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OUR COVER by Taras Stefurak

Photos courtesy Don Prodanyk & Michael Seleshko

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be SURE to get next month's MYH Beams;
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 UNYF Branch Treasurer - don't wait

do it now, quick, FAST!! (Non-members who
 wish to continue getting our rag should forward a \$2.00 subscription
 fee to the Dominion Executive, address inside cover.)

Situation Under Khrushchev Unchanged

Newspapers and journals all over the world have reported, editorialized and analyzed the wide shake-up in the Kremlin which ousted Molotov, Malenkov, Kaganovich out of their posts and possibly, from membership in the Party itself, on charges of anti-party activity and conspiracy to "restore methods of leadership which we condemned by the 20th Party Congress," an allusion to the system prevailing in Stalin's time. They were said to have tried to form an anti-party faction to achieve their aims.

In the course of all this, numerous so-called competent specialists in Soviet affairs have rushed forward with their predictions that the Moscow ousters constitute a victory for a "liberal" policy on the part of the new Soviet dictatorship. By "liberal" they bespeak of closer coexistence between the Soviet Union and the West, relaxation of rigid controls over the satellites, a better economic policy within the Soviet realms, and the like.

All of this sounds fine and dandy for one who is optimistically inclined. Here, however, not the pessimist but the realist remembers very well that old adage that a leopard cannot change his spots.

The greatest prey of the "Russian Bear" down through the centuries have been the Ukrainian people. The wounds inflicted upon the Ukrainian nation, its life, history, culture traditions, and its very entity have been the worst ever suffered by any nation or conglomerations of nations, such as those which exist under Soviet misrule. And yet the Ukrainians have remained the most courageous, the most determined and dangerous foes of Soviet Russian Imperialism and communism. Their saga of martyrdom and heroism is by now quite well known, and therefore should not escape the attention of commentators and specialists in the matter of the recent Moscow upheavals.

In so far as Khrushchev is concerned, the Ukrainians and other subjugated peoples within the USSR, cannot expect anymore from him than from his predecessors. By force of exigencies of politics, Khrushchev has been forced to confess that his predecessor and master, Stalin, was guilty of heinous crimes, including the murder of innocents. But like the present Kremlin rulers, Khrushchev took not only an active but also an enthusiastic part in those crimes.

He played one of the leading roles in the forced collectivization and Soviet Russian-made famine in the early 1930's in which millions of Ukrainians perished. He was one of the staunchest lieutenants of Stalin in the vast and horrible purges after in that decade. And it was Khrushchev too who sent the Soviet soldiers and tanks into Hungary.

Today, under Khrushchev's dictatorship, millions of Ukrainians and other nationality prisoners are undergoing a veritable hell in slave camps and isolators. The Soviet

(continued on next page)

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people are still denied elementary civil and political rights. They are subject to multiple censorships, the jamming of foreign language broadcasts. They are denied the right to read foreign publications which reveal the truth about the free world. And, added to all this, they are subject to death penalties prescribed for "crimes" that do not exist elsewhere, such as an attempt to leave the country without permission.

The towering and most significant truth about the Soviet Union is that it has been the scene, these forty years, of a permanent Civil war between the rulers and the ruled. In the early years, during the time of the Ukrainian National Republic, that struggle was open, with arms in hand. Since then it has been covert, but no less bloody. Witness the bloody struggle that has been conducted during and after World War II by the mighty and heroic underground Ukrainian Insurgent Army (UPA). Witness too, the covert but no less bloody war marked by passive resistance, sabotage and non-cooperation on the side of the Ukrainians and other people under Soviet misrule, coupled with the sanguinary repressions by the Moscow regime, at present headed by Khrushchev.

Khrushchev in saddle or not, is not of any particular importance. The system over there behind the Iron Curtain will continue to prevail, with or without him on the stage of passing tragic events. Therefore, we and all freedom-loving peoples must remain vigilant and not yield to false promises and artificial smiles of the Soviet dictators.

(svbd)

IS YOUTH PHYSICALLY FIT?

There is deep concern in high places over the fitness of youth in North America. Parents are being warned that their children - taken to school in buses, chauffeured to activities, freed from muscle-building chores and entertained in front of TV sets - are getting soft and flabby.

