

JANUARY 2025

SOPILKA

UKRAINIAN DANCE SCHOOL

VOLUME 2
ISSUE 5

NEWSLETTER



KRISTINA'S KORNER

Dear Sopilka Families,

Wishing you a joyous New Year! I trust your Christmas celebrations were filled with warmth and delight!

As we embark upon the bustling season of performances, festivals, and competitions, it becomes ever more vital to prioritize attendance in class. Kindly take a moment to peruse the section below regarding "Class Attendance."

With many families traveling during the holiday season and the Norovirus making its rounds at various resorts, we kindly ask that you keep your dancer at home if they exhibit any symptoms.

Kristina Frykas
Artistic Director

IMPORTANT DATES:

JANUARY 5 - First Day of Class After Christmas Break

JANUARY 11 - Spadok performs at St. Basil's Malanka!

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](#)

VOLUNTEER SIGN UP

As we reach the midpoint 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.

Z A B A V A



R E C I T A L





* * ALL CLASSES WILL PERFORM * *

Date: Saturday, February 8, 2025 *(Doors Open 4:30pm)*

This year, we're back at the fabulous Petrus Hall! The night kicks off with dazzling performances from our Sopilka Dancers, followed by a buffet dinner and toe-tapping live tunes from the "High Profile" band.

We are almost a **SELL OUT!**
FEW TICKETS STILL AVAILABLE

TICKETS PRICES: ADULTS (11+) \$65 CHILDREN (3-10) \$30
CHILDREN UNDER 3 FREE (ON LAP)

NO TICKET, NO ENTRY.
PLEASE ENSURE YOU HAVE YOUR TICKETS AVAILABLE
ON YOUR PHONE OR PRINT THEM

VOLUNTEERS FOR ZABAVA

We are seeking your assistance! It's time to log your volunteer hours.

We currently have several open slots available, including increments as short as 30 minutes. Many families still need to fulfill their volunteer hour requirements for this year. Please refer to the link below to sign up for one or more shifts. Thank you for your support!

[CLICK HERE](#) 

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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.

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

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.

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FUNDRAISING

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 Melter 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



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.

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 and let us know it's for the wine.

Please direct any questions to Chantal, sopilkafundraising@gmail.com





SOPILKA 55TH ANNIVERSARY PLANNING

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

FEBRUARY 7,
2026

SOPILKA
55th Anniversary

GRAND
BALLROOM
CANADINNS
POLO PARK

**2026 Marks Our 55th Year
Celebration Gala Planning is Underway!**

CALLING ALL SOPILKA ALUMNAE!

Keep up to date with all the details!
Email your name and year(s) you danced and
any photos & memories to share to:

sopilkadance55@gmail.com

Please share with any Sopilka Alumnae!

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DANCE FESTIVALS 2025

Sopilka participates in several dance festivals/competitions throughout the season. Whether your dancers are 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.

The entry cost for the festival is \$12 per dancer, per dance and will be added to your Studio Director account for payment once it is determined the amount of dances for each class.

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.

Artistic Director:

Kristina Frykas

204-996-4420

sopilkadirector@gmail.com

Board of Directors:

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Venessa Schreyer

sopilkawinnipeg@gmail.com

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Jayne Drul

sopilkatreasurer@gmail.com

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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

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.