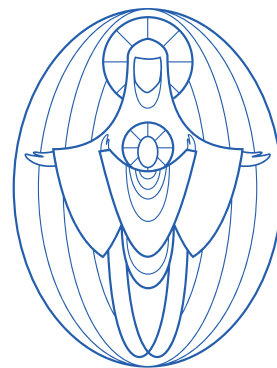




From the Heart

ST. NICHOLAS SCHOOL, IMMACULATE HEART OF MARY ACADEMY,
AND IMMACULATE HEART OF MARY SCHOOL ALUMNI NEWSLETTER



CARING COMES FULL CIRCLE

“Our family had some challenging experiences with the healthcare system when we were younger. As a result, I think I listen to patients better. Empathy and perspective are so important. You never know where someone is in their life, and what brought them there.”

Lesia Michno (IHMS '05) attended IHMS, then St. Mary's Academy, and began studying to be a nurse in 2014. She worked at Holy Family Home in reception and scheduling, and completed her LPN at Assiniboine Community College in Portage La Prairie, working as a nurse in the Medicine and Surgery programs at Selkirk Regional Hospital.



Following maternity leave, Lesia decided to continue her education and is completing her Bachelor of Nursing at RRC Polytechnic. She also continues to work as a nurse in Selkirk and in the Home Care program in Winnipeg.

“My favourite part of nursing is talking to the

patients, learning who they are, where they come from and what's important to them. And making them feel seen as a person.”

Lesia credits empathy to a strong upbringing at home and to the nurturing environment she experienced at IHMS. “I liked the atmosphere, that everyone knew each other, that teachers remembered your siblings.” She loved participating in concerts and intramural sports. “Even if you weren't good, you still got to play and be on the B team,” she laughs.

And now, her family is back in the IHMS fold. Lesia's daughter, Laryssa, attends Immaculate Heart of Mary Lubov Nursery School (Sadochok) at St. Anne Parish in North Kildonan.

IHM Lubov Sadochok is a “learning through play” experience for children aged two to five. The program provides a warm, safe, Christian environment, where children develop socially, emotionally, and intellectually at their own ability and rate. Sadochok also includes an introduction to Ukrainian language, culture, and customs and – like IHMS – welcomes families of any faith and culture.

“We really liked that IHMS has this sister program. Either my mom or I accompanied Laryssa in Time for Twos. Having the parents there that first year really helps the kids get comfortable.” Now in her second year, Laryssa goes by herself and enjoys the

routine and structure, from washing hands to morning prayers, to singing, to playing and cleaning up.

“Laryssa LOVES Sadochok and comes home with new songs every day,” says Lesia. Lesia and her husband, Kyle, plan to send Laryssa to IHMS for kindergarten. “It was such a good community and I feel like I was raised well there.” Being in a Ukrainian environment is also important.

Asked what advice she would give to current students at IHMS? “Don't stress out too much about what people think about you. Be yourself.”

Wise words!

To learn more about IHM Lubov Sadochok, visit <https://lubovnurseryschool.com/> or call Pani Julia at (204) 669-1023.



A passion for caring is a family trait: Lesia's mother was a healthcare aide, and sisters Luba (right) and Zenia (left) also pursued careers in health care – the former, a nurse at St. Boniface Hospital and the latter, a doctor doing her residency in radiology.

WHERE ARE THEY NOW?

Lifelong impact of a faith-based education, rich in culture and tradition

Tim Lukie (IHMS '88) reflects on his journey from IHMS student to Catholic school principal



I attended IHMS for grades 1 to 9 and graduated in 1988. Highlights include numerous Ukrainian productions, such as a memorable performance in Grade 2 when about a dozen of us squeezed into a giant mitten, monthly liturgies with Fr. Isadore, playing tetherball, football, and soccer on the concrete tarmac, and representing IHMS on sports teams. Another standout moment was when St. Vladimir's College (SVC) played our basketball team in a friendly scrimmage, and the entire student body packed into the gym to cheer on both teams. Later that fall, several of us IHMS Grade 9 graduates attended SVC in Roblin to continue our education at a Ukrainian Catholic high school.