A test designed to determine muscular fitness was recently given to 4,264 children, aged 6 to sixteen. Out of that number, close to 60 per cent failed to measure up to minimum standards. This same test was passed with flying colours by all but 8.7 per cent of 2,879 European children in the same age group. Underneath a veneer of Olympic heroes, "All-Americans," and professional sport stars, this country has a soft core of youth. Many aren't getting enough exercise to be physically and emotionally fit.

All this comes as a surprise to many on this continent who are used to thinking of their children as the healthiest in the world. Parents have seen their children reared on modern diets packed with nutrition, grow up to be taller and heavier than the parents were as youths. They have been told that their babies have a life expectancy of 70 years, which is greater than that in most other countries of the world.

Now everyone has been given grounds for wonder. Does a big frame and long life expectancy necessarily mean that a youngster is fit? (continued on page 14)

DOMINION EXECUTIVE GETS A NEW SECRETARY
and FOR MYH BEAMS - A NEW EDITORIAL STAFF



Natalia Bundza at Festival time, earlier this year

At the last meeting of the UNYF Dominion Executive, President Michael Orychiwsky announced a shuffle in the D.E.'s line-up which had remained unchanged since the 19th Dominion UNYF Convention held in Winnipeg in 1956.

Natalia Bundza, formerly a member of the D.E. Controlling committee will exchange posts with Bob Klymash who has resigned from the secretaryship to continue his studies at the University of Manitoba in Winnipeg.

Miss Bundza has been a UNYF member since 1951 at the West Toronto UNYF Branch and has held executive positions on the branch executive for the past four years. During this time she has been active in folk dancing, choir and Junior UNYF work. In November of 1956 she stepped in as the "D.E.'s Girl Friday" and has handled all executive correspondence since that time.

Also approved by the D.E. was a new MYH Beams editorial staff which held its first meeting on August 21st. The staff line-up is as follows:

Andrew Gregorovich (Hamilton UNYF) - editor-in-chief

Nadia Nestorowsky (West Toronto UNYF) - typist & lay-out

Taras Stefurak (Toronto UNYF) - art director & lay-out

Natalie Bundza (West Toronto UNYF) - general administration and correspondence

Vera Demnycka (West Toronto UNYF) - circulation & mail-out

Monthly columnists will be Stan Szach (editorials), Liliane Hasiuk (eastern Canada news), Bob Klymash (Rambler.) Other talented folk will include Leon Kossar, Bob Zacharczuk, Larisa Pavlychenko, Luke Kitt and others. Jerry Kit of Toronto will continue to do the off-set printing.

(ALL UNYF Branch Correspondents are requested to submit club reports not later than September 21st in time for the next issue.)

We take this opportunity to wish our new D.E. secretary the very best of luck in her new post and for our new MYH Beams editorial staff, the greatest success ever in all the following issues of "MYH Beams."

THE TRADITIONAL

UKRAINIAN WEDDING CEREMONY

Part II. Prelude to the Wedding

by W. Stscherbakiwskyj

The last part of the marriage ritual is the wedding. Usually it begins on a Friday evening and ends late on Sunday night. (On Monday there begins the so-called "perezva" - mutual visiting - which, if the wealth of the young couple or of the parents allows, may continue for a whole week). On the appointed Friday the young married women who have been invited to bake the "korovay" (wedding-loaf), meet at the homes of the bride and the bridegroom. The number of these women, called "Korovaynytsi" (wedding-loaf makers), must be odd; often it is seven. Each must bring the agreed ingredients. They adorn themselves with wreaths, wash their hands and beg the starostas in a song to bless their work. In their song they ask God and the Blessed Virgin to help them. They tell us that the water for the holy wedding-loaf has been brought from seven wells (the number given is connected with the number of the planets - sun, moon, Venus, Mercury, Mars, Jupiter, Saturn); that seven ^{se}ckfuls of flour have been brought; that the wheat has been grown in seven fields; that it has been ground in seven mills and kept seven years. Seven kopas (kopa 'sixty') of eggs will be put into the wedding-loaf; the eggs have been taken from seven white hens which stood in seven coops; the salt has been taken from seven wains and the butter, taken from seven pots has been churned from the milk of seven cows. This rite is a great sacrament, and another song tells how God himself kneads the dough, the Blessed Virgin holds the light, angels carry holy water, and St. Nicholas is asked to help them. All this shows that the korovay is a sacred loaf and has not only a symbolic but probably also a magic significance and, very likely, an apotropaic connection.

