



UKRAINIAN CANADIAN CONGRESS
Alberta Provincial Council

КОНГРЕС УКРАЇНЦІВ КАНАДИ
Провінційна Рада Альберти

Spring/Весна - 2020

Христос Воскрес!

Хай лине увись передзвін
Великодній,
І кличе молитва душу в
політ!
Хай зйдуть на землю
щедроти Господні
І крила розгорне
оновлений світ!

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Альбертська провінційна Рада Конгресу українців Канади бажає Вам всього
найкращого з нагоди Великодніх свят!

Global Coronavirus pandemic has impacted all of us in Alberta and around the world. We are deeply saddened by suffering and extensive loss of life by this virus. May the souls of the departed rest in peace. Our thoughts are with those who have been impacted and those who are struggling.

We are a strong and resilient people. We need to tap into our rich culture and heritage to help us get through these challenging circumstances. I encourage you to embrace our Ukrainian traditions and create a new way to celebrate Easter in your homes during these unusual times.

Ми - сильна та терпляча нація. У цей важкий час давайте вкоренимося в нашу культуру та прадавню спадщину. Я звертаюся до Вас із проханням знайти новий та унікальний спосіб святкування Великодня цього року. Нехай цей Великодній час духовно об'єднає всіх українців!

May the celebration of the bright and joyous holy day of Easter bring peace, happiness and hope to all of you.

On behalf of the Ukrainian Canadian Congress Alberta Provincial Council, I would like to wish you and your family a Happy Easter!

Христос Воскрес! Воістину Воскрес!

Orysia Boychuk

WAYS TO CONTRIBUTE

You may find personal encouragement and increased feeling of control in these difficult times by helping out Alberta community:

- Donate blood – more information on how to make an appointment to donate blood is available at the Canadian Blood Services website (blood.ca).
- Donate to your local food bank.

Also, if you are able to do so, we would greatly appreciate donation to financially help support our non-profit organization – UCC-APC. With our upcoming casino cancelled and a limited opportunity to host events in the community to raise funds to operate, please consider making a donation to help us maintain operations in these challenging times. We would be very grateful for any amount – please consider making a monthly donation of even 5 – 10 dollars.

We would love to hear from you. Share with us how you are staying connected with your friends, family, and community. Our UCC-APC Board of Directors and Executive want you to know that we are here for you. Let us know if we can assist you with setting up online collaboration tools, finding a chat-buddy or someone to help with grocery pick-ups. Stay calm and strong and together we will conquer these challenging times.

We are all facing uncertainty caused by the coronavirus pandemic, and it makes staying active and connected to our friends and family all the more important. But with social distancing and even “stay-at-home” orders, getting active and staying connected seems harder than ever. Physical activity has multiple physical and mental health benefits; it gives us control over a positive aspect of our lives. Similarly, staying connected to our social groups provides familiarity, solidarity, and comfort.

Залишайтеся активними! Stay Active!

- Take a walk or go for a run (keep in mind the 2 m/6 ft distance)
- Prepare your yard for spring (when it finally warms up!)
- Yoga! В інтернеті є багато безкоштовних занять з йоги.
- Вправи без додаткового обладнання! Зробіть список 4 – 6 вправ, повторюйте їх по 30 – 60 секунд – чотири рази. A few simple exercises: squat thrusts, jumping jacks, body weight squats, sit-ups/crunches, burpees, push-ups, and triceps dips.

Щоб продовжувати зв'язок з близькими, пропонуємо наступне:

- Schedule virtual visits with friends and family – Skype and Facetime are great options.
- Спробуйте улюблені ігри онлайн – Arkadium.com offers a variety of card and board games.
- Join an online discussion group or book club – SeniorChatters.com offers a way for older adults to engage in different topics online.
- Подивіться концерти на живо або відвідайте службу Божу онлайн
- Hand-write a letter or a card.

