

From the Heart

Immaculate Heart of Mary School
650 Flora Avenue
Winnipeg MB R2W 2S5
Phone: 204-582-5698
Fax: 205-586-6698
www.ihms.mb.ca

THROUGH THE EYES OF THREE GENERATIONS...

At this time of year, when we are busy preparing for Christmas, we are surrounded by many reminders of family, faith and the importance of giving.

My time at Immaculate Heart of Mary School certainly nurtured the values that were instilled in me by my family, especially the importance of preparing. The time of Advent (Pylypivka) before Christmas and the time of Great Lent before Easter, stand out as special preparation times during my days at Immaculate Heart of Mary School.

I especially remember getting ready for the big Christmas concerts. There were the rehearsals to learn new songs, and to try and remember where you needed to be on the stage and what you needed to do for your

part in the Christmas concert. I think I was in around grade 5, the concert started, and low and behold a real new born baby was recruited right out of the audience to play the role of baby Jesus! Looking back now those were very brave parents letting their baby go and be the guest star of the concert.

Immaculate Heart of Mary School played an important role in my family life. My son Marcus is the third generation to attend the school. Back in the 1950's my Baba and Gigi Suchynsky even moved into the neighborhood so that their five children could attend the School. What a testimony to how important it was to them to give our family the opportunity to be educated in a Ukrainian Catholic environment.



Nadia (Suchynsky)
Malchuk (Grade 1)

My mom Nadia (Suchynsky) Malchuk started at the school in grade 1 in 1962 and stayed right though to grade 8. The lifelong friendships live on today. In fact some of our close friends are mothers and daughters that went to IHMS. Two generations with friendships spanning over the generations.

This year my son Marcus has entered Sadochok at IHMS. I knew that if I had children IHMS needed to be an option. My husband, who did not attend the school, agreed after having the pre-admissions tour. We like the small classroom sizes, and the family-like environment that comes along with the high level of education, instilled with faith and rich culture.



Angela (Malchuk)
Docouto (Kindergarden)

Going back to IHMS as an alumni, and mother, has been different, but very rewarding. I am very touched to see Markus's excitement about going to IHMS. I am seeing IHMS school life now through his eyes, and yes, it does bring back many comforting memorable experiences.



Marcus Docouto (Sadochok)

Wishing you and your family a very Merry Christmas and all the best in 2017.

Angela (Malchuk) Docouto



From The Principal's Desk

Immaculate Heart of Mary School has been bustling during this first term with many exciting and unique experiences for the students.

- A cross-cultural art activity took place during the month of October. All of the grades had guest artists (Natasha Halayda and Val Vint) visit their classrooms to teach them about Ukrainian and Indigenous art forms.
- There were field trips to Winnipeg Harvest, Little Mountain Park, Canadian Museum for Human Rights and We Day.
- The IHMS Debate Team has competed in a couple tournaments, with more to follow in the New Year.
- A Holodomor awareness workshop was featured at the end of November with guest presenters Irka Balan and Val Noseworthy. As well, a Holodomor prayer service brought profound meaning to the students' learning.
- There were four IHMS volleyball teams that wrapped up their seasons at the end of November.
- The IHMS Parents' Guild hosted a fun-filled Family Movie Night!
- Christmas Concerts are in full preparation: cast rehearsals, props being constructed, and costumes being created.
- A Pylypivka prayer service reminded the students of the peace we strive for during the Christmas season.

These are just a few of many events and activities taking place at IHMS. It's a vibrant learning environment!!

We invite alumni to join us for the Christmas Concerts at the end of December, and as well, at the Annual School Tea in February.

May the Lord's blessings be with you and your family for a peaceful Christmas season.

God Bless,

Rod Picklyk, Principal



An Opportunity for the Next Generation!

Do you have children of your own that are of school age?

Consider joining the 28 alumni parents that currently have their children attending IHMS.

Please keep Immaculate Heart in your list of options when making a choice of schools for your children.



Immaculate Heart offers:

- a Sadochok (Nursery) Program for 4 year olds (two full days/ week)
- a Kindergarten Program for 5 year olds (three full days/week),
- Grades One to Eight (full time)
- instruction infused with spiritual development
- instruction in English, Ukrainian and French
- a strong music / performing arts program
- an accomplished athletics program
- state of the art technology and much more!!

• **For more information** about enrolling at Immaculate Heart please visit the admissions link on the website, or call the school office at 204-582-5698. We would love to reacquaint you with our school by giving you a personal tour.

What is your Favourite Memory from Immaculate Heart at Christmas?

