and will actively participate at the National UAVets Convention at the U.W.A. Resort in Glen Spey, N. Y. this weekend.

Besides paying homage to the honorary members who worked for the UAVets organization, we stressed the great need for a facilities full Ukrainian Community Center in the Newark-Essex County, N.J. area that would be a showplace and center of attraction for the Ukrainians everywhere.

Actually, it's really simple fellows—all that is needed is 500 to 1,000 people to loan \$1,000 each and "we're in," as the saying goes.

Several practical Ukrainians from adjacent Elizabeth suggest a merger of the Elizabeth Home and Newark Sitch Home (with their 100 Grand in assets)—while even a third organization—the closed corporation Ukrainian Center of Newark (which will be soon torn down to make way for a slum-clearing project in the Central Ward) would make a third fine addition in a merger that could produce the biggest and best Ukrainian Center ever built or planned anywhere—with such facilities as a swimming pool, bowling lanes, gymnasium-exercise room, library - museum, recreation lounges, auditorium, etc. How about it, folks?

On two recent weekends, we drove up to Soyuzivka for the New Jersey affair and for the N.Y.C.-L.I. Bowling League's shindig. We enjoyed going up both times and with the family going up for July, we suspect we'll be shuttling back and forth from Suzy-Q quite a bit.

IVAN KOVALCHIK FUNERAL HOME COMPLETELY AIR CONDITIONED ZAIMYASTYETS' POHORONAM V STEVIT' NEW JERSEY

Petro JAREMA UKR. ПОГРЕБНИК Займається похоронами в BRONX, BROOKLYN, NEW YORK I ОКОЛИЦЯХ.



A winnah! Mrs. Katherine Wovk's handmade quilt in the "Grandma's Garden Pattern" won her a blue ribbon in the Ninth Annual Senior Citizens Hobby Show, held recently in Newark.

Honey Cakes Ukrainian Favorite

By DOROTHY ALLEN-GRAY

Ukrainian cooks are noted for their honey cakes. The abundance of honey in the Ukraine inspired them to experiment with honey baking and the cakes they make are tender, moist and flavorful.

Some honey is delicately flavored, others are more strongly flavored and buckwheat honey is preferred in the making of these honey cakes because it gives them a deep color and a rich aromatic flavor.

All honey cakes require a few days to ripen and it must also be noted that in the final stages of baking the oven temperature should be lowered because honey cakes scorch very easily.

Medivnyk (Honey Cake) Ukrainian 1 cup honey 6 egg whites 1/2 cup butter 1 cup brown sugar

6 egg yolks 2 1/2 cups sifted cake flour 2 tsp. baking soda 1 tsp. cinnamon 1/4 tsp. salt 1/4 cup milk

Bring honey to a boil and then cool it. Beat egg whites until stiff. In another bowl, cream butter and sugar until light, add egg yolks and beat until fluffy, add honey and beat well.

Sift flour, soda, salt and cinnamon twice and add to the mixture alternately with the milk. Fold in stiffly beaten egg whites and pour into greased tube pan.

Bake 45 minutes oven 350 F. Reduce heat to 300 F. and bake 15 minutes longer. Cool cake for a short while before removing from pan. Let ripen 24 hours or longer before serving. Toronto Globe and Mail May 15, 1958.

Go West, High School Students!

"Senior panic," as it is described, is now rampant among high school graduates and their parents. The cause of this malady is the generally unwarranted belief that getting into college this year is an uphill struggle requiring long and exhaustive effort.

The disease is particularly common in the East, which contains not only the nation's population centers but those relatively few schools which, for reason of prestige or location, will be operating at capacity this Fall.

Among them is Rutgers University in New Brunswick, which expects all of its 1,000-000 freshman openings to be filled in September. However,

Dr. Henry C. J. Evans, the school's director of admissions, feels that the students who cannot get into Rutgers should by no means be discouraged.

"My advice to high school students having difficulty in getting into college is to go West," he said. "There are many fine colleges and universities in the Midwest and West, some no further away than Ohio, that still will be looking for freshmen in September."

This view is echoed by Dr. Gary I. Mills, director of the newly-opened clearing house for college applicants set up by the Association of College Admission Counsellors at Glenbrook High School in Northbrook, Ill.

Attention! AKRON, Ohio and VICINITY! Attention! PICNIC Sponsored by COMBINED UNA BRANCHES 180 and 295 Sunday, June 29, 1958 MAENNERCHOR PARK 3040 S. Arlington Street, Extension, Akron, Ohio DANCING starting 4:00 P.M. ENTERTAINMENT. FOOD.