On Friday, at the blessed hour, i. e. before midday, the bridegroom with his best man cuts off a hyltse, or vyl'tse (twig), from a tree, brings it home, and in the evening at the bridegroom's house it is decorated and stuck into the loaf in such a way that it can stand at the end of a table during the wedding and also be carried by the elder boyaryn, or boyar (the senior member of the bridegroom's druzhyna 'bodyguard') on his head during part of the ceremony.

The preparation, or decoration of the hyltse is of a religious nature and is celebrated very solemnly, like the preparation and baking of the korovay, and according to a strict ritual. The choir of druzhkas sings, asking God, the Saints, the bride's parents, the starostas and all present to give their blessing to the decoration of the hylt'se. This hyltse is undoubtedly the symbol of "the tree of life." It is an essential part of a Ukrainian wedding, like the korovay and the wreaths. During the procedure of decorating the hyltse appropriate songs are

sung. These songs are very moving, but the emotion they produce has nothing in common with that of Russian wedding-songs which are songs of deep mourning and laments.

While the hyltse is being decorated, the preparation of the wreaths goes on, accompanied by ritual songs sung by the chorus of maidens. The wreaths for both the betrothed are made from the evergreen periwinkle. It is a symbol of first love, marriage, and of longevity, or eternity.

On Sunday, the bridegroom and the bride remain apart, each at his or her own home, and prepare for the church ceremony of marriage, which, however, is quite separate from the folk wedding. At the bridegroom's home the starosta makes the sign of the cross on the door with his club and leads the bridegroom out of the house into the courtyard. All those present form a circle, and the mother sprinkles the bridegroom with holy water; after that the bridegroom bows to each person present, beginning with the mother and ending with the children, kisses them all and prepares to go to church, accompanied by the elder boyar and the sub-boyar who carry lighted candles and a sword decorated with flowers or ribbons and stuck into the upper crust of the loaf. The parents never come to the church wedding; this would be considered unbecoming. The betrothed may go to church separately, but sometimes the bridegroom calls for his bride; then the bride's parents bless them together.

At the bride's house the ceremony starts with the loosening of the bride's plaits. This is done in the following manner; a wooden kneading bowl is brought in and placed in the middle of the room, then covered with furs or a table-cloth, and the bride sits on it. The starosta blesses the unplaiting ceremony after an invitation sung by a chorus. Then the bride's brother, if he is a bachelor (this is an essential condition), or the nearest unmarried male relative, unties the plait. Afterwards the druzhkas comb out the bride's hair, smear it with butter and honey and hang on it coins presented to the betrothed couple; finally they add a crust of bread. Meanwhile the bride's parents, aunts and cousins give her garlic as a talisman. Garlic is also hung on her hair; then her hair is plaited again and arranged on her head in the form of a wreath. The bride now wears a girl's hair-style for the last time. This ceremony is accompanied by lyrical songs about the bride's taking leave of her plait. In different parts of the Ukraine this procedure varies. Before leaving for church the bride is blessed by her parents, or if the bridegroom arrives, they are both blessed. Then the bride and the druzhkas go to church, and if the bridegroom is present, the boyars and the starostas go too.

Often at the head of the procession, a banner, or the hyltse or the korovay is carried; there is singing and music on the way, but when the procession approaches the church, the singing and music stop.



Полк. Андрій Мельник до МУН у Торонті 20. травня 1957 р.

Дорога Молоде!

