

NOVEMBER 2025

SOPILKA

UKRAINIAN DANCE SCHOOL

VOLUME 3
ISSUE 3

NEWSLETTER



IMPORTANT DATES:

November 23, 2025 - Spadok performing at Dance MB Showcase
November 29 - Trivia Night @ St Basil's (Brazil Fundraiser)
November 2025 - Cheese & Kubassa Fundraiser
December 10 2025 - Cheese & Kubassa PICK UP
December 21 - January 3 Christmas Holidays (Closed)
January 4 - First Day of Class After Christmas Break
February 7 - 55th Anniversary Gala @ Canad Inns
February 15-16 - Louis Riel Long Weekend (Closed)
March 2026 - MLCC Gift Card Raffle (more info to follow)
March 1 - School Photo Day (more info to follow)
March 8 - Smitty's Wing Night Fundraiser
March 19-22 - Tavria Ukrainian Dance Festival - Regina
March 29-April 5 - Spring Break (Closed)
April 6 - Easter Monday *Classes as Scheduled*
April 10-12 - MB Ukrainian Dance Festival (Winnipeg)
April 15 (Wednesday) - Annual Recital Dress Rehearsal @ MBCI
April 18 (Saturday) - Annual Recital - MBCI
April 19-29 We will be running classes as usual

ABSENCES FROM CLASS

This is a reminder that if your dancer will be missing class due to illness or other reasons, you must email or text Kristina to advise of this:

sopilkadirector@gmail.com
204-996-4420

KRISTINA'S KORNER

Now that the weather has turned cold, dancers are asked to only leave shoes in the lobby and take their outdoor clothes off (jackets and ski pants too) **IN THE STUDIO**. This way no one gets a chill before or after class and the lobby stays less cluttered.

I also ask that parents who bring their children by car wait **OUTSIDE** to pick their child up when you see that the lobby is full of children waiting to start class.

Thank you for helping with this matter!

Kristina Frykas
Artistic Director

GREY CUP RAFFLE TICKETS

Grey Cup is November 16th in Winnipeg!

Reminder, if you have sold your Grey Cup tickets please return them to your class rep asap. At this point, if you have not returned them - **it is assumed that all tickets are SOLD! and stubs and money are to be turned in** no later than November 9th.

If you need additional tickets, please reach out to your class rep or email sopilkafundraising@gmail.com ASAP. There are some still available to sell.

NEWSLETTER

A FIRST - AND ONLY - EVENT OF THIS KIND FOR SOPILKA

Featuring **Surprise** Entertainment

Save 25% with Early Bird Tickets - until December 15

Tickets on Sale
November 15th

SOPILKA 55th Anniversary Gala

FEBRUARY 7, 2026

5:00 PM - 12 AM

BLACK TIE

Performances by:
Sopilka Ukrainian Dance Ensembles
With Special Guests, including:

SURPRISE ENTERTAINMENT

Dinner and Zabava
Featuring Live Music by **SLOOHAI**

Canad Inns Polo Park
Grand Ballroom
1405 St Matthews Ave

Early Bird Pricing until December 15
Adults: \$125
Children (under 10) \$80

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TO OUR SPONSORS!**

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WEALTH MANAGEMENT

ST. BASIL'S UKRAINIAN
CATHOLIC CHURCH

kazka
DANCE COLLECTIVE

PRIORITY
RESTORATION



Folklorama



**PLATINUM
PROMOTIONS**



POSTMARK
UKRAINE



**Hilton
Garden Inn**



save on foods



WATCH YOUR EMAIL FOR DETAILS AND LINK TO PURCHASE YOUR TICKETS!

NEWSLETTER

Hello Sopilka Families,

This milestone year—our 55th!—is truly a time of celebration, and we are so excited to share it with you. As a school, we have many special events planned, so keep an eye on your inbox for details.

Please consider making a donation in your family's name, your dancer's name, or in memory of someone special. All individuals who contribute will be acknowledged at our 55th Anniversary Gala. We encourage you to share this invitation with family, friends, and Sopilka alumni.

Thank you for your generosity—let's make Sopilka's 55th year unforgettable!

Venessa Schreyer, Jayne Drul & Chantal Criggar



SOPILKA LEGACY FUND

55 years of Ukrainian dance in Winnipeg is a remarkable milestone. The preservation of cultural heritage is more essential now than ever. Your financial contribution to the Sopilka Legacy Fund will play a vital role in ensuring a sustainable future for our school, which is dedicated to teaching the art and beauty of Ukrainian dance. Your support will help us continue this important tradition.