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СПРАВА УСЦАК

Цікавою й характерною є тенденція заперечування чи й загалом «непримічання» деякими нашими клубами-товариствами власної спортової діяльності в Україні. Спортова Центральна Америка і Канада і делегатура цієї центральної (в Америці) Спортивно-Американської Спортивної Товариства Схід і Північ). На це малює доказ: ні один з двох наших клубів, ні в останніх роках сягали до найвищого футбольного титулу в Америці, не вважали за відповідне вислати свого представника на II Загальні Збори УСЦАК до Торонто. Не хочемо пересудувати справу: в даному випадку могли зайти й інші перешкоди, але однієї з таких іменами повинні асекьюративатися від усіх перешкод (чи хоч би телефоном подати причину своєї неприсутності) — бо, якраз у відношенні до таких одиниць, зроджується підозра у легковислаті власної центральної, вважали, в негуванні всякого організованого українського спортивного життя та власної тіловиховної проблематики. Чому одне із згаданих наших спортивних товариств в Америці потребувало більше як рік, щоб определити себе до одної з делегатур УСЦАК в Америці?

Ми добре розуміємо ілюпо-ті, які мають наші клуби чи товариства, що сягають по найвищій футбольній честі країни: все це забирас час, нерви, гроші й все можливе. Проте, в той же час окремо вибрані люди можуть займатися й другою сторінкою клубово-спортової праці. Це необхідне для життя й здоров'я клубового організму. Що, крім розчарування, лишається людям, коли з задуманою чемпіонатом країни нічого не вийде (а такий успіх легко не приходиться)? В випадку екстенсивної господарки лишається це задоволення від праці виширши, від вирощування власних кадрів, від участі й успіхів на внутрішньо-українській арені й від зростання українського спорту в цілому.

Як бачимо, праця і співпраця з рідною спортовою владою не стоїть на перешкоді, а, навпаки, посилює амбіції поодиноких клубів і товариств здобувати найвищу честі у спорті Америки й Канади. Бо така праця і співпраця підготує відповідні кадри власного змагального матеріалу. А раз так, то найвища пора деяким провадити наших спортивних клубів і товариств закрити своє «бесервісерське» наставлення до власної спортової влади: нема найменшої причини

О. Гайсінський

НЕБЕЗПЕЧНІ ТЕНДЕНЦІЇ

Коли дивитися на український футбол у США в Канаді з перспективи технічно-спортивного досягнення — все виглядає в найгіршому порядку. В країнах свого поселення наші дружини вміють уже здобувати найвищі титули, число наших дружин, що по такі титули сягають, постійно зростає. Навіть після дисконта не дуже високого рівня футболу в цих країнах треба визнати: чемпіонат чи віце-чемпіонат держави, здобути невідомими «парвеню», «світлячками», тами самі в свою вагу, і мову, і мову.

Радіші з таких успіхів були б насправду повинні, напевно, тільки в одному випадку: таме досягнення було здобуто: 1. власними українськими силами, 2. змаганнями власного клубового хову. В одному випадку віце-чемпіонат держави здобуто свого роду українським збірним змаганням (аж з двох країн), в двох інших випадках перший і другий чемпіонат країни здобуто повністю неукраїнськими складами.

Передбачаємо «філіппіки» що мали б виправдати тактику пошуків у європейці в своїх українських клубів. Знаємо докладніше, що ціль — пропаганда українського імені — нашим людям освічувала засоби. Не можемо теж відкинути аргументу, мовляв, не ми, то по такі титули сягають, постійно зростає. Навіть після дисконта не дуже високого рівня футболу в цих країнах треба визнати: чемпіонат чи віце-чемпіонат держави, здобути невідомими «парвеню», «світлячками», тами самі в свою вагу, і мову, і мову.

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Д-р Е. Жарський

ФІЗИОЛОГІЯ ТРЕНІНГУ

Кожний спортсмен, якщо хоче досягнути поважних успіхів, мусить тренувати, тобто систематичними та відповідно інтенсивними вправами збільшувати міцність м'язів тіла та відповідну психічну настанову. Це збільшення досягається розвитком м'язів, що беруть участь у даній праві, та стійкими змінами, яких зазнає серцево-судинна та дихальна системи. Треновані м'язи збільшуються в об'ємі, в зв'язку з чим збільшуються і їх сила.