J: The Christmas season at IHMS was always a special time of year - festive decorations, advent candles, hampers, 'Keep Christ in Christmas' art contest, and carols. The annual Christmas concert was always a really exciting time for me. I remember I had a speaking role one year, Grade 7 I think. Michael Baniyas and I were Zacharias and Elizabeth, the older barren couple that would miraculously become the parents of John the Baptist. I was tall for Grade 7 - and Mike wasn't - so we already looked comedic. And then I had a line about "being NO spring chicken!" Well I had no idea how funny that actually was at the time, but the crowd laughed! That was the one and only time I got laughs from the audience. Every time I hear that "spring chicken" saying I think of that role in the IHMS Christmas concert many years ago.

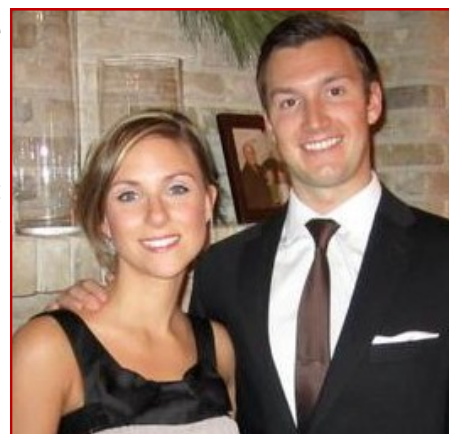
M: I also enjoyed performing in the Christmas Concerts each year, the excitement of the dress rehearsals for the other students of the school during the day, then coming back in the evening to perform the big show for our parents, families and school community. "A Church-mouse Christmas", the play we performed when I was in Grade 3, is one that particularly stands out for me. It is my first memory singing/performing on stage.

Gathering in the gym for our annual Christmas school assembly was another great day at Immaculate. Singing, "O, XTO, XTO" at the top of our lungs while ringing Christmas bells to try to get Cvyatay Mykolai to come into the gym and give us brown paper goodie bags with candy canes inside is a tradition that will hopefully live on year after year!

It's memories like these that we hope every other alumnus of the school has at least a few of. We encourage you all to join the Facebook group and stay involved in the community, and share your stories of your time at IHMS, St. Nicholas School or IHM Academy.

Mikhas ('02) & Johanna ('01) (Washchyshyn) Chabluk

Co-Chairs - Alumni Association



CHRISTMAS PAST



St. Nicholas School 1954



"Aloha Christmas" 2012



"The Christmas Lion" 2009



"Humbug" 2007



"Super Gift From Heaven" 2003



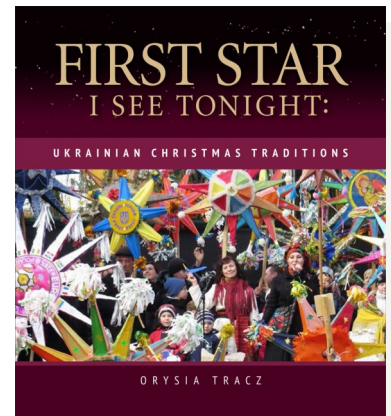
Immaculate Heart of Mary Academy in 1961

Did you know?

2017 will mark the 60th anniversary of Immaculate Heart of Mary Academy opening its doors! Would you like to help us celebrate this monumental year? Join our planning committee to help us plan a reunion at Bethany Home— (the old Academy) Visit your old rooms, reminisce and reconnect. Contact Lubov SSMI Foundation to get involved
204-942-0443



Orysia’s love and knowledge of Ukrainian traditions, ethnography, and song, were the essence of her spirit. A writer, researcher, lecturer, translator, and storyteller, her activities spanned the globe, from Australia, throughout Canada, the US and Ukraine. Most recently, Orysia entered the prime of her life where she was able to channel her energy into her passion for books and telling the story of our rich and ancient heritage. Last year, she published “The First Star I See Tonight”, a collection of her articles on Ukrainian Christmas traditions - the first of what was to be many books on why Ukrainians do “The Things We Do.” Sadly Orysia passed suddenly on November 10th, 2016. *Вічна Пам’ять!*



The first in-depth English-language book on Ukrainian traditions!

A wonderful book by Orysia Tracz filled with colourful pictures and stories of interest to families of all generations with roots in Ukraine

\$49.95

A portion from the sale of each book supports
Immaculate Heart of Mary School

Available through Lubov SSMI Foundation Office—1085 Main Street
Or at Immaculate Heart of Mary School



AN INTERNATIONAL VISITOR

On October 26, the staff and students of IHMS were honoured to welcome a very special visitor to the school – Sr. Theresa Slota, General Superior SSMI.