Donor recognition will be made in the 55th Anniversary Gala Program and on our website.

DONATE ❤️

NEWSLETTER

DRESS CODE

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

Please take note of shoes required for each class.

Shoes can be purchased from Dance Plus, unless otherwise stated.

[Link to Dress Code](#)



DANCER CODE OF CONDUCT

PLEASE REVIEW WITH YOUR DANCER!

At Sopilka Ukrainian Dance School Inc., we believe every dancer has the right to a safe, enjoyable and rich cultural experience. Dancers are only in class for a short period each week; therefore, we expect and encourage each dancer to maintain a positive and appropriate level of conduct.

Dancers are expected to:

1. Come to class on time ready and excited to learn and try new things
2. Be respectful to their teachers
3. Be respectful to their fellow classmates
4. Be respectful of the facility
5. Speak with kindness
6. Bullying will not be tolerated
7. Demonstrate etiquette at festivals and performances by being supportive of fellow dancers, adjudicators and other participants from other schools.
8. Be an ambassador for Sopilka Ukrainian Dance School Inc.

In the event that a dancer has broken the Code of Conduct:

- 1st step will include a warning
- 2nd step will involve a meeting with the required individuals including but not limited to the Parent Liaison, The Artistic Director, the Board, the dancer and the parents/guardians
- 3rd step - based on the circumstances, next steps and follow-up actions will be determined

New Sopilka Tote Bag

NEW TOTE BAGS HAVE ARRIVED!

\$20

Great way to bring all your dance gear to rehearsals!

Send an e-transfer to: sopilkatreasurer@gmail.com



DEADLINE TO ORDER NOVEMBER 17

Please remember that Sopilka **will not** provide bags going forward. Costumes will not be given to your dancer without a garment bag, therefore it is **strongly recommended** that all dancers **purchase a Sopilka Garment Bag (costume bag)**

CLICK
HERE

SOPILKA **GARMENT BAGS**

LAST CHANCE

Cost: \$35.00

Includes Personalization & taxes

- ☒ Full-length zippered closure
- ☒ Two webbed carry handles
- ☒ Front zippered pocket
- ☒ Hanger hole with loop

Material: Non woven 90 gram Polypropylene
Product Size: 24" W x 50" H x 5" D

FUNDRAISING

IT'S TIME FOR SOPILKA'S KUBI, CHEESE AND PICKLE FUNDRAISER!

Kubasa is Tenderloin Meats – coarse garlic sausage, a large variety of Bothwell Cheese, and **new this year** Elman's Baba's Cured Pickles!

Please download/print the order forms, collect orders and submit forms and money no later than Friday November 21st.

Orders and cash/cheque payments can be handed into class teachers, or emailed to sopilkafundraising@gmail.com.

Etransfers payments to: sopilkatreasurer@gmail.com.

Password: sopilka.



**CHEESE ORDER
FORM**

**KUBI & PICKLE
ORDER FORM**



Forget the usual wine raffle!
This year, Sopilka is shaking
things up with a

MLCC Gift Card Raffle!

Stay tuned for all the juicy
details in our future newsletters!

THROW BACK



UKRAINE 2018



NEWSLETTER

Do you have any photos or videos from your time at Sopilka that you would be willing to share? We would be delighted to showcase these cherished memories at our 55th Anniversary Gala. Please email sopilkadance55@gmail.com or upload them using the link provided here:

UPLOAD

In Honour of Our 55th Anniversary Sopilka was honoured to be invited by Mark Wasyliw, MLA for Fort Garry, to attend a Private Members' Statement in the House at the Legislative Building on Wednesday, October 15, 2025.

Click here to hear the Private Members Statement.....

SOPILKA UKRAINIAN DANCE SCHOOL
October 15, 2025

Thank you, Honourable Speaker.

I am honoured to rise today to recognize Sopilka Ukrainian Dance School, which this year celebrates its 55th anniversary as a cornerstone of cultural life in South Winnipeg and beyond.

Founded in 1971 by Vicky Adams as part of a Ukrainian language program at Holy Family Ukrainian Catholic Parish, the school began as the South Winnipeg School of Dance before taking on the name "Sopilka," after the traditional Ukrainian woodwind instrument. From these beginnings, Sopilka has grown into a thriving institution with more than 140 dancers, dedicated to sharing the beauty of Ukrainian heritage through dance.

Since becoming a registered non-profit in 2018, Sopilka has provided high-quality instruction for dancers of all ages while fostering community pride and cultural preservation. For the past 15 years, under the artistic direction of Kristina Frykas, the school has inspired both dancers and audiences with its artistry and vision.

