



NEWSLETTER

July 2021

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Upcoming Events

Friday Night Suppers

Our summer Friday Night Suppers will take place on:

- July 16
- August 20

from 4:00-6:30pm. TAKE OUT ONLY!

Saturday Sales

We continue to have Saturday sales from 10:00 – 2:00 pm. You can buy perogies, cabbage rolls, borscht, and Ukrainian sausage (which is delicious on the barbecue!)

AGM

Saturday, July 24th at 2:00 pm at the Ivan Franko Community Centre at 5311 Francis Road, Richmond, B.C.

Golf Tournament

Sunday, September 12th, 2021 at Country Meadows Golf Course, Richmond. Tee times to be confirmed. Dinner and prizes afterwards at the hall.

AGM

ANNUAL GENERAL MEETING

2021

When: Saturday, July 24,
2021 at 2:00 pm

Where: Ivan Franko
Community Centre at 5311
Francis Road, Richmond, B.C.

Please plan to join us for our Society's Annual General Meeting on Saturday, July 24th at 2pm at our hall. We will recap the past year, vote for the new Board of Directors and address any questions that are presented at the meeting.

Your memberships for 2021 must be in good standing to be eligible to vote. If you have not renewed your

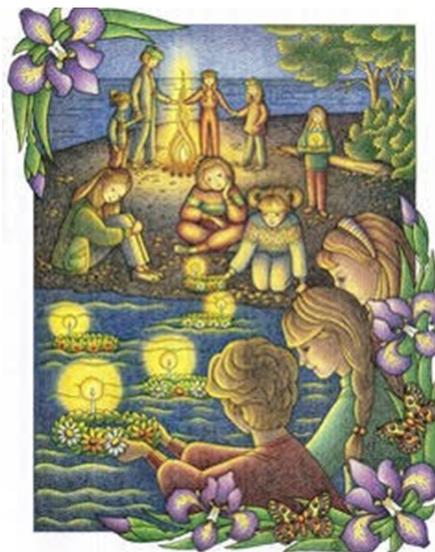
2021 membership, please complete the renewal form attached to this newsletter and send it in to our office. Renewals can be filled out and sent to us in advance or filled out at the door.

The Board is looking forward to meeting our members. Refreshments will be served.

Ukrainian Summer Solstice: Івана Купала

Ivana Kupala - Submitted by Theresa Herchak

In antiquity, the people that lived in present day Ukraine celebrated the summer solstice with the Rite of Kupalo. It was observed mainly by young unmarried people who through fortune telling, rituals and a great deal of magic attempted to foresee their romantic destiny. Benevolent spirits of the earth, water and fire were conscripted to aid in this quest as this was a time during which evil forces such



as rusalky (malicious female entities associated with water), mavky (male and female mermaid type

creatures that could tickle you to death), vampires and witches were believed to be especially active.

In present time, the summer solstice celebration is called "Ivana Kupala" (a merging of the Feast of John (Ivan) the Baptist and the Rite of Kupalo) and is traditionally celebrated according to the Julian calendar on the night between July 6 and 7. Only remnants of the old rituals remain.

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Summer Solstice *...continued from page 1*

Throughout Ukraine on the day of Ivana Kupala, young women wear elaborate wreaths of wild flowers and herbs. Bonfires are set ablaze and courageous (or foolish) young men, women, boys and girls leap over the flames. This has become a joyous summer celebration of love and hope.

During my formative years I was lucky to be a member of Plast - Ukrainian Scouts. Among my most vivid and exciting summer memories is the

future. If it floated away true love was assured. If the wreath sank - so did the hopes of ever finding the one true love. I must admit there were tears shed as some wreaths languished motionless near the shore and then slowly sank. Perhaps in ancient times the wreaths were set out in rivers or streams where the currents were stronger and more dangerous. This would provide a challenge for the young men who would attempt to rescue the

believed that one of us would find the fern flower. While we stumbled in the dark forested area, our flashlights created eerie, menacing shadows. The scratchy sound of scurrying animals underfoot and branches brushing against our faces conjured up images of the rusalky, mavky, vampires and witches that were surely stalking us. At some point we would abandon our search and run back to our tents. For the girls, there was always hope of making better wreaths



observance of Ivana Kupala rituals during our Plast summer camps.

Our camps were always held near a lake or stream, open fields and wooded areas - the perfect setting for Ivan Kupala. The day preceding the night of Ivana Kupala we girls would forage in the fields for wild flowers and herbs, which we wove into wreaths. We listened to Kupalo folklore, sang traditional Ivana Kupala songs and hoped our wreaths would be strong, beautiful and magical. Meanwhile, the boys gathered dry twigs and fallen branches and built a special bonfire, which had to be grand but still manageable for jumping over the flames.

On the evening of Ivana Kupala, we would insert small candles into our wreaths and set them afloat in the water. If the wreath came back to shore, there was hope for love in the

wreath of the maiden they hoped to marry. One can only imagine.