Sr. Theresa lives in Rome, and is the leader of the Sisters Servants of Mary Immaculate. There are communities of Sisters Servants in over 13 countries throughout the world. One of Sr. Theresa’s mandates is to visit with each community

KEEPING THE SPIRIT ALIVE!

Immaculate Heart of Mary School continues to be vibrant because of our community of supporters. Thank you to the donors that have contributed through the Lubov SSMI Foundation Inc. to the school.

The following are donors that made a contribution between June 18, 2016 and November 17, 2016

Move the Spirit Capital Fund

Ukrainian Catholic Foundation of Canada
Brian & Kelly Duplak
Jennifer Wiwchar-Fast

School Operation Fund

Carpathia Credit Union
Mary Kuzminski
Kenneth and Bertha Stoyko

Scholarship/Bursary Fund

Les & Caroline Dubowits

In Memory of Connie Dziedzic

Gary & Joyce Michaluki
Edwin & Gloria Hryciw
Vernon Dziedzic

In Memory of Len Kozak

Helen Korban

We apologize for any errors or omissions.

Please contact Lubov SSMI Foundation Inc. at 204-942-0443 if you have any questions.

This Christmas, consider giving a gift to the school, in honour of the person who has everything.

Pay tribute to those wonderful memories you shared, while ensuring the next generation is able to create their own amazing friendships and IHMS memories. A special card will be sent to the honouree on your behalf.

A SPECIAL WAY TO REMEMBER

Sincere thank you to Janice Wautier and her late sister Connie Dziedzic, who's memory will be remembered through the Scholarship/Bursary fund at IHMS. This is an exceptional way to remember your loved ones, and leave a legacy at the school.



Connie Dziedzic passed away on October 20th, just two days short of her 68th birthday. Connie attended St. Nicholas school from 1954 -1962, from first grade through to eighth, and went on to graduate from St. John's High School. Connie received her arts and education degrees at the University of Manitoba before beginning her teaching career in 1967.

Вічна Пам'ять!

MOVE THE SPIRIT

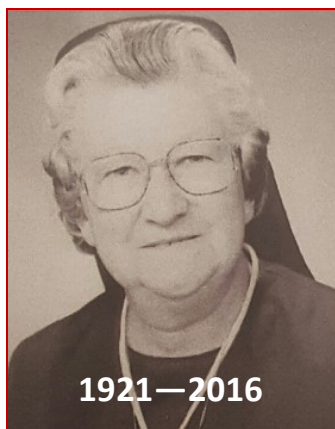
Contributions to the Move the Spirit Capital Fund are used for major capital expenditures that will benefit the school community now, and well into the future. A portion of the funds are invested for the long range vision of a new IHMS campus. A portion of the funds are allocated for the capital expenditures and beautification of the current school.

SCHOOL OPERATION

Contributions to the School Operation Fund are earmarked for the day to day programs offered to the students. IHMS provides an academic program that promotes excellence and develops independence. Along with the curriculum there are many co-curricular and extracurricular programs for students, providing them a well rounded educational experience. Some of the co-curricular programs include: Performing Arts/Drama, Cultural Education, Social Justice Club, School Intramural Sports, and the Debate Program.

SCHOLARSHIP/BURSARY

Contributions to the Scholarship/Bursary Fund provide financial assistance to students to continue their education. Full and partial bursaries are available to any student, based on financial need, as determined by the Bursary Committee. Scholarships are awarded to students based on academic achievement and/or participation in school programs and activities.

FONDLY REMEMBERED..... NEVER TO BE FORGOTTEN

Sister Metrodore Mizun, SSMI in her 95th year of life was taken to the Lord on the 25th of September 2016.

Sister Metrodore died peacefully at Holy Family Home, with her nieces Margaret and Ellen and her community of Sisters present.

Sister Metrodore (Anne) was born in Toronto on November 21, 1921.

Anne entered the Novitiate of the Sisters Servants of Mary Immaculate on July 28, 1938 and took the religious name of Metrodore. She was preceded in 1925 by her sister Stephanie (Sister Naucratic), who died at an early age in 1930. Sister Metrodore's youngest sister Nadia, followed her into religious life in 1942, becoming Sister Genevieve.

Music was a big part of Sister Metrodore's soul. While in Toronto, she studied music at the Toronto Conservatory and in private studios in Saskatoon, Windsor and Detroit. She took courses in choral and orchestration. She also took choral conducting sponsored by the Ukrainian Canadian Committee. She opened a School of Music in Windsor and taught piano and music theory for 54 years. She helped students reach their potential, giving them guidance, valued advice, hope, inspiration and encouragement.

