

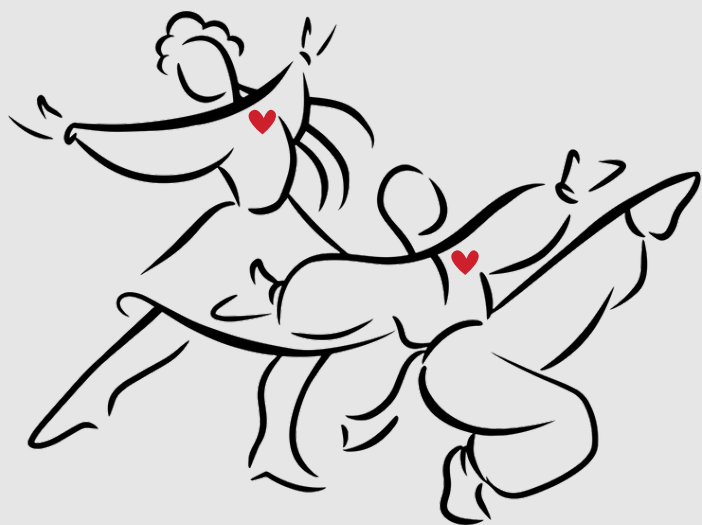
FEBRUARY 2025

# SOPILKA

UKRAINIAN DANCE SCHOOL

VOLUME 2  
ISSUE 6

## NEWSLETTER



### KRISTINA'S KORNER

Dear Sopilka Families,

It's Zabava time! The dancers are so excited to share all they have accomplished with you at our annual Zabava. This will be a wonderful sneak peak into our recital production of "The Turnip" and "Polissian Suite". A great investment has been made and much time and energy has gone into the design, purchase and distribution of our costumes. Please be sure to follow all instructions and take extra special care of them while they are in your possession.

Looking forward to celebrating with you all soon!

*Kristina Frykas*  
Artistic Director

### IMPORTANT DATES:

- FEBRUARY 8** - Annual Sopilka Zabava!
- FEBRUARY 14-17** - Louis Riel Long Weekend (Closed)
- FEBRUARY 23** - Photo Day @ 2pm Holy Family Church  
(all classes except Spadok)
- MARCH 14-16** - MB Ukrainian Dance Festival (Wpg)
- MARCH 23** - Photo Day for Spadok Only @ Kazka
- MARCH 30-APRIL 5** - Spring Break (Closed)
- APRIL 18-20** - Easter Weekend (Closed)
- APRIL 21** - Easter Monday \*Classes as Scheduled\*
- APRIL 24-27** - PFE Festival Saskatoon, SK
- APRIL 30** - Recital dress rehearsal (mandatory)- MBCI
- MAY 11** - Annual Recital - MBCI

### Dress Code for Classes

Please visit our website for all the information on what your dancer is required to wear for class.

[Link to Dress Code](#)

**PLEASE LOG IN TO YOUR STUDIO  
DIRECTOR ACCOUNT AND PAY YOUR  
FESTIVAL FEES**

### VOLUNTEER SIGN UP

With less than four months left of the dance season, now is the ideal time to fulfill your volunteer hours. Below, you will find links to various opportunities available for participation.

**WINE RAFFLE**



**RECITAL**



# WINE RAFFLE



Sopilka is popping the cork on our fabulous annual "Wine Raffle" this spring!

Get ready for some 'grape' excitement as we plan to hand out raffle booklets in the first week of April. We are also looking for class reps to be in charge of handing out booklets and collecting the stubs and money.

Please considering signing up:

**CLASS REP**



**But wait, there's more! We're on the hunt for donations of wine**—sorry, no homemade brews allowed! We're aiming for bottles to have a retail value of \$20.

*Prefer to skip the bottle?* No problem! Just e-transfer \$20 to [sopilkatreasurer@gmail.com](mailto:sopilkatreasurer@gmail.com) and let us know it's for the wine.

Please direct any questions to Chantal, [sopilkafundraising@gmail.com](mailto:sopilkafundraising@gmail.com)

## Sopilka PICTURE DAY



Photo Day is **Sunday, February 23rd** for all groups, except Spadok, from 2:00 pm onwards at Holy Family Church. Exact schedule will be sent out soon, please watch your inbox. Please view Photo day files at this link to prepare for photo day.