Віртуальні зустрічі – Remote Meetings

There is an abundance of technology out there that makes the process of running an online meeting easier, faster, and more collaborative. Few questions to ask yourself:

- Functionality – number of participants, the need for separate account, mobile app vs desktop link.
- Technology integration – recording live, screen-sharing.
- Cost.

Способи зв'язку? What's out there?

- Zoom
- GoToMeeting
- Google Suite – virtual meetings, office files integration, calendar (collaborative work on all office levels)
- MS Office 365 – file integration, virtual meetings, calendar (collaborative work on all office levels)

Звертайтеся до КУК-Альберти якщо Вам потрібна порада чи допомога з вибором програм чи технічного обладнання. Ми раді Вас підтримати у ці складні часи.

ЧИ ВИ ЗНАЛИ?

У нас чудова громада, яка хоче підтримувати з Вами зв'язок!

- You can attend the following churches online (check out their websites for medium): *Катедрa Св.Йосифата, Св. Василя, Св. Юрія, Св. Антонія (в Едмонтоні) та Св. Стефана (Калґарі)*
- ACUA has virtual tours available on their website! You can also order your pysanky writing supplies online through their store.
- Many Ukrainian dance groups are running live dance practices! Contact AUDA for details!



Христос Воскрес! Christ has Risen!

Dormition of the Most Holy Mother of God - Edmonton - *Virginia Sharek*
Holy Eucharist - Edmonton - *Cheryl Semeniuk*
St. Basil the Great - Edmonton - *Angeline Stelmach*
St. George - Edmonton - *Lilea Wolanska*
St. Josaphat Cathedral - Edmonton - *Carol Batty*
St. Nicholas - Edmonton - *Barb Olynyk, Eleanor Busko & Bernadette Mandrusiak*
St. Vladimir - Edmonton - *Ivanka Korcaba*
Assumption of the Blessed Virgin Mary - Calgary - *Anne Pawelek*
St. Stephen Protomartyr - Calgary - *Nettie Kost*
Sts. Peter and Paul - Mundare - *Marie Stelmach*
Ascension of our Lord - New Kiew - *Michelle Palsitt*
St. Vladimir - Red Deer - *Oksana McIntyre*
Protection of the Blessed Virgin Mary - St. Paul - *Lloyanne Yaremko-Galas*
Sts. Volodymyr and Olha - Smoky Lake - *Carol Zarusky*
Sts. Volodymyr and Olha - Two Hills - *Pat Marcichiw*
Holy Trinity - Vegreville - *Teresa Makowecki*
Descent of the Holy Spirit - Waskatenau - *Marlene Diachyshyn*
Protection of the Blessed Virgin Mary - Camrose - *Doreen Ignatiuk*

Time to get 2020 nominations in!



This year UCC-APC Hetman Awards have a new pilot category – the Hetman Professional Award. Organizations or individuals can nominate candidates. Please go to uccab.ca, and to download the 2020

Nomination forms. There are 3 types of applications: Hetman Awards, Exemplary Volunteer, and Professional. Recipients of the Hetman Awards will be presented at the Hetman Banquet, which is planned for Saturday October 24, 2020.

Номінаційний процес на нагороду "Гетьмана" розпочато! Запрошуємо Вас відзначити надзвичайних українців нашої громади.

If you have questions, please email info@uccab.ca or call (780) 414-1614.

Nomination deadline is June 15, 2020.



Ukrainian Day 2020

Ukrainian Day Festival 2020 is on August 16 at the Ukrainian Cultural Heritage Village. We are looking forward to celebrating with you! Stay tuned for more details.

Фестиваль Український День 2020 відбудеться 16 серпня в Селі Української Культурної Спадщини!

100th Anniversary of the end of Internment by Canada during the First World War

June 20, 2020 marks 100 years since the end of Canada's first national internment operations of 1914 – 1920. In total, 8,579 men, women, and children were branded as "enemy aliens" and interned at several sites in Alberta, such as Jasper, Banff, St. Paul, and Lethbridge, as well as all across Canada. Among them were many ethnic groups, of which most were Ukrainians and most were civilians.