While in Windsor, she served the parish of Saints Vladimir and Olga Ukrainian Catholic Church, teaching religion and Ukrainian, directing youth and children's choirs, cantoring and leading a prayer group. She was warm, caring and compassionate to those suffering, always available to anyone in need. She was especially grateful for her year of spiritual renewal at Gonzaga University in Spokane, WA. and her opportunities to travel to other countries. Sister Metrodore was devoted to her family and grateful for the faith of her parents. She reached out to her siblings and relatives in all circumstances of life.

In 2006, Sister left Windsor and was missioned to St. Paul's Home in Dauphin, where she celebrated her 70th Jubilee as a Sister Servant two years later in 2008.

In 2015, Sister Metrodore became part of Holy Family Home. As a resident she continued her ministry of encouragement and prayer. She valued the warm welcome and excellent care she received.

May the memory of Sister Metrodore be eternal. Вічна Пам'ять!



Eva Kissick (nee Buchko) attended St. Nicholas School from 1924 to 1934, where she collected many memories and friendships. Eva remembered her time at St. Nicholas' school fondly, and certainly understood the value of the education – both scholarly, and civilly – that she received over her ten years.

For the 100th anniversary celebration of the schools, Eva was interviewed and mentioned numerous times how lucky she was to have attended St. Nicholas School. "There, it [was] like a circle that you live[d] in."

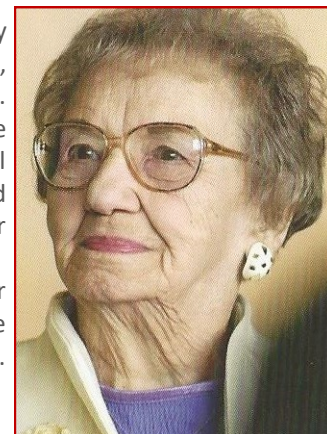
Eva had a beautiful voice and sang at hundreds of weddings, she was also a featured soloist with the St. Nicholas choir for many years. Eva was a true artist in every sense of the word and it is easy to see that she found her passion early on at St. Nicholas School. "I loved memorizing poetry and writing. Sister used to make us sing and I loved that. I loved art and music, but I didn't like geography and history."

On September 24, 2016 Eva passed away. She will be deeply missed by her sons Brian and Lorne, and grandchildren Angela, Darryl, Melanie and Avery. Eva was predeceased by her husband Paul, and son Robert.

Her sons remember how "she worked constantly, through difficult circumstances, to provide [them] with a comfortable home life, and she did it all with a smile." She was truly an exceptional person. Eva served as a secretary and translator for the Ukrainian Catholic Women's League and other worthy causes. She retired from her job at Eaton's in 1982 and enjoyed her time at home ever since.

"I was very lucky to be able to attend that school. I remember that to register you paid \$10 per year. I remember when my mother registered both my brother and me, she brought \$20 and she said "I am paying the tuition for the entire year. If you have to discipline them, Sister, do not worry. Go ahead and discipline, for I will not be upset about it."

May the memory of Eva Kissick be eternal. Вічна Пам'ять!



WHERE ARE THEY NOW?



Jay and Sophia Korban

Jay Korban ('05) has been in Ottawa, ON for the past two and a half years. Jay has entered the Holy Spirit Ukrainian Catholic Seminary, studying at the Metropolitan Andrey Sheptytsky Institute. Jay married Sophia Nahachewsky in 2015, and just welcomed their first child, Benjamin Jay, on November 18th! Jay has stayed very active within the Ukrainian Catholic community in Ottawa by staying involved with the parish youth group, singing in the Institute Choir and over the past two summers helping organize the new Ottawa Capital Ukrainian Festival. Jay also got his second championship ring this past summer with the Ottawa Champions Baseball Club.



Benjamin Jay Korban



Adrianna Karpa
IHMS 2012

Adrianna Karpa graduated from Immaculate Heart of Mary School in 2012 as Class President. Adrianna played every sport at Immaculate, but her favourite sport was soccer. She started playing soccer at the age of 4 years with the East St. Paul Aces. Adrianna played with many teams including the FC Northwest Premiere teams where she traveled to the Canadian National Club Soccer Championships in British Columbia, Prince Edward Island, Nova Scotia & Newfoundland. Adrianna attended Glenlawn Collegiate where she trained in the NDC (National Development Centre Program) for the Canadian Soccer Association. While attending High School Adrianna played on the Manitoba Provincial Teams and the Manitoba Blizzard Team where she travelled to the USA to play in many showcase tournaments. She was scouted by many Division 1 colleges including Jacksonville State University in Jacksonville, Alabama where she is currently attending school on a 4 year soccer scholarship. While attending Jacksonville State University Adrianna plans to pursue a degree in business.