**EVERY** dancer must have a form printed and completed to hand in on photo day. **EVERY** dancer is photographed. Sibling/Family photos will only be done during the youngest dancer's time slot (except for Siblings/Family members of Spadok dancers which will be done in March).

HOW IT  
WORKS



ORDER  
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SAMPLE  
PHOTOS



## NEWSLETTER

## VOLUNTEER OPPORTUNITIES

As the year progresses, we are asking all families to please sign up for volunteer opportunities. If you are unsure how many hours are remaining for your family, please email Chantal at [sopilkafundraising@gmail.com](mailto:sopilkafundraising@gmail.com).

Sign up for the Zabava and year end recital are now open, see links on page 1.

**If we note that you have not signed up for any volunteer shifts, we will be assigning spots to ensure we have all shifts filled.**

Thank you for your support in ensuring these events are a great success!

## 2024/2024 SOPILKA FAMILY VOLUNTEER REQUIREMENTS

With a growing school and various events throughout the year, we require the help of volunteers from our community. As outlined during registration, each family needs **6 hours per registered dancer** (*to a maximum of 15 hours per family*) to help out at Sopilka events and activities. As dancers get older, they can volunteer and help as well. We also welcome aunts, uncles and grandparents to assist.

**There are many events that will require support this year (ie: fundraisers, zabava, recitals, etc.)**

To assist, we will track volunteer hours and we hope to not have to assign volunteer roles to ensure fair and equitable distribution amongst all families. We request that each family please manage their volunteer time throughout the year.

When there is an event that requires a volunteer(s), we will put out the call for help along with a SignUp.com email. If there is a specific event you would like to help with or have any questions, please email Chantal at [sopilkafundraising@gmail.com](mailto:sopilkafundraising@gmail.com)

## CLASS ATTENDANCE

If your child is unable to attend a lesson, please notify Kristina in accordance with the guidelines provided at the beginning of the season.

Consistent attendance at dance practice is highly encouraged, as it demonstrates respect for the instructor's preparation and the commitment to fellow students.

Attendance issues can significantly affect the group dynamics and the overall performance of the class. Should a dancer miss a class prior to a performance, this may result in their inability to participate in that performance.

Such decisions are made with the best interests of the group in mind and are at the discretion of the Artistic Director.

**Spadok Ensemble:** If you do not attend the rehearsal prior to a performance or festival, it will result in your inability to participate. Please speak with Kristina, should you have any questions.

## NEWSLETTER

# DANCE FESTIVALS 2025

Sopilka participates in several dance festivals/competitions throughout the season. Whether your dancers is in Pershyi Krok or you are in our Krasa Adult Ensemble, you will participate in a festival.

### MANITOBA UKRAINIAN DANCE FESTIVAL (MUDF)

This festival is held yearly in Winnipeg and is hosted by Troyanda Ukrainian Dance Ensemble. The festival will be held from March 14 - 16, 2025 and **all classes will be expected to perform.**

MUDF will be held at the Seven Oaks Performing Arts Centre, located at 711 Jefferson Avenue. The schedule for when each class will perform is released approximately 2 weeks prior to the festival and we will share that with families as soon as we receive it. Therefore, we ask that you save the dates in advance. If you know that your dancer will not be available to attend that weekend, you must inform us as soon as possible by email: [sopilkawinnipeg@gmail.com](mailto:sopilkawinnipeg@gmail.com).

The entry cost for the festival is \$12 per dancer, per dance and have been added to your Studio Director account for payment. Please note that the cost for Solos, Duets and Trios varies.

### PAVLYCHENKO FOLKLORIQUE ENSEMBLE (PFE) DANCE SHOWCASE

This festival is held yearly in Saskatoon, Saskatchewan and is hosted by PFE. The festival runs April 23 - 27, 2025, however Sopilka will attend April 24 - 27, 2025.

**The entry cost for the festival is \$12 per dancer, per dance and has been added to your Studio Director account for payment.**

The following ensembles will be travelling to attend:

**Druzi, Radist', Sr.**

**Akademiya &**

**Spadok.**

A block of rooms have been set aside at the Best Western Blairmore.

Each family is responsible to contact the hotel and book your room under the block for **Sopilka Ukrainian Dance School**. The deadline to book your room is March 23, 2025.

If you have not already booked your room, please do so ASAP.