20 червня 2020 року буде 100 років з моменту закінчення перших національних операцій інтернування в Канаді 1914 - 1920 рр. Загалом, 8 579 чоловіків, жінок та дітей було помарковано як "ворожих прибульців" та інтерновано в Альберті та по всій Канаді. Серед них були різні етнічні групи, але більшістю були українці (цивільні).

This year, communities across Alberta and Canada will be commemorating the 100th anniversary of the end of Canada's first national internment operations. We will remember all of the men, women and children cruelly imprisoned during Canada's first national internment operations. We will honour those who were imprisoned, stripped of their wealth, forced to do, heavy labour, and disenfranchised.

Цього року в Альберті та по всій Канаді відзначатимуть 100-ту річницю з дня закінчення канадських національних операцій інтернування. Ми також будемо вшановувати цих чоловіків, жінок та дітей, яких було ув'язнено, позбавлено своїх нажитків та примушено до виконання важкої праці.

For commemoration events in Alberta, please check the uccab.ca website and Facebook. For more information on the internment, please go to Canadian First World War Internment Recognition Fund [website](#).

ХРИСТОС ВОСКРЕС! ВОІСТИНУ ВОСКРЕС!



Engaged in community development and intercultural dialogue

MacEwan University's Ukrainian Resource and Development Centre (URDC) develops and coordinates educational and cultural projects that connect the university with its partners in Canada and Ukraine.

MacEwan.ca/URDC

З Великоднем!





ЗУСТРІЧІ З ГРОМАДОЮ - ЗИМА 2020



На фото: святкування при Консульстві Японії: Ген. Консул Японії Шігенобу Кобаяші з дружиною Кеїко, Інна (Президент, КУК-Калґарі), Оріся



In the photo: Orysia, MLA Laila Goodridge, Inna (UCC-Calgary)



На фото: святкування Польського свята Оплатек: Галіна Мадеж (Президент, Канадсько Польський Конґрес Альберти)

Українська телевізійна програма
"Альберта Контакт"

В неділю - 9:30 год. ранку
В понеділок - 8:00 год. ранку

Alberta
tv
КОНТАКТ

Watch the local Ukrainian TV program which
showcases community events in Alberta

OMNI TV

Shaw Cable Ch. 11, Shaw HD Ch. 214
Telus Optik Ch. 119

Sunday - 9:30 AM & Monday - 8:00 AM

**Христос Воскрес!
Воістину Воскрес!**

YouTube: Alberta Kontakt TV
AlbertaKontaktTV@gmail.com



Щасливих
Великодніх Свят!



UCC-Edmonton Branch
wishes you and your family
Happy Easter.
May this holiday be filled
with happiness, health and
many blessings.

www.uccedmonton.ca

www.facebook.com/uccedmonton/



Вітаємо
зі світлим
Христовим
Воскресінням!

We wish you a

Happy Easter



Ukrainian Canadian Congress
Alberta Provincial Council
Unit 8, 8103 127 Ave NW
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T5C 1R9



2020 EASTER APPEAL ВЕЛИКОДНЕ ЗВЕРНЕННЯ

Please write cheque to : UCC-Charitable & Education Trust (if tax receipt is required)

UCC-Alberta Provincial Council (if no tax receipt is required)

☐ \$200 ☐ \$100 ☐ \$50 ☐ Other \$

Cheque

☐ Credit card

Card number

Expiry date

Security code

Name

Address

City Postal Code E-mail

Telephone

Donations will be acknowledged and official tax receipts will be mailed through UCC National.

Всі пожертви будуть визнані та посвідки для зниження податку будуть вислані через Національний КУК.

☐ Please do not publish my name as a donor ☐ Call me to set-up small monthly contributions

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Alberta Provincial Council
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