Щоб за життя мого побачити вас, наймолодшу генерацію нашого Руху, прибув я з-за океану до вас, доньок і синів українських батьків, які не забули, що в ваших жилах пливе українська кров, які не цураються свого українського походження, не цураються мозолистої руки нашого фермера чи робітника-гірника, що в поті чола добутий гріш клали в розбудову народних установ, вкриваючи густою мережею їх Канаду від Атлантийського по Тихий океан. Прибув я до вас, яким дорога Україна, батьківщина батьків ваших, а приїде час що й вас самих, коли звільнена з московського поневолення вона пригорне в свої материнські рамена синів, внуків і паравнуків тих, що гнані нуждою і переслідувані ворогом мусли покинути рідні пороги й іти на чужину, щоби найти захист серед вольних народів світу, в гостинній Канаді, другій батьківщині своїй.

Не скитальцями, а горожанами ви цієї землі, яка великодушно прийняла ваших батьків. Не один з вас засвідчив пролітою своєю кров'ю у всесвітній війні відданість цій землі. Не один з вас вже включений в громадське, господарське і політичне канадійське життя, даючи вклад у ріст і велич цієї країни, здобуваючи одну за другою позиції, які вели б вас до впливу, а згодом до керми справ в поодиноких ділянках організованого канадійського життя. Включившись всеціло в це життя, перед всіма вами розкриваються велетенські можливості як співгосподарів цієї країни, які мають свої права, але мають і свої обов'язки-завдання.

Здвоєні обов'язки лежать на вас — Молодих Українських Націоналістах, бо обов'язки супроти землі, на якій

родились ви, і супроти рідної землі батьків та дідів ваших. Ці обов'язки-завдання вкладає на вас зов української крові, гордість українського походження і свідомість післанництва вашого для здійснення великої ідеї: віднови Самостійної Соборної Української Держави.

Льояльні і віддані землі, на якій родились ви, працюйте і докладайте всіх зусиль для росту і могутності Канади.

Вірні заповітам батьків — боріться за нашу Правду і доложити всіх зусиль, щоб допомогти збудувати величній храм у вільній Україні.

Ці велетенські завдання, які стоять перед Українським Націоналістичним Рухом, а в нім і перед вами на канадійській землі, не зуміє виконати ніхто краще як ці, що любов до України виссали з грудей української матері, вколесувались звуками української пісні і на ціле своє життя зберегли в своїх душах образ України, зацплений їхніми батьками.

Пам'ятайте, що втрагли не ми єдині самостійну державу. Втрачали її і інші великі та малі народи. Але добували її наново тільки безкомпромісово боротьбою з ворогами своїми і жертвенним вкладом у визвольні змагання свої невсипущого труду цілих поколінь.

Коли дивлюся на вас, Дорога Молоде, на сяючі очі ваші, погідні чола, вроду дівчат, молодечу силу юнаків, кріпне крицею віра про невмирущість українського генія, про невмирущість українського роду, що його жде велика місія в історії людства на грані двох континентів світу.

До орлиного цього лету готуйте юні крила, Подруги і Друзі, щоб принести Україні волю, щастя і велич.

Слава Україні!

час спалювались дерева (береза) на ділянках, призначених для розорювання.

Квітень. Другий весняний місяць. В цей час ліси, поля й луки вкриваються килимом різнобарвних весняних квітів, від чого і дістав назву цей місяць.

Травень. Останній місяць весни. Ця назва свідчить сама про себе: після ранніх весняних квітів земля вкривається соковитою зеленою травою.

Червень. Перший місяць літа. Його назва походить від кількох джерел. Перше — колись слов'яни виробляли червону фарбу з певної породи черв'яків, що з'являлися на деревах саме в цей час. (Назва «червоний» в українській мові також походить від слова «черв'як»). Друге джерело «червня» — від назви часу, коли розвивалися лялечки (черв'яки) бджіл.

Липень. Пору цвітіння лип і дала підставу назвати місяць «липнем».

Серпень. В давні часи люди збирали врожай лише за допо-

могою серпа. Від цього ручного знаряддя праці і пішла назва місяця.

Вересень. Вам усім доводилось бувати в лісі і бачити на власні очі, як у цю пору року ліс вкривається густим килимом щойно розквітлених ніжнофіялового кольору квітів — це медоносна рослина верес. Тому наші предки і назвали цей місяць вереснем.