Karpa - Jacksonville
State University



At the Sports Manitoba Hall of Fame Induction

Back row (l to r): Cynthia (Yakiwchuk) ('68) and Rick Chuckree, Alanna ('79) and Grant Hinrichsen, Valerie (Yakiwchuk) Ganchar ('70), Luke and Kaitlyn Hinrichsen, Willow and Justine ('76) Yakiwchuk, and Mrs. Stella Yakiwchuk

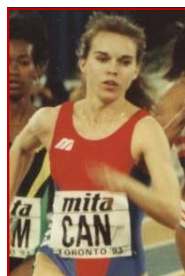
Photo: Joey Traa

IHMS Alumni Inducted into The Sports Hall of Fame!

Alanna (Yakiwchuk) Hinrichsen was recently inducted into the Manitoba Sports Hall of Fame. She is only one of five female athletes that has been bestowed with this honour. Interest in sports has always been a big part of Alanna's life, beginning during her time at IHMS (1971-1979).

In the late 1980s and well into the 1990s, Alanna was one of Canada's preeminent 400m sprinters. She dominated the CIS (Canadian Interuniversity Sport) sports scene from 1989-92 with nine medals including seven gold. Due to an injury, tearing her Achilles tendon, Alanna's athletic career shifted. In 1999, Alanna took on the position of Sports Coordinator for the Pan American Games in Winnipeg. Thanks to this experience she was able to go onto the 1999 Summer Olympics Games in Sydney, Australia as a Project Manager responsible for all 28 sports and their competitions. This experience was to be life changing

for Alanna because it was in Sydney that she met her future husband Grant. Throughout the years Alana continued to share love of running as a coach to many athletes. At the induction event Alanna shared how blessed she was to be given the dream of representing our country on the world stage, being on the podium, singing O Canada. As an athlete, she stood on the start line on the track alone, but it was the support of so many that carried her to the finish line. Alanna is grateful for the support she always received over the years from her parents and family. Alanna, Grant and their children Luke and Kaitlyn have been living in Winnipeg but soon will be moving back to Australia.



Alanna's IHMS Grade 8
Basketball Team in 1979

PLAYGROUND STRUCTURE FOR IHMS

In June, 2015 the Sisters Servants of Mary Immaculate made the decision to put the construction of a new campus on hold for the time being. With the donations that were collected, a major portion will be invested for the long range future of Ukrainian Catholic education at IHMS. A portion of the funds, with the approval of the donors, has been earmarked for the improvement of the current Immaculate Heart of Mary School.

One of the first projects will be to explore constructing a playground structure on the school yard! A committee has been established to explore the design, costs and funding of this project.



Welcome to our new Vice Principal!

Mr. Paul Trochanowski brings to Immaculate Heart a wealth of educational experience, most recently as an administrator in a Ukrainian Immersion school. May the Lord's blessing be with Mr. Trochanowski for an enjoyable and rewarding experience at IHMS!

IHM School Calendar

December 20

K-3 Christmas Concert - 'Humbug!'
1:30PM Matinee Show, 7:00PM Evening Show

December 21

4-8 Christmas Concert - 'Miracle on Bethlehem Street'
1:30PM Matinee Show, 7:00PM Evening Show

February 5

Annual School Tea - 1:30PM - 4:00PM at IHMS

March 11

IHMS Fundraising Dinner - 6:00PM at Holy Eucharist Parish Centre

June 6

Solemn Holy Communion - 9:00AM at Sts. Vladimir & Olga Cathedral

June 23

Grades 5-8 Annual Awards Day - 1:30PM at IHMS

June 28

Graduation Divine Liturgy - 1:30PM at Sts. Vladimir and Olga Cathedral

June 28

Graduation Dinner and Dance - 5:00PM at IHMS

For more details about School Events

Visit www.ihms.mb.ca



Like us on Facebook at

facebook.com/immaculateheartofmary

Thank you to all the Alumni that contributed to this edition. If you have news or stories you would like to share please contact



Supporting the ministries of the Sisters Servants of Mary Immaculate
1085 Main Street Winnipeg, MB R2W 3S1
Phone# 204-942-0443 Email info@lubovfoundation.ca

Newsletter Sponsor



CARPATHIA
CREDIT UNION
КАРПАТІЯ

Unique values. True strength.