В основі м'язової діяльності скелетних м'язів лежить ряд хімічних перетворень. Енергія, яка звільнюється при цих реакціях, використовується м'язом для скорочення. Хімічні реакції-перетворення в м'язі відбуваються в двох фазах: безкисневій і кисневій. В безкисневій фазі відбувається розпад фосфорних сполук, які є в м'язі, внаслідок чого звільнюється відповідна енергія, використана м'язом для проведення роботи. У кисневій фазі відбувається розпад молочної кислоти, з кисневими продуктами водою і вуглекислим газом. І ця реакція відбувається із звільненням енергії. Максимальна кількість енергії, яку м'яз може використати, не перевищує 30% усієї енергії, яка звільнюється у висліді хімічних реакцій.

Тренований м'яз має втрое більше запасів основного джерела енергії — глікогену, як нетренований. Крім того, м'яз працює охладіше, сама ж координація праці поодиноких м'язових груп (агоністів та антагоністів) куди краща, як у нетренованих.

Дихання у тренованих людей в спокійному стані рідше — до 8-10 віддіхів на хвилину проти 16-20 у нетренованих. У висліді зменшення частоти дихання поглиблюється самий дихальний процес, збільшується життєва поємність грудей. Сама ж вентиляція легень збільшується при деяких родах спорту. Поглиблене дихання тренованих змагувачів сприяє кращому наповненню крові киснем.

Зміни в серцево-судинній системі йдуть у тому напрямку, що пульс тренованих спортсменів в спокійному стані рідший, ніж у нетренованих. Об'єм крові, яку викидає серце за 1 хвилину, у тренованих більший, ніж у нетренованих, число серцевих скорочень зменшується, але систолічний та хвиліний об'єм крові збільшується. Це збільшення настає завдяки розвитку серцевого м'яза та посиленню його скорочувальної сили. Внаслідок цього збільшення швидкості реалізації Українських Спортивних Ігрищ — цілющого джерела, в якому ми маємо побачити нашу організацію силу, тільки дисципліна у відношенні до власної влади. А раз так, то знайомо своє «кращезнайство» чи провінційну затурканість, що тримають нас фізично чи морально осторонь власного спортивного проводу. Об'єднаймося довкола цього проводу і працюймо разом з ним — для тієї самої ідеї, для якої працюють наші молоді організації, згуртовані довкола своєї центральної проводі!

Футбольні дружини, що стоять і падають у залежності від розуміння цієї істини, зації цих ключів...

цувстві й киснева поємність крові, що має важливе значення при поборюванні м'язового стомлення.

Стомлення м'язів пояснюють тим, що у висліді праці виснажуються енергетичні запаси, самі ж м'язи засмічуються продуктами розпаду, зокрема, молочною кислотою, яка в значній мірі впливає на стомлення працюючого м'язу. Немалу роллю відіграє тут центральна, вегетативна чи симпатична нервова система. Виявляється, що працездатність м'язів відновлюється швидше при активному відпочинку ніж при пасивному. Тренованням регулюємо умово-рефлекторну діяльність кори головного мозку; діяльність його великих півкуль тісно пов'язана з описаними процесами. У тренованню юнаків важну роллю відіграє вегетативна нервова система. Фізіологи та лікарі вважають, що при люблячій вегетативній нервовій системі юнаки у віці 12-18 років краще підходять бігти на дещо довші відстані, як спринтери. Подібні запити висловлюють вони і під адресою жінок.

Тренований спортсмен мусить бути дуже точно ознайомлений з тими всіма фізіологічними процесами, що відбуваються у його тілі під час тренування. Без цього він не доб'ється кращих успіхів, а до того ж може навести організм на багато шкоди. Важливою умовою тренінгу є відповідне стосування активного відпочинку під час самих занять на площі чи в залі. Під цим оглядом ідеальною є лекція руханки. Руханкові вправи лекції укладається так, щоб по вправах однієї групи м'язів ішли вправи іншої групи. Добором відповідних вправ ми можемо впливати і на умово-рефлекторну діяльність кори головного мозку та пов'язаних з тим інших процесів.