Life at St. Vlad's was a special time as it deepened my love and appreciation for our Ukrainian culture—a passion that my parents, Walter and Isabel Lukie, instilled in us (Andrea, Chris, Mia, and me) at an early age. From childhood, we attended St. Joseph's Ukrainian Catholic Church weekly, and participated in many activities, such as the annual Praznyk, Christmas concerts, Ukrainian dancing, and altar boy duties, which Dad proudly led with other fathers. Looking back, experiences of faith, culture, and family have stood the test of time. Many alumni, including myself, are now regular cantors at our respective churches and we still get up to Ukrainian dance for a joyous kolomeyka!

I attended University of Manitoba for one year, then transferred to University of Winnipeg where I completed both a Bachelor of Arts and a Bachelor of Education. My first teaching job was at St. Ignatius School

in Winnipeg. During this time, I also joined Hoosli, and sang with them until I moved to Calgary. Though it broke my parents' hearts when I left Winnipeg, I needed to be closer to the mountains for mountain biking and skiing. In Calgary, I quickly became involved with St. Stephen Ukrainian Catholic Parish and joined the choir, only to discover that Dad's cousin was the conductor. It was comforting to have family nearby, and I know it helped Mom and Dad feel better about my move.

I met my wife, Erin (Reeves), in Calgary, and we married in 2004. Our son, Wyatt (2005) is currently in his second year of Business at St. Francis Xavier University. In 2006, we moved to New Brunswick, as my wife's parents were retiring to the East Coast, where her mother was born and raised. I quickly embraced our new waterfront location on the St. John River, learning to sail, and eventually buying a sailboat. A highlight was sailing across the Bay of Fundy from Saint John, NB, to Digby, NS. I now have a deep respect for the ocean and water after a few close calls during races.

Our daughter, Amelia (2007) is completing grade 12 and will attend San Jose State University on a water polo scholarship this fall. We were blessed with twins, Scarlet and Josephine (2009), who are in grade 10 and play competitive soccer and water polo.

I completed my Master of Education in Curriculum and Administration in 2010. In 2016, we moved back to Calgary and settled into a routine of skiing, sports, travel, and work.

Shortly after returning to Calgary, I became an Assistant Principal with the Calgary Catholic School District, then became a Vice-Principal at St. Mary's High School. In response to the recent invasion of Ukraine, I started a Ukrainian Club at the school, where we welcomed several Ukrainian students. I am currently the Principal at St. Mark Elementary School in Calgary and truly love every minute of it.

I am grateful for the foundation of family values, faith, and the strength of belonging to such a beautiful culture as the Ukrainian community—values that my parents, IHMS, and St. Vlad's provided. I have always carried with me the respect of greeting, "Glory be to Jesus, Glory be forever," not just as a flag-waving gesture of faith and culture for Ukraine, but as a greeting of hope and peace. I truly thank my parents and the IHMS staff for

the unique experiences and education that I now share with my own family.



A foundation of faith and culture

Katrusia Chabluk (IHMS '00) shares her path and passions from IHMS to BCU Foundation

I attended Grades 4 through 8 at IHMS followed by two years at St. Mary's Academy, completing high school at River East Collegiate. While pursuing my degree at the University of Manitoba, I began working at Carpathia Credit Union, where I discovered a passion for banking and finance. Over 17 years at Carpathia, I advanced through several roles, culminating in my position as Manager of Lending.

I transitioned to CIBC, where I managed teams of service professionals and financial advisors. In early 2024, I joined Buduchnist Credit Union, an Ontario-based Ukrainian credit union, to lead the expansion of its BCU Wealth Management, BCU Foundation, and BCU Insurance divisions into Manitoba.

This role in partnership with Raymond James Ltd, has provided a unique opportunity to combine my professional expertise with my commitment to upholding and preserving Manitoba's Ukrainian community. Our Winnipeg office, located in the Exchange District, officially opened in June 2024. In my new role at BCU, I am proud to support clients in reaching their financial goals while building reciprocal relationships with community groups and local Ukrainian organizations.

I was especially pleased to introduce IHMS to my colleagues from Toronto last March. Mr. Picklyk and Sister Pat took us on a tour of the school and we attended the dress rehearsal for the Ukrainian Week concert.



The school's pillars—academic excellence, culture, faith, and community—continue to inspire my personal and professional endeavours.

Outside of work, I enjoy being an active member of the O. Koshetz Choir, spending time with my dog Rosco, and doting on my nephew William and niece Lilyana. I enjoy travel, cooking and entertaining friends and family. I am happiest surrounded by those I love. I stay connected with former classmates and alumni through various Ukrainian community events and organizations, though I'd love to reconnect with more!