Sopilka is all about making out-of-town travel a breeze for our ensembles without breaking the bank!

This year, Druzi, Radist', and Spadok Ensembles are teaming up to sell Bear Tracks Ice Melt. Each dancer in these ensembles have a "travel account" that they can add to by selling products through the school fundraisers that are dedicated to travel. These funds can be cashed out if you have travelled with Sopilka to our out of town festivals or tours and can be carried over to the next dance year.

If you're part of these ensembles, don't forget to peek in your inbox as all the details on how to partake have been sent.

Please help support a dancer!

Funds raised will help offset the costs for dancers to travel to out of town performances and festivals!

**SOPILKA**  
UKRAINIAN DANCE SCHOOL  
WINNIPEG, MANITOBA  
**FUNDRAISER**



**BEAR TRACKS**  
ICE MELTER / DÉGLAÇANT

Bear Tracks Ice Melt provides a safe and efficient way to melt ice and compacted snow on sidewalks & driveways. It is a useful product for both residential & commercial areas to ensure that traffic areas are kept ice free and safe for pedestrians.

16kg pail  
(35 lbs)  
only  
**\$30**

- ✓ Fast Acting
- ✓ Long Lasting
- ✓ Safe on Concrete & Vegetation
- ✓ Pet Friendly
- ✓ High Visibility (blue marker)

A fundraiser that everyone needs for our Manitoba winters

A decorative poster for the 55th Anniversary Gala. The background is dark brown with a pattern of stylized flowers and leaves in shades of red, orange, and gold. At the top center is the Sopilka Ukrainian Dance School logo. Below it, the text "55th Anniversary Gala" is written in a large, elegant, white cursive font. Underneath that, "Save the Date!" is written in a smaller, white, sans-serif font. The date "SATURDAY | 7 | FEBRUARY 2026" is prominently displayed in the center. Below the date, the venue "GRAND BALLROOM CANAD INNS POLO PARK" is listed. Further down, the text "Performances by Sopilka Ukrainian Dance Ensembles with Special Guests" and "Dinner and Zabava featuring music by SLOOHA!" are included. At the bottom left, there is a call to action: "Email us or scan the QR code to be added to our mailing list for event information". Below this, it asks "Are you a Sopilka Alumni?" and provides the email address "Email us: sopilkadance55@gmail.com". On the right side, there is a QR code with a "SCAN ME" label above it. At the very bottom, the website "www.sopilkadance.com" is written in a white, spaced-out font.

We require many volunteers for this epic celebration and planning is well underway, with a confirmed venue and date for February 7, 2026.

Please visit this link to review some of the many volunteer opportunities available.....

**CLICK HERE**

Do you have an idea or suggestion of something special that we may consider for Sopilka's 55th Anniversary Year?

We welcome all ideas. Please email you suggestions to;  
sopilkadance55@gmail.com

## NEWSLETTER

On January 11, 2025, Spadok was invited to preform at St. Basil's Church Malanka! They did a fabulous job! Thank you to St. Basil's Church for having us!



### Artistic Director:

Kristina Frykas

204-996-4420

[sopilkadirector@gmail.com](mailto:sopilkadirector@gmail.com)

### Board of Directors:

#### President

Venessa Schreyer

[sopilkawinnipeg@gmail.com](mailto:sopilkawinnipeg@gmail.com)

#### Vice-President & Treasurer

Jayne Drul

[sopilkatreasurer@gmail.com](mailto:sopilkatreasurer@gmail.com)

#### Administrative Officer

Chantal Criggar

[sopilkafundraising@gmail.com](mailto:sopilkafundraising@gmail.com)

651 Stafford Street, Unit 4

Winnipeg, MB R3M 3Y7

### SOPILKA HANDBOOK

With all the new and exciting things happening at Sopilka and the growth of the school, we have developed a School Handbook for students and parents. Please take a moment to review it's content, it includes items such as Code of Conduct to Volunteering!

[Link to Handbook](#)

### PARENT LIASON

Sopilka has created a new role this year and welcomes Lawrence Grzenda to this role! Lawrence can be contacted at: [sopilkapl@gmail.com](mailto:sopilkapl@gmail.com)

The Parent Liaison is a communication contact to bring collective concerns to the teaching staff and the Board and in reverse to collect the opinions of the parents.

All information gathered and discuss with the Parent Liaison will be kept confidential.