

OCTOBER 2025

SOPILKA

UKRAINIAN DANCE SCHOOL

VOLUME 3
ISSUE 2

NEWSLETTER



IMPORTANT DATES:

October 12-13 - Thanksgiving Weekend (Closed)
October 15 - Sopilka at Legislature
October 19-22 Dancers may wear Halloween Costumes
October 24 - Orders for Garment Bags Due ([see below](#))
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 - Wine Raffle (more information to follow)
March 1 - School Photo Day (more info to follow)
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

KRISTINA'S KORNER

Dear Parents,

The year has gone off to a great start. Welcome to all the new families! Your dancers are wonderful additions to our community and everyone is fitting in seamlessly. I invite everyone to visit the website to familiarize yourself with the DRESS CODE. Several dancers do not have the appropriate FOOTWEAR that has been communicated repeatedly via emails, newsletters, the website and a shoe sale at Kazka in early August. We are no longer in standard black ballet shoes for several of the classes. If your child is still wearing black because they still fit, this is fine for the time being. All dancers need to have appropriate footwear by our first performance on February 7 for our 55th Gala. All boys are also expected to be in appropriate dress code and not just standard athletic wear. Girls hair MUST be secured off the face, preferably in a bun or braids.

We at Sopilka have an Artistic Team of teachers, assistants and classroom helpers, all of whom are in their position because I have full confidence in their abilities. There are times where I am not available to teach and these capable individuals will fill in in my absence. Appropriate behaviour is expected at ALL times in the classroom, regardless of who the teacher may be.

Halloween falls on a Friday this year so we invite all dancers to come to class in costumes on October 27th and 29th. No masks or weapons are permitted. Dancers must be in a costume that they are able to fully participate in.

As always, if you have any feedback or questions, please feel free to reach out!

Kristina Frykas
Artistic Director

NEWSLETTER**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

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](#)

MESSAGE FROM THE BOARD

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 please keep an eye on your inbox for details.

Along with celebrating our history, we are also looking to the future. To help ensure Sopilka continues to thrive for generations, we have created the Friends of Sopilka – Legacy Fund. The purpose of this fund is to support the growth of our school while preserving the legacy of Sopilka for future dancers.

Whether this is your first year dancing with Sopilka or your family has danced here for generations, we all share the same hope—that our school will continue to thrive for many years to come.

This is why we have created the Friends of Sopilka Legacy Fund—to preserve Sopilka's future for generations to come.

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.

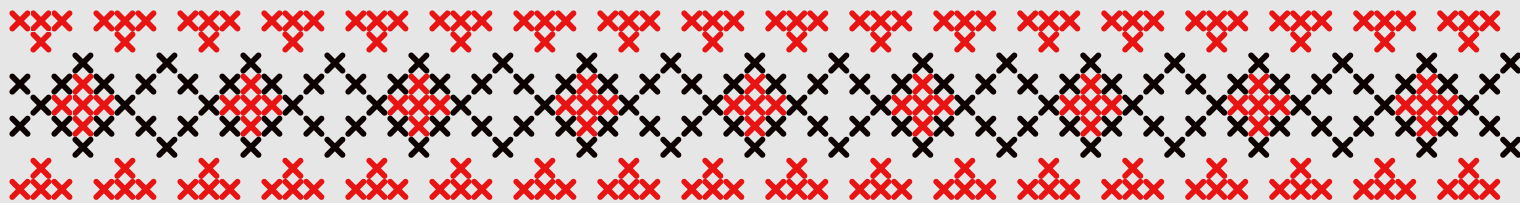
Thank you for your generosity—let's make Sopilka's 55th year unforgettable!

Venessa Schreyer

Jayne Drul

Chantal Criggar

NEWSLETTER

SOPILKA
LEGACY FUND

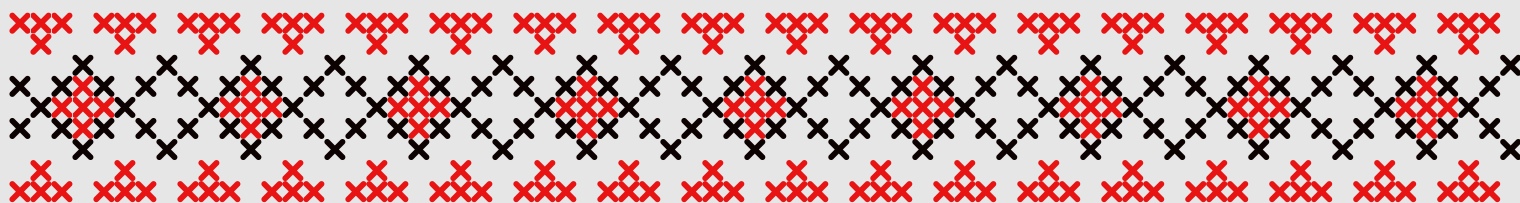
55 years of Ukrainian dance in Winnipeg is a remarkable milestone.
The preservation of cultural heritage is more essential now than ever.