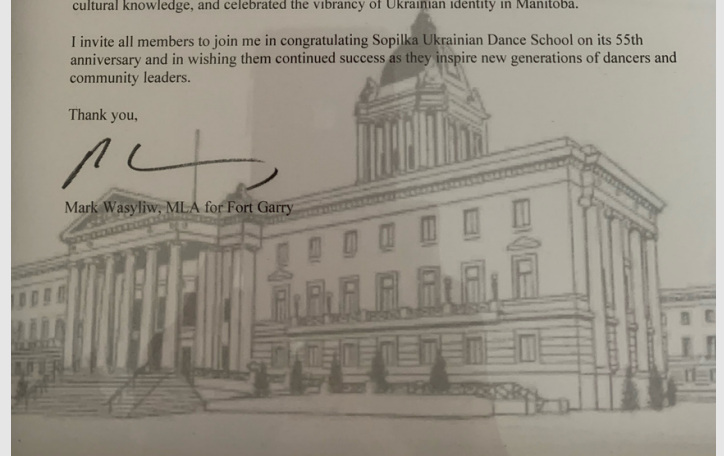
Over the decades, Sopilka has represented Manitoba and Canada with distinction. Its dancers have performed across our province, at Canada's National Ukrainian Festival in Dauphin, at Expo '86 in Vancouver, at Vegreville's Ukrainian Pysanka Festival, and on the stage of Winnipeg's cherished Folklorama Kyiv Pavilion. They have performed for royalty, welcomed visiting officials, and shared their talent internationally in Ukraine, Brazil, and Croatia.

Sopilka is more than a dance school. It is a beacon of cultural preservation and a testament to the endurance of tradition across generations. For 55 years, it has brought people together, strengthened cultural knowledge, and celebrated the vibrancy of Ukrainian identity in Manitoba.

I invite all members to join me in congratulating Sopilka Ukrainian Dance School on its 55th anniversary and in wishing them continued success as they inspire new generations of dancers and community leaders.

Thank you,

Mark Wasyliw, MLA for Fort Garry



NEWSLETTER



In July 2026, our Druzi, Radist', and Spadok Ensembles will embark on a Dance Tour in Brazil to celebrate our 55th anniversary!

Throughout the year, our dancers will engage in various fundraising activities to help cover the costs associated with the tour.

We encourage you to support our dancers by attending fundraisers or purchasing items whenever possible. Your support is greatly appreciated!

**TO BUY TICKET TO TRIVIA NIGHT
PLEASE CLICK HERE
OR SCAN THE QR CODE!**




WING NIGHT

SAVE THE DATE: MARCH 8, 2026

THROW BACK

UKRAINE 2018



NEWSLETTER

MAKY, DRUZI, RADIST', & SPADOK ENSEMBLES

Tavria Ukrainian Dance Festival – Regina SK – March 19 – 22, 2026

The above ensembles will be traveling to Regina to participate in the Tavria Ukrainian Dance Festival.

A block of rooms has been reserved at the hotel noted below. **We encourage you to book your room ASAP, using the provided link.** Please note, only one room per family is permitted unless prior arrangements have been made with Jayne at sopilkatreasurer@gmail.com.

The schedule for the festival will not be released until closer to the festival. Additional entry fees per dancer will apply and will be charged to your Studio Director account. More information will follow via email at a later date. Should you have any questions, please email sopilkatreasurer@gmail.com.

It is essential that if your dancer is unable to attend the festival, you notify the school at sopilkawinnipeg@gmail.com as soon as possible. Kristina and the instructors will need to re-choreograph dances if any dancers are absent.



Comfort Suites
4300 Diefenbaker Drive
Regina, SK

Room Rate \$146/night (Continental Breakfast Incl.)
Check in – Thursday, March 19, 2026
Check out – Sunday, March 22, 2026

Artistic Director:

Kristina Frykas

204-996-4420

sopilkadirector@gmail.com

Board of Directors:

President

Venessa Schreyer

sopilkawinnipeg@gmail.com

Vice-President & Treasurer

Jayne Drul

sopilkatreasurer@gmail.com

Administrative Officer

Chantal Criggar

sopilkafundraising@gmail.com

651 Stafford Street, Unit 4
Winnipeg, MB R3M 3Y7

VOLUNTEERING REQUIREMENTS

We require support of our community and ask that families volunteer their time to work 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.

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.

If you are interested in signing up, please email sopilkafundraising@gmail.com

vicky adams
scholarship

Congratulations to our 2025/2026 Scholarship Recipients:

LEALYA KUKURA

&

ELENA SENKOW