

SEPTEMBER 2025

# SOPILKA

UKRAINIAN DANCE SCHOOL

VOLUME 3  
ISSUE 1

## NEWSLETTER



### IMPORTANT DATES:

**September 5** – Kick Off – Crescent Drive Park  
**September 7** – Classes Begin!  
**September 12-14** – Serhij Koroliuk in for Malanka Suite Rehearsals  
**September 15** – Sopilka Clothing Store Opens  
**October 12-13** – Thanksgiving Weekend (Closed)  
**November 29** – Trivia Night @ St Basil's (Brazil Fundraiser)  
**November 2025** – Cheese & Kubassa Fundraiser  
**December 10** – Cheese & Kubassa PICK UP  
**December 21 – January 3** Christmas Holidays (Closed)  
**January 4**– First Day of Class After Christmas Break  
**February 7** – 55<sup>th</sup> Anniversary Gala @ Canad Inns  
**February 15-16** – Louis Riel Long Weekend (Closed)  
**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

Welcome to our 55th season of dance! This year is going to be full of wonderful experiences as we prepare for this major milestone year.

Please welcome back to the artistic team: Ben Chapman, Markian Duplak, Jillian Teterenko and MacKenzie Drul. Joining the team this year are Student Teachers; Wynn Criggar, Oksana Gerelus, Lealya Kukura and Abby Sigurdson. I am confident that all of these teachers will have a positive impact on your child's Ukrainian Dance education. We would like to wish Megan Hnatiuk all the best as she steps away from Sopilka this year and into her role as a full time Grade 8 teacher.

I am thrilled with the increase of enrollment we have seen this year and look forward to getting to know all the new Sopilka families. Please know that I love to hear feedback and am always available by phone, email or at the studio.

*Kristina Frykas*  
Artistic Director

### 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** 

### 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](#)**

# NEWSLETTER

**SOPILKA**  
*Kick Off Party!*  
2025/2026

To kick off the new year, we will be holding our annual "Come and Go" Kick Off Event to welcome new families and reconnect with returning families.

This is an opportunity to meet the Sopilka Artistic Team, Sopilka Board of Directors & Parent Advisory Committee, as well as other dancers and families.

*Please note this event is weather dependent and if we are unable to hold the event due to poor weather, we will send an email approximately 24 hours ahead of time. Please watch your email for updates.*

**We are looking for a few volunteers to help at this event. If you wish to sign up to complete some of your volunteer requirements, please sign up here:**

**<https://signup.com/go/GRCMSbq>**

**Date: Friday September 5th, 2025**

**Time: 5:30-7:30 pm (Come & Go)**

**Location: Crescent Drive Park**

**Pizza and Beverages will be served**

**Please bring a lawn chair**

**RSVP [sopilkawinnipeg@gmail.com](mailto:sopilkawinnipeg@gmail.com) ASAP**

## 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:**

- Annual Kick Off Event (still time to sign up to volunteer!)
- 55<sup>th</sup> Anniversary Gala Night
- Annual Recital
- School Fundraisers (i.e. Cheese & Kulbasa, Raffles, Clothing, etc.)
- School Events (i.e. Photo Day, etc.)
- Competitions/Trips
- Class Rep (each class requires 1 Rep to assist with various tasks throughout the year. This role would equate to 6 hours & cover off all your volunteer hours for your dancer)

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

## 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. Each family will 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 ASAP  
[sopilkafundraising@gmail.com](mailto:sopilkafundraising@gmail.com)

**We are also looking for a volunteer to coordinate the distribution of tickets to the classes – please consider helping out with your dancer's class.**



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

## Tenderloin Meats Kubassa & Bothwell Cheese



Sopilka is teaming up this year with  
**TENDERLOIN MEATS & BOTHWELL CHEESE**  
for our ever popular kubi & cheese fundraiser!

This year it will be in time for **CHRISTMAS!**



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

## NEWSLETTER

# SOPILKA GEAR

Show off your school spirit by rocking the fabulous Sopilka Gear! Each year, our virtual shop opens its doors, brimming with must-have goodies.

**And guess what?** It's not just for the dancers! Moms, Dads, siblings, and even Grandparents can join the fashion parade. Flaunt your school pride in style!

You can even sprinkle some personal flair with your dancer's name or proudly sport "Dance Mom" or "Dance Dad" on your gear!

### The Sopilka Gear Store

(facilitated by Baltic Athletics) will be

**LIVE for Online shopping September 15-26th, with an expected turnaround of 6-8 weeks.**

*Make sure you purchase during this time window, as the store will not reopen till the 2026-27 year!*

***This year Sopilka Gear will be our limited edition 55<sup>th</sup> Anniversary Logo! Make sure you get yours!***

Hopefully you have a chance to pre-shop and create a wish-list, samples will be available for sizing and making selections at the studio from September 7<sup>th</sup> -26<sup>th</sup>.

We would like to encourage new students to purchase a Sopilka T-Shirt - as we anticipate using them throughout the year!



**Your SOPILKA Clothing Store is OPENING SOON!!**

**OPEN FROM SEPTEMBER 15 - 26, 2025**

SIZING SAMPLES ARE AVAILABLE AT THE DANCE SCHOOL & A PORTION OF ALL SALES GO BACK TO SOPILKA!



## GARMENT BAGS

**Starting this year, Sopilka will no longer supply garment bags with costume distributions.**

**Instead, we are excited to announce we will have 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**

**MORE INFO COMING SOON!**

- ✓ 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



# 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 SLOOHAI

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](mailto:sopilkadance55@gmail.com)

[www.sopilkadance.com](http://www.sopilkadance.com)

### THANK YOU TO OUR SPONSORS!

**MUNROE PHARMACY**  
AT ST. BONIFACE HOSPITAL

& HealthMed



**Shindico**  
Succeeding By Helping Others Succeed



LC Taylor  
LICENSED INSOLVENCY TRUSTEE

Restall & Restall LLP



ST. BASIL'S UKRAINIAN  
CATHOLIC CHURCH



### 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](mailto: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.*

**Sopilka has a  
School Calendar  
on our website!**



**This is the most up to date  
location to confirm the  
school schedule.**

**CLICK HERE**

**DID YOU KNOW?**

**what's happening  
in Winnipeg**

### Sopilka Artistic Director:

Kristina Frykas

204-996-4420

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

### Sopilka 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

FRIDAY SEPTEMBER 19TH 2025  
FIRST ANNUAL

# POLKA MANIA

FEATURING  
**MILLENNIA  
&  
SLOOHAI**

UKRAINIAN CANADIAN  
INSTITUTE PROSVITA  
777 PRITCHARD AVE WPG MB

ADVANCE TICKETS ONLY  
**TICKETS \$40**  
TILL AUGUST 31ST  
**TICKETS \$50**  
SEPTEMBER 1ST

PURCHASE ONLINE  
AT [SLOOHAI.CA](http://SLOOHAI.CA)

CALL 204.791.4295 TO  
CHARGE BY PHONE

BUY DIRECTLY FROM  
A SLOOHAI MEMBER

6:30PM DOORS OPEN  
NON STOP LIVE MUSIC  
FROM 7:30PM-1AM  
10PM SOCIAL LUNCH  
MIDNIGHT KOLOMEYKA

CASH BAR - ID REQUIRED

**DON'T MISS THE ZABAVA OF THE YEAR!**