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

FESTIVALS

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

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



GARMENT BAGS

Sopilka will no longer supply garment bags with costume distributions. Instead, we are excited to offer Sopilka garment bags for purchase, which can be personalized with the dancer's name.

These durable bags are designed to be used yearly and are ideal for transporting costumes to and from the studio, festivals, and other performances.

While the purchase is not mandatory, it is highly recommended for dancers of all ages.

SOPILKA **GARMENT
BAGS**



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

**click here
to order**



FUNDRAISING

Fundraising is a vital tool for Sopilka as a not-for-profit organization. While we have several fundraisers for families to participate in, they are optional. Fundraisers are not just about collecting money, it's about supporting an organization that fosters community, that focuses on Ukrainian culture through dance!

GREY CUP RAFFLE TICKETS

Due to the success last year, we will be selling Grey Cup Raffle Tickets again. Family have be given tickets to sell.

IF YOU CANNOT SELL THEM

Please return them ASAP to the school.

IF YOU NEED MORE TICKETS TO SELL

Please contact Chantal at sopilkafundraising@gmail.com

Please remember that the school relies on fundraisers your support in selling tickets is greatly appreciated!



Tenderloin Meats Kubassa, Bothwell Cheese & Elman's Pickles **NEW!**

**SOPILKA IS TEAMING UP THIS YEAR WITH
TENDERLOIN MEATS, BOTHWELL CHEESE & ELMANS PICKLES
FOR OUR EVER POPULAR
KUBI, CHEESE & PICKLE FUNDRAISER!
THIS YEAR IT WILL BE IN TIME FOR CHRISTMAS!**



**Watch for details soon,
but mark your calendars for December 10th pickup !**

Don't miss out—Join our Social Media on Facebook!

It's your VIP pass to school news: events, class updates, and more.
Dive into our "private" groups and stay in the loop with all things Sopilka!