Жовтень. Золота осінь. Споконвіку в цю пору листя дерев із зеленого стає жовтим. Від пожовтіння листу на деревах і названо місяць «жовтнем».

Листопад. Листя вкриває землю, дерева оголюються. Назва місяця вказує на пору року, коли з дерев опадає листя.

Грудень. Перший місяць зими. Ще земля не вкрита білою пеленою снігу, а морози вже сковують озера і ріки, грузька осіння дорога замерзає і вкривається великими грудками з замерзлої грязюки. «Грудна путь» — так називали деякі слов'яни в цю пору року дорогу. Від цієї ознаки і був названий місяць «груднем».

УКРАЇНСЬКІ НАЗВИ МІСЯЦІВ

Колись, у давнину, люди поділяли рік не на точно визначені відрізки часу, а на періоди, що відповідали часу певних господарських робіт, або тих чи інших явищ у природі. Так розрізняли період жнив, період рубання і спалювання дерев при очищенні ділянок під землеробство, період опадання листя з дерев, появи бджолиних лялечок і т. п.

Сучасні українські назви місяців зберігають старі слов'янські назви пір року.

Січень. У народі прийнято вживати цю назву тому, що в січні бувають сильні морози, які «січуть». Була й інша при-

чина дати цьому зимовому місяцю таку назву, а саме: предки сучасних слов'ян вели «підсічне» (вирубне) землеробство — серед непрохідних лісів вирубували й випалювали ділянки, на яких сіяли зернові культури.

Лютий. Назва походить від сильних (лютих) морозів, завірюх, що найчастіше бувають у цьому місяці.

Березень. Перший весняний місяць. Його назва походить від явищ у природі і діяльності давніх людей. Це пора року, коли починають розвиватися бруньки на березі. Назва «березозол» вказує, що в цей

Looking Back

TEN YEARS AGO....

WINNIPEG: "Winnipeg UNYF is smiling prettily at itself as summer activities draw to a close. As it proudly looks over its successful work (9 parades, large concert, assisting in three other concerts and programs, including the summer school concert, holding a Youth's Day, besides attending social events, meetings etc. and holding dances) it is rolling up its sleeves and with renewed vigor in preparation for a busy fall and winter season."

HAMILTON: Ostap Szach (Hamilton UNYF President in 1946) was on his way to Victoria BC to attend Royal Military College. He had won close to a \$1,000 in scholarships based on his Grade XIII exams and came in third in an all-Canada competition for one of the scholarships.

VANCOUVER: Walter Klymkiw, together with Dr. P. Macenko arrived at Lulu Island to teach Ukrainian School and choir at the UNF Hall and to attend the University of British Columbia.

MONTREAL: "Paul Wowk, one of our first members, was the recipient of a gift from UNYF members on the occasion of his departure to Niagara-on-the-Lake; our congratulations to Miss Stella Chemy and John Wikaruk (Toronto), a newly engaged couple. Our Michael Orychiwsky has returned to Montreal for a time, after extensive cavalcading out West. Welcome Home!"

WESTWARD HO! by Steve Baszuk, Jr.

Did you ever travel west? We did, all ten of us. Only first we travelled east and then we turned west. There were eleven of us, but unfortunately, on our journey west, one of those white-polka-dotted purple shirted, six-bit-straw-hat boys ran home before our departure. Usually boys like him run away from home and not towards home. The man we are referring to goes by the handle of Peter Nahnybida.

It was a Friday night when all ten of us had our hearts set on NOT going home, but our hearts were later broken. We just had to go, leaving behind all those swell kids we met from various parts of Canada and the United States (at 8th Ukrainian Summer Courses in Winnipeg -ed.) We were heart broken when we had to part (in sweet sorrow) with that beloved, unforgotten city of Winnipeg.

It was 7 o'clock in the evening. There they were, those two-month passionate lovers shedding tears and sobbing, while most of us were making headway to board that Greyhound.

Alas, the bus rolled into the station while everybody was bidding everybody else their final cheerio (with a big kiss and a hug to go along.)