Активний відпочинок та відповідні недовгі паузи під час спортивних занять стали головною основою тренінгу сучасних спортсменів. Чому сучасний чемпіон світу, українець Володимир Кучук, перейшов неперевірливо, здавалося б, освітє чеха Еміля Затопека? Виявляється, що тренувальна система Затопека сьогодні вже «перестаріла». «Еміль Великий» бігав від 60 до 80 разів по 400 м в часі 80-90 секунд, що на його спроможності було заслабим темпом. Його м'язовий об'єм не зростає. І хоч не раз читасмо в спортивних новинах, що Кучук чи англієць Пірі перебігають протягом одного тренувального дня 30-40 км, це в основі відповідає правді, але дозваність такого тренінгу не є однорозова; вона розпадається на певні інтервали. Тих 30 чи 40 км перебігають вони не в одній цілісності, але розкладають їх на дуже малі частини і в проміжках відпочивають чи вправляють інші групи м'язів. План бігунів на середній відстані протягом одного дня виглядає приблизно так: ранком: 10 разів по 100 м у середньому темпі, під час пазв легкого активний відпочинок, після того 5x150 м, 5x100 м, 6x200 м, 5x100 м, 8x50 м на повну швидкість і наприкінці в легкому темпі 10x100 м. По

модолі ридиться зневіра й апатія. Він іде тоді по лінії найменшого опору. Яка різниця? В українському клубі грають маляри, поляки — може він грати в малярському клубі чи польському клубі... Про те, що в наших умовах життя з кому брати собі приклад з такого молодця, не доводиться й говорити...

Та національний санітаризм тут не єдино рішальний аргумент. Філософія клубної політики з давен-давня каже, що тільки змагання власного хову вляють собою елемент, на якому можна будувати. Тому розумний провід дружини своєму достовірю призначає не менше уваги, ніж своєї репрезентативній 11-надації... У нас ця справа куди катастрофальніше занедбана. Богиня «пропаганда нашого імені», а в деякого ще й богиня пропаганди «власного імені» (он, мовляв, геніальний менеджер: чемпіонат під його провідом дружина здобула!) — приволокла людей увесь час весті інтенсивну господарку: орано одними й тими ж змаганнями власними, до них добрано суджів. Власний молодяк сидів на лаві запасних або (у випадку дострелу) зростає самонап. Коли ж тепер влас-

НАША „ЧУДОВА“ ПСИХІНА...

(На маргінесі двох невдач)

Старовинні римляни казали, що історія — вчителька життя. Та мені здається, що серед учнів історії ми сидимо в найостаннішій лавці!.. Як мало вчимося від учительки-історії...

Тридцять років тому читав я фейлетон Галактіона Ціпки у львівському «Дні». Не пригадую вже заголовку фейлетону, зате пригадую його зміст: грачі львівської «України», перед турніром «Світець», сперечаються, де їм примістити футбольну часту, яку вони... мають виграти на цьому турнірі. Одні пропонують держати часту в доміцї СТ «Україна», другі — за вітрину в «Просвіті», треті — деінде. Яким правом вони говорять про таке перед змаганнями? Дуже простим: вони «Україна», в «шості», а вони А-класова дружина, а «Світець» і «Вали Ожел» В-класові... А потім прийшов турнір. «Україна» прогала до «Світець» 1:3, до «Валого Ожеля» 1:2, зайняла... останнє місце в турнірі — і зовсім не потребувала журитися тим, де переможуть часту з турніру... Було це Р. В. 1928. Року Божого 1958-го кожний міг прочитати кореспонденцію з Нью-Йорку «УСК Нью-Йорк» в Оберлігі ДАФБ. Дослідом там стоїть чорним по білому:

«Нью-Йорк. — Ряд конференцій Екзекутивні ДАФБ-у і надзвичайні сесіїни ланки дисципліни та верифікації в справах І Ліги вирішили про перших ІСК-у до Оберлігі ДАФБ-у. Рішення змінило ґрунтовно позиції в таблиці. УСК перевагою 2 точок вхо-

полудні: 10x100м, 5x200 м, 5x100 м, 5x300 м, 5x100 м, 5x100 м, 5x100 м, 5x100 м, 5x200 м, 3x80 м на повну пару», 10x100 м в легкому темпі. Річ ясна, що на такий інтенсивний тренінг може дозволити собі високо занагажова в а н и й легкоатлет. Справою тренера з так повести працю початківця, щоб він з року на рік збільшував інтенсивність і дозваність тренінгу.