NEWSLETTER

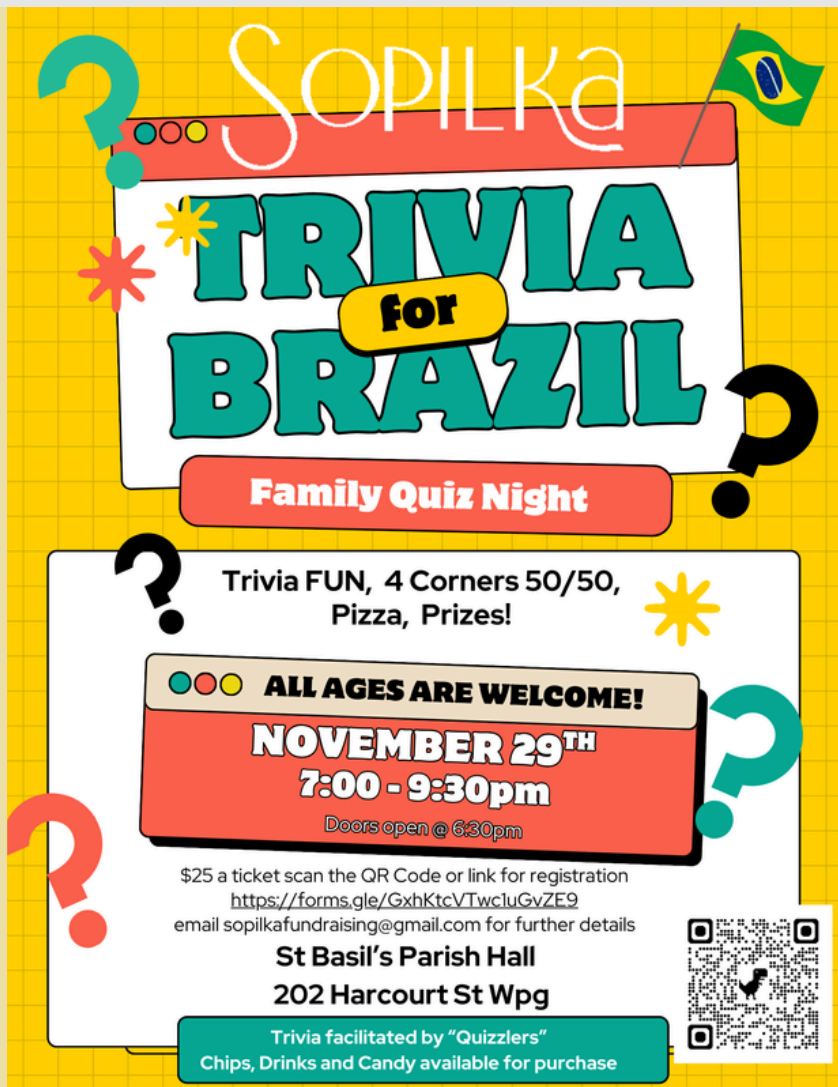
Sopilka

BRAZIL TOUR 2026

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!



SOPILKA

TRIVIA for BRAZIL

Family Quiz Night

Trivia FUN, 4 Corners 50/50, Pizza, Prizes!

ALL AGES ARE WELCOME!

NOVEMBER 29TH
7:00 - 9:30pm
Doors open @ 6:30pm

\$25 a ticket scan the QR Code or link for registration
<https://forms.gle/GxhKtcVTwclGvZE9>
email sopilkafundraising@gmail.com for further details

St Basil's Parish Hall
202 Harcourt St Wpg

Trivia facilitated by "Quizzlers"
Chips, Drinks and Candy available for purchase

VOLUNTEERING REQUIREMENTS

With a growing school and various events throughout the year, we require the help of volunteers from our community. We 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.

Here are some events that will require support this year:

- 55th Anniversary Gala Night
- Annual Recital
- School Fundraisers (i.e. Cheese & Kulbasa, Raffles, Clothing, etc.)
- School Events (i.e. Photo Day, etc.)
- Competitions/Trips
- Class Reps - Watch for upcoming requests for assistance!

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 as a Class Rep or for any other event, please email:

sopilkafundraising@gmail.com

NEWSLETTER

SOPILKA

UKRAINIAN DANCE SCHOOL
WINNIPEG, MANITOBA

55th Anniversary Gala

Save the Date!

SATURDAY | 7 | FEBRUARY
2026

GRAND BALLROOM CANAD INNS POLO PARK

Performances by Sopilka Dance Ensembles
with Special Guests

Dinner and Zabava
featuring music by SLOOHA!

Scan the QR code or
email us to be added
to our mailing list for
event information!



Are you a Sopilka Alumni?

Email us: sopilkadance55@gmail.com

www.sopilkadance.com

THANK YOU TO OUR SPONSORS!

MUNROE PHARMACY
AT ST. BONIFACE HOSPITAL

& HealthMed



Shindico

Succeeding By Helping Others Succeed



LCTaylor

LICENSED INSOLVENCY TRUSTEE

Restall & Restall LLP



ST. BASIL'S UKRAINIAN
CATHOLIC CHURCH



MIDLAND
Appliance World



Hilton
Garden Inn



Folklorama



PLATINUM
PROMOTIONS



Images
Dental Centre

save on foods

WE ARE STILL SEEKING SPONSORS!

Are you a business owner?
Do you know a business owner?
Would your Family like to Sponsor?

Sponsorship Information Package

[CLICK HERE](#)

Sopilka is seeking
companies and/or persons for
Advertising Opportunities
in our Gala Program

For more Advertising Info

[CLICK HERE](#)

Celebrating our 55th Anniversary Year, a tremendous milestone! Hosting events all year long and running one of Manitoba's largest Ukrainian Dance schools is a team effort, thanks to our amazing Sponsors, Advertisers, and school fundraisers. **We'd be thrilled for our community to join us in spreading the word for Sponsors and Advertisers to make this commemorative year extra special!**

NEWSLETTER

PARENT LIAISON

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

The primary role of the Sopilka Parent Liaison is to act as a mediator between dancers and the Artistic staff/Board and between parents and the Artistic staff/Board when issues arise that are unable to be resolved between dancer/family and Artistic staff/Board. The Parent Liaison is to act in the best interest of the dancers and the school as a whole. Part of their role is to communicate with the teaching staff/board any concerns or questions brought forth by dancers and/or parents.

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.

The Parent Liaison is a listener! They are available to Parents to hear their concerns and bring these forward to the Artistic Staff/Board accurately and in a calm, clear manner.

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

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

HALLOWEEN @ SOPILKA

This year Halloween
falls on a Friday.

Students are invited to
wear a costume they can
dance in (no weapons or
masks, please!) the
week before Halloween,
October 27 & 29!

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!

CLICK HERE