We shouted and screamed with joy until the door slammed shut. Then suddenly we heard: "Sorry, folks, please take the next bus". Well, that was the limit. It's just like Chips said, quote "It's just like making a dash for the bathroom door and finding the door locked", unquote.

Incidentally all of us Vancouverites (boys, that is) had their white polka-dotted purple shirts and our six-bit straw hats for the entire trip home. By the looks on the faces of our friendly tourists and country folk, we look-

ed like we were going to Sing-Sing.

It was 7:15 when we pulled out of the immense and glorious city of Winnipeg. Everyone of us sitting and waiting impatiently for the consequences. That's right, just try and sleep on a bus!

Somehow we got along fine through the evening. We joked with the driver, which I must tell you was very much admired by the girls. Believe me, Olga wasn't looking in the rear view mirror to see what was behind the bus, and I'll assure you she wasn't giving those pleasant smiles to the windshield wipers. We sang Ukrainian songs which pleased our friendly tourists. They enjoyed our singing in an immense way.

Since I slept (after a fashion) I will be unable to tell you about some of the towns through which we ploughed.

Our big trouble when we tried to sleep was that absent-minded hoodlum, Mike Seniuk. Everytime someone would fall asleep he would come and beat his brains out trying to make him believe that it was time to get off at Saskatoon.

Finally on Saturday at about 1 p. m. we arrived at Seniuk's big home town - Saskatoon. (Thanks a million to the gang who met us at the bus depot).

I will admit Saskatoon is a fair town, but nobody can convince us that there is a better city than Vancouver.

Anyway, we were all invited (or should I say barged in) to Romanow's place for chow-chow. Spike, dear boy, this is where, on behalf of the Vancouver Gang, I would like to express my sincere thanks for your pleasant and greatly appreciated hospitality.

Later in the evening that Sat, we had a wiener roast. We all met at the "Domivka". From here we were transported to the "sticks", some ten miles away, by a truck. We had a wonderful time, after we had almost chopped down all the trees for the fire. We roasted wieners, cracked jokes and played games. The mystery game of the evening was: "Who spilled mustard over Adam's jacket?"

The next stop on our journey homeward was Edmonton. Here we were met by three of Edmonton's UNYF members. Again we say, you just can't beat Ukrainian hospitality. All we had to do was eat and sleep, everything was arranged for us. The next evening they threw us a big splash. This was at their new hall.

Unfortunately I slept with Eddie. He kicks like a horse and laughs like a mule (in his sleep, of course). He claims I was talking in my sleep, but I think he was listening to Chips all the way down the street at Hladun's. I don't know whether Chips talks in his sleep, but one night he went as far as directing a choir in his sleep. Then he mumbled a tune of some unknown composition, his own, no doubt.

On the morning following the party, we left Edmonton on the last lap of our trip to the wonderful city of Vancouver. We all arrived safe and sound at our new Bus Depot on Thursday, September 4th, 1947, at 2:30 p. m. (this month's "LOOKING BACK" is from "Youth Speaks"; third issue of 1947.)

will YOU be getting next month's "MYH Beams?"
see bottom page 1, & make SURE

UKRAINIAN CONTRIBUTION TO PORT ARTHUR CENTENNIAL



Port Arthur's 35-foot Ukrainian float at the Lakehead Centennial celebration

Port Arthur, Ontario celebrated its 100th birthday July 27th to August 3rd, and during that week every conceivable activity was in motion -- hundreds, even thousands of Port Arthurites participated in the gala Centennial celebration.

Along with other organizations the Ukrainians took part in the mammoth street parade held on Saturday, July 27th. There were an estimated 115 floats, a dozen old-fashioned cars, plus 6 bands, dancers, majorettes of every description.

The Ukrainian float was constructed on a 5 ton truck and extended about 35 feet, decorated with brilliant flowers and twisted colored paper, with a huge glittering maple leaf and a trident impression in the centre. On the sides of the truck was painted, "Ukrainians Salute the Centennial."

A group of young dancers from Port Arthur and Fort William UNYF Branch adorned the float, accompanied by an orchestra seated on the cab of the truck. During the entire 3 mile procession the youngsters, numbering 15, danced on the float and received endless applause from tourists and local inhabitants alike. Flanking the float were six Cossacks on horseback, providing an authentic Ukrainian backround - and all this in 90 degree heat!