Подібний спосіб тренінгу й активним відпочинком та ітервалами-переїмами під час занять застосовують австралійські плавувачі, що в останніх роках осягнули світові рекорди. У світі згадується фізіологічних умов тренінгу зовсім не диво, що ті рекорди одні осягнули 13-14-літні «смаркачі», австралійці Дюк та Ільза Ковради, чи 17-літня Герта Гаазе з Гамбургу. Витривалість та швидкість завжди вони тим, що переливали більшу кількість рідких короткі віддалі, з відповідним активним відпочинком між поодинокими стартами. Цим Іщказано: не на полі, а «наші» й допомагають виграти. Стопер, отже, передній воратар (!), «Львова» дістає м'яч і не віддає його власному нападу, а їде на суперників, «живає» одного з них, другого (так, прошу!), їде вперед (нікого не лишаючи коло суперницького центра нападу) і... подас м'яч своєму найближчому співзмагачу, Але м'яч не доходить до адресата, бо задуу виснажує суперник і «перездоресує» м'яч до свого правого крайника. Той негайно шле центру під ворота «Львова», і необставлений польський нападник (наш стопер не вернувся був ще з своєї прогулянки в середплля) без трудноу здобуває наші ворота... Точно так само, як було на

перших змаганнях «Львів» — «Польонія», де наш стопер подарував полякам в останніх хвилинах гола й один пункт — точно так само, як він це нещодавно «змайстрував» навіть проти безнадійно слабих багатків. І що цікаве? Зробив це не 18-літній початківець, а 33-літній досвідчений змагувач, капітан, додана ще й тренер, провідник і що хочете, «Львова». І нікого йому за те й півслова не сказав — замість того деякі підміновані співзмагачи з суперником бучу зняли (чи не для «пропаганди українського імені»?).

Ось віз і перевіз на тему: як ми вчимося на і від історії.

УСЦАК — Делегатура СУАСТ-Схід

ОБІЖНИК

Верифікації: 1. Змагання за першість СУАСТ-Схід у шкільній ситіації, що відбулися 17 травня у Філадельфії, Па. (організатор СУАСТ-Схід, господар СТ Тризуб-Філадельфії) верифіковано так:

I. Особиста першість чоловіків на 1957 рік: 1. Юрій Савчак, Тризуб, 12:2; 2. Юрій Тимченко, Доббш, 11:3; 3. Орест Дрогобицький, Тр. 10:4; 4. Олександр Кучер, Стріла, 7:7; 5. Роман Свистун, Беркут, 4:9; 6. Володимир Іванов, Беркут, 3:12; 7. Тарас Грицай, Беркут, 2:11.

II. Особиста першість жінок на 1958 рік: 1. Віра Вальницька, Доббш, 9:3; 2. Люба Сілецька, Тризуб, 8:3; 3. Дарія Завадович, Тр. 7:4; 4. Орієна Свистун, Беркут, 6:5; 5. Оля Грицай, Беркут, 2:9; 6. Нада Куденко, Тризуб, 1:10.

III. Подвійні гри чоловіків на 1958 рік: 1. Орест Дрогобицький, Тризуб, Юрій Савчак, Тризуб; 2. Юрій Тимченко, Доббш, Олександр Кучер, Стріла; 3. Тарас Грицай, Беркут, Роман Свистун, Беркут.

IV. Подвійні гри жінок: 1. Орієна Свистун, Беркут, Віра Вальницька, Доббш; 2. Оля Грицай, Беркут, Люба Сілецька, Тризуб.

V. Мішані подвійні гри: 1. Орієна Свистун, Беркут, Роман Свистун, Беркут, 5:3;

2. Віра Вальницька, Доббш, Юрій Тимченко, Доббш, 5:4; 3. Люба Сілецька, Тризуб, Юрій Савчак, Беркут, 4:4; 4. Оля Грицай, Тризуб, Олександр Кучер, Стріла, 3:6.

VI. Особиста першість юніорів: 1. Володимир Іванов, Беркут.

VII. Дружинова першість чоловіків: 1. Тризуб: Андрій Аксєр, Орест Дрогобицький, Юрій Савчак, 2. Беркут: Т. Грицай, Р. Свистун, В. Іванов — 9:0.

VIII. Дружинова першість жінок: 1. Беркут: О. Свистун, О. Грицай, В. Вальницька; 2. Тризуб: Л. Сілецька, Д. Завадович, Н. Куденко — 7:2.

IX. Змагання за першість СУАСТ-Схід у відбавці на 1957/58 р. верифіковано так: 1. УСК-Нью Йорк 5:3 т.; 2. Доббш-Уо Гейлен 4:4 т.; 3-4. Тризуб-Філадельфії, 3-4. Ньюман-С Амбой 3:5 т.; 5. Беркут-П. Амбой 2:6 т.

Футбольний турнір: 3 технічних причини футбольний турнір за першість СУАСТ-Схід пересується на 5-6 липня 1958 р. Організатор турніру — Футбольна ланка СУАСТ-Схід; господар — СТ «Тризуб»-Філадельфії. Зголошення за списком змагувачів слати на адресу ланкового.