In ancient times young couples would jump over the bonfire flames while holding hands. If they jumped over together, their romantic future was assured. If they let go of each other's hand, their relationship was doomed. At our camps only the boys would jump over the flames showing off their courage and agility. To this day I remember well the mixed feeling of terror and glee while witnessing the close calls.

Around midnight of Ivana Kupala we would be woken up and told it was time to search for the fern flower (Tsvit Paporot'). Ferns have spores and do not flower. However on the night of Ivana Kupala one forest fern will magically bloom for a short time only. The person finding this flower would be granted immense powers! We truly

the following year. The boys could build bigger bonfires and leap higher. And just maybe one of us would find the magic fern with its magic flower.

We live in a time where huge outdoor bon fires are prohibited. Technology has taken the wonder out of magic. However, there is nothing preventing us from taking our children or grandchildren for an adventure to an uncultivated field and making wreaths of all sorts of "wild" flowers such as dandelions, flowering grasses, buttercups, ferns and herbs. We could wear our wreaths and at twilight send them off with a lit birthday candle on any available body of water, even a swimming pool. We could breathe wishes into our wreaths for something personal or general - like a better future for all. In this tiny way we would connect with the spirits of our ancestors. And wouldn't that be fun!



Blueberry Varenyky To Enjoy This Summer!

As a delicious treat for Ivan Kupala, a big bowl of varenyky filled with fresh local blueberries and served with cool sour cream would be perfect! If you do not have a favourite dough recipe, the following looks

Ingredients

- 3 cups flour
- 1 tsp salt
- 1/4 tsp baking powder
- 1 1/4 cup hot water
- 1 egg
- 2 tbsp cooking oil



Directions

- Mix flour with salt and baking powder in a deep bowl.
- In a separate bowl, combine the hot water, one slightly beaten egg, and the cooking oil, then add to the flour.
- Knead well to make a soft dough.
- Divide the dough into 2 parts. Cover and let stand for about 10 minutes.
- Roll out the dough quite thin on a floured board - cut into rounds or squares (about 2" x 2")
- Fill the rounds or squares with washed and dried fresh blueberries. If you want, sprinkle a little bit of sugar on the blueberries.
- Fold to make a triangle and pinch the sides. Take care not to leave gaps along the edges - especially on the ends. ("Watch out for smiles", as our cook Rosa says.)
- Drop a few at a time in slightly salted boiling water and stir carefully. Boil for about 5-6 minutes (cooked varenyky will rise to the top)
- Remove with a strainer or slotted spoon into a colander and drain thoroughly.
- Coat them with melted butter.
- Serve them with cool sour cream. Enjoy and remind yourself how much fun it is to be Ukrainian!

Ivan Franko Library, Book Club, and Saturday Movies

Updates from Theresa Herchak:

- Our library will resume regular hours and a full and exciting program in September.
- For information about our Library, Book and Movie Clubs, contact Theresa at books@ivanfranko.ca or call our Society at 604-274-4119 to leave a message.



Volunteer Appreciation – Thank You



The Ivan Franko Society is dependent on our terrific volunteers who are very dedicated to spend their time in our kitchen, hall, and library. We depend on volunteers to ensure that our Society functions well, both culturally and financially. **A big thank you** to all

our volunteers who generously contribute their time to help make verenyky (perogies), holubtsi (cabbage rolls), borsch and assist with various other tasks throughout the year. We are very grateful and appreciative of everything they do to help. We couldn't do it without our volunteers!

Memberships Payments for 2021



All members are reminded that their membership fees for 2021 are now due if you have not already paid them.

Please complete and return the membership form that has been mailed to you OR emailed to you with this newsletter

and include your membership dues as outlined in the application form.

Annual Golf Tournament

We have booked our 2021 Golf Tournament for Sunday, September 12th at Country Meadows Golf Course. Our tee times are being scheduled for late morning and early afternoon. After golfing, we will proceed to our hall for dinner and prizes.



We are still working out some of the details, but we can share that Country Meadows is charging us \$35 plus tax per golfer plus the cost of dinner. Final amount to be determined. Due to some continued restrictions, Country Meadows is not able to commit to our usual sandwich and beverage after the 9th hole, but this may change as we get closer to the date.

For over 25 years our Society has been hosting an Annual Ukrainian Community Golf Tournament for members and friends. The tournament is for all golfers, young and somewhat old, regardless of ability. The emphasis is on everyone having a good time. The tournament is a Texas Scramble format, enabling all players of varying skills to play and enjoy the game.

Please contact George Brandak if you have any questions and to let him know if you are interested in playing in the September 12th tournament at Country Meadows. We also appreciate any donation of prizes. You can contact George at: 604-274-2025 or at george.brandak@ubc.ca



**Next Friday Night Supper is
July 16, 2021 from 4-6:30pm.
Take out only!**



Wishing all our Members a healthy and safe summer!

This newsletter is produced by the Ukrainian Community Centre of Ivan Franko, 5311 Francis Road Richmond, B.C. V7C 1K2

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