On Wednesday afternoon, July 31st 25 dancers under the leadership of Mr. F. Kuzenko took part in the "All Nations Day" performance at the Port Arthur Stadium. Dances featured were the traditional numbers, such as "Hony Viter, Kozachok Solo, Sword Dance, Siyanka Kolomeyka and Hrechaniki.

With a five piece orchestra and a male choir of 25 vocalists the Ukrainians began the show -- 30 minutes in all. Numerous comments afterwards indicated the Ukrainians portion to be the most appealing and most colorful. D.J.P.



The **R**am**B**ler

Just in case you haven't heard....

beginning with the next issue of MYH Beams, only those who have paid their '57 membership fees will continue to receive our rag; non-members and alumni who are currently receiving MYH Beams and would like to continue to do so, have only to forward a nominal \$2.00 subscription fee to the D.E...with winter staring us in the face everyone is preparing for another round of club activities - West Toronto UNYF will wind up its 8-month long popularity contest with a Coronation Ball, Saturday September 14th, at the UNF Hall on College Street in Toronto....Senior UNYFers recently held a barbecue at the home of Lucky & Steffie Kitt, in Scarborough, Toronto suburb; 45 of the local old-timers helped themselves to sizzling steaks and gabbed about, among other things, the Gravenhurst resort, which has since been sold to the Canadian Boy Scouts for close to \$100,000 (?)...(do we dare?)the next Communist Ukrainian film scheduled to invade movie houses across the country is called "300 Years Ago" and is based on the Bohdan Khmelnytsky period of Ukrainian history..
 "Ukrainian Melody Hour" from New York City will reach Southern Ontario, each Sunday afternoon, beginning Sunday Sept. 1st via ABC tv-network on Buffalo's WGR TV, channel 2.....more Ukrainians; to Nick and Halia Topolnicky (nee Bahniuk) in Regina, a baby boy; to Ray and Halia Doskotch (nee Cham) a baby girl (named Donna Lesia - 11 lbs, 2 oz.)....Miro Skala-Starytsky, leading tenor at the Crown Theatre in Brussels Belgium, will make his North American debut at Toronto's Massey Hall, Sept. 15th; he will appear at Montreal's Plateau Hall on the 22nd
 West Toronto's secretary, Nadia Nestorowsky recently returned from a two week's stay with sister Natalie & her husband Buddy Obal in Jackson Florida.....it is expected that a World Congress of Slavists to be held in Moscow in 1958 will be boycotted by Canada's University Slavic departments, the majority of which are headed by Ukrainians.....while in USA, Col. A. Melnyk was invited into the Pentagon, USA military headquarters, for a look-around....2 of Canada's major Ukrainian newspapers are talking amalgamation....Windsor UNYF is preparing its second annual "Vechir Rozvahe"....for those interested, complete recording of the UNF Jubilee Festival Concert will be made available this fall, on two LP's; place your order with Sammy Dzugan, 1015 Weston Road, Toronto 9, Ontario.....married in Regina, Eunice Semkow and K.R. Brown - they will be living in Toronto....Nick Nickilchuk and wife Jean are living in Sudbury, where "Tiny" is assistant artist on the local CKSO-TV station
 a fire caused \$900,000 damage at Essex Packers; On August 18th, Hamilton UNYF held a shindig at the home of the Branch President, Eli Poworoznyk, in Winona Ontario; everything from volleyball to wiener roast offered a pleasant afternoon to about 50 UNYFers who attended the affair.....floors are threatening to collapse at D.E. offices in Toronto - lots more - no room!

a male MYH member's guide to

HOW TO HAVE A GOOD TIME AT A UKRAINIAN WEDDING

(A) OVERTURE: The first thing to do is get a car or a buddy with a car, preferably a nice, shiny, new car . There should be no more than two fellows to a car as this tends to cramp one's style later on. Come to the reception, convinced that you're going to have a roudy good time. As you walk in, the band will no doubt deafen you -- silence the yokels with a piece of silver. If the groom is smaller than you, grab the bride and give her a good wet smack on the lips. Even if you hardly know the person, don't let this stop you. Eye the bridesmaid that pins in your flower.