Управа СУАСТ-Схід Нью-Йорк, 15 червня 1958 р.

ОБІЖНИК Ч. 4/58

1. З уваги на деяке співзвучення Делегатур з визначенням своїх першунів у відбавці й столоній ситіації, фінали у цих двох випадках спорту за першість УСЦАК-у 1958 р. відбуваються в один час.

2. Як інформацію на голівний редактор «Свободи» п. А. Драган, редакція цього щоденника згідно вимішувати зіставлення вислідів на першій сторінці, якщо пресою референти наших товариств надсилатимуть коректні згадування негайно після імпрес.

3. Останнім часом в українській пресі за підписом п. В.

Прудиса повинні заклик до громадянства й спортивних товариств допомогти п. Ю. Кусєві вихити на фінали Канади у дужани, складуючи грошеві покертни на т. зв. Український Спортивний Фонд на адресу голови Управи УСЦАК-у п. мгр. І. Красника, Управа УСЦАК-у повідомляє своїх членів, що зазначилі цей повинні без відомо таку голіву Управи, як і цілої Управи, тому Управа УСЦАК-у не берє за нічого жодної моральної відповідальності.

За управу УСЦАК-у мгр. І. Красник в. р. голова; інж. В. Левішський в. р. секретар.

Шинкаго 31 травня 1958 р.

ЗА СПФ

Місяць червень стоїть під знаком змагань за світову першість у футболі. Змагання відбуваються у Швеції, при участі 16 країн; учасників турніру поділено на чотири групи. Дві перші дружини кожної групи перуть до чвертьфіналу. Фінальний зустріч призначено на 29 червня у Стокгольмі.

У вступних елімінаційних розгравках чвертьфіналу відбулися такі зустрічі:

Німеччина — Аргентина 3:1; Німеччина — Чехія 2:2; Німеччина — Північ Ірландія 2:2; Чехія — Ірландія 0:1; Аргентина — Ірландія 3:1; Чехія — Аргентина 6:1.

Франція — Парагвай 7:3; Парагвай — Шотландія 3:2; Парагвай — Югославія 3:3; Югославія — Франція 3:2; Франція — Шотландія 2:1.

Швеція — Мексика 3:0; Швеція — Мадяриця 4:1; Мексика — Валія 1:1; Мадяриця — Мексика 4:9.

Англія — СРСР 2:2; Австрія — СРСР 0:2; Бразилія — СРСР 2:0; Бразилія — Англія 0:0; Бразилія — Австрія 3:0; Англія — Австрія 2:2.

Після перемог у додаткових елімінаційних змаганнях СРСР над Англією (1:0), Валиї над Мадярицю (2:1) та Північ, Ірландія над Чехословаччиною (2:1), такі репрезентативні дружини вийшли до чвертьфіналу гор за світову першість у футболі: Німеччина, Швеція, Франція, Бразилія, Югославія, СРСР, Валия, Північ, Ірландія.

Чому дружини, що грають виключно власними силами й тому часто займають гірші позиції в своїх американських (канадських) лігах, не можуть хоч у своєму товаристві мати раз вигоди й ентузіазму в Монреалі й в Рачеєтері і ще в інших містах. Тоді зникне загроза такої пропаганди українського імені, як у Торонті, де половина дружини відмовляється грати в своєму клубі і тим деградує його з першого на одне з останніх місць у таблиці. Тоді — коротко й ясно — ми знаємо, де й на чому

ми стоїмо та куди ми свій курс держимо.

У зв'язку з таким «змінонікшеством» я радив би УСЦАК абсолютно заборонити нашим клубам вставляти до складу дружин чужонаціональних змагувачів на змаганнях й турнірах внутрішньо-українського характеру.

Чому дружини, що грають виключно власними силами й тому часто займають гірші позиції в своїх американських (канадських) лігах, не можуть хоч у своєму товаристві мати раз вигоди й ентузіазму в Монреалі й в Рачеєтері і ще в інших містах. Тоді зникне загроза такої пропаганди українського імені, як у Торонті, де половина дружини відмовляється грати в своєму клубі і тим деградує його з першого на одне з останніх місць у таблиці. Тоді — коротко й ясно — ми знаємо, де й на чому

UKRAINIAN SPORTS
Український Спорт
Redague Koleska
Адреса Редакції: Dr. E. Zarskyj
801 E. 5th Street, New York 3, N. Y.
Tel.: Algonquin 4-1228