As you walk toward the table you will notice that the males are whooping it up, drinking and eating like mad, while the femmes are staring at you, making note of you for their next gossip session. If you see someone that you know, even slightly, stop and, waving your arms like mad, bellow something like, "eyyyyyyy!" or "alloooooohhh!" This lets everyone know that you're an all round keen fellow, beloved by dogs and children - and above all "one of the boys."

(B) PIECE DE RESISTANCE: Once you're behind the table, pile your plate high, pour yourself a good stiff ----, and downing it in one gulp, give out with a loud guttural "ahhhh." This shows that you are a true-blue "nash." Now, armed with a bottle of ----, to wash down mouthfuls of food, (chewing is kept to a minimum) fill your stomach (not completely, mind you; the night is still young), After this, take another ---- and while exchanging greetings and vulgarities with your friends, survey the girls considering all possibilities. Try a couple of dances. Don't get anxious--wait until after "darovania."

After the darovania (a wonderful opportunity to ogle the bridesmaids) comes the second meal, or at least a chance to get vysoko. By the time the band resumes playing you're felling too good to be dancing just yet. Let the girls wait for a while. They'll appreciate you all the more later on. When you glance at your watch and find there's only an hour left before the silly curfew, walk over (go on, you can still walk properly) to that cute little brunette (or blond or redhead of what have you) you've been considering all evening and ask her for a dance. If it's a polka, don't feel that it's absolutely necessary to make conversation.

Never let a tango go by. Don't forget that in a tango you can put a bear hug on her and straining her against you, whisper sweet nothings into her ear. If you have any special talents like being a university student, or whistling through your teeth, or picking your nose with your toenail, don't hesitate to mention it. This and the fact that there is a nice shiny car just waiting to take her home is pretty strong stuff to hit her over the head with. You of course, know that the silly little thing is all thrilled to pieces over you. When a number ends, don't

(continued on next page)

let her go, but keep a gentle, inescapable grip on her waist. Don't let the fact that her mother is giving you curious, perhaps hostile stares deter you from your purpose. Give her the impression that you are good son-in-law material.

(C) FINALE: Chances are that there is a party somewhere that night. Take your lialka and go.

(sorry, next 2 paragraphs censored - ed.)

When you take her home, thank her for a good time and blow. Don't go getting careless and fall for her. This is definitely against rules of behaviour for "nashi" boys.

You can now sleep soundly, haven't proven your capacity for liquor and capabilities as a lover. The only thing to do now is take it easy and rest up for next week's wedding.

by Ivan McLushnik

IS YOUTH PHYSICALLY FIT? contd. from page 3

Is this country, with its automobiles, central heating, rich diet, modern medicine and life-by-gadget, producing young people who are good-looking, large, but fat and flabby?

These are the findings from a recent survey carried on by one of the largest weekly magazines on the continent:

*** Our youth, generally, probably is softer than that in Europe and many other countries of the world. They are softer, too, than those of previous generations. The exceptions today are found in the minority that are raised on farms or "make the team" in high school and college sports.

*** The problem traces to the fact that muscle-building chores have disappeared from the scene in most homes. Gone, too, even in most suburbs, are the woods and fields where previous generations of young people blew off energy and got body-building exercise. Children no longer do a lot of walking. Traffic makes it dangerous. Buses deliver them to school, and parents have fallen into the habit of chauffeuring their youngsters even for short distances where there is no danger.

*** With less time spent in walking to school and other activities and freed from chores at home, today's youths have much leisure time. With fewer places to play and use up this leisure time, they have turned more to TV and movies, or gathering around soda bars.

*** This situation, however, in the eyes of most experts, is not of emergency proportions. Military men, for example, report that the youths who come to them respond to training beautifully, get "hard as nails" and can stand up to those of any country in combat.

*** However, there is the need to be alerted to the problems that life in this country has generated for its youth. In fact, things are stirring in many schools, colleges, cities and communities where new programs are being launched.

HAVE YOU MADE SURE?

(see bottom page one!!!!!!)

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