I was asked what advice I would give to Grade 8 Katrusia. This is tough because Grade 8 Katrusia had it pretty together! I would tell her to hold on to her confidence and determination, and to remember those traits when life presents challenges or things don't go as planned.

My advice for current Grade 8 students would be to stay open to opportunities, even those that don't align with your initial plans; you may discover unexpected passions and strengths. Always remember the values and lessons learned at IHMS, as they will serve as a guide through life's many journeys.

I am incredibly proud and grateful for my time at IHMS and the strong community of faith

and culture it fostered. Today, the school's support of newly arrived Ukrainian families and their children is an inspiring testament to its mission. I encourage alumni to consider donating to the IHMS Bursary Program, which provides tuition and childcare support for families in need. Supporting this initiative ensures that more students can experience the unique education and fellowship IHMS offers.

BACK TO SCHOOL

Thanks to your extraordinary generosity, more than **\$22,000** was raised this fall for the IHMS Bursary Program. This important fund helps families who would like their children to attend IHMS, but need a hand with expenses, to pay for costs like tuition, uniforms and after-school care. We are so grateful for your generosity! If you would like to contribute to the fund visit lubovfoundation.ca/backtoschool.



Did it bring back memories! Some of my most favourite moments at IHMS centred around music.

When I think about IHMS's influence on my life, I can say that IHMS provided the foundation for much of what I value today, reinforcing the importance of keeping God and my Ukrainian heritage at the centre of my life—values that my family worked hard to instill in me from a young age.

AWARDS AND RECOGNITION

On December 4, the Ukrainian Canadian Congress – Manitoba Provincial Council (UCC Manitoba) presented the **"Our Community-Our Legacy"** Awards to commemorate the 150th Anniversary of the Province of Manitoba and the 125th Anniversary of Ukrainian settlement in the province (delayed by COVID). Joanne Lewandosky (Immaculate Heart of Mary Academy '64) presented the award to Sister Patricia Lacey, in recognition of the **Sisters Servants of Mary Immaculate's** invaluable dedication to the Ukrainian community of Manitoba, particularly through their ministry in parishes; St Nicholas School, Immaculate Heart of Mary Academy and now Immaculate Heart of Mary School; St. Paul's Home in Dauphin; and Holy Family Home in Winnipeg. Mnohaya lita!

In October 2024, **Joanne Lewandosky (IHMA '64)** was awarded the King Charles III Coronation Medal in recognition of her contributions to the Ukrainian Canadian community in particular and to Manitoba in general. As Lieutenant Governor of Manitoba The Honourable Anita R. Neville, P.C., O.M. aptly noted: "Joanne Lewandosky, originally from Sandy Lake, Manitoba, is a dedicated advocate for her Ukrainian heritage and community. With degrees in Science and Education from the University of Manitoba, she has served as a teacher, guidance counsellor, and active volunteer. Lewandosky's leadership roles include president of [UCC Manitoba] and executive positions with numerous Ukrainian organizations. She has also been recognized for her contributions with awards such as the Folk Arts Council Hall of Fame and the Bulava Award.

Lewandosky, supported by her husband Henry Kuzia, continues to make a significant impact throughout her community with no signs of slowing down." Mnohaya lita, and thank you, Joanne!

Carol Hryniuk-Adamov (IHMS '68) received the prestigious Maryann Manning Special Service Award from the International Literacy Association, recognizing more than 40 years of volunteer work with the ILA, including 15 years as the Provincial Coordinator. Carol has spent most of her professional and personal life advocating for the advancement of literacy instruction as a teacher, mentor, curriculum developer, consultant, and university instructor. Congratulations for this well-earned award!



WHAT'S HAPPENING AT YOUR SCHOOL

Who remembers indoor recess on those January and February days? Hunkering down on the floor to play with Lego blocks, maybe engaging in an intense game of chess, or perhaps 'playing school' with friends and pretending to be the teacher! When the weather is nice, who can forget building snow forts? Good times.

It was a busy Christmas season at the school. At the beginning of December, the children welcomed St. Nicholas with a beautiful concert performed entirely in Ukrainian. Just before the Christmas holidays, the students entertained capacity crowds with their enjoyable Christmas concerts. Each creative production told the wonderful story of the nativity and baby Jesus's birth.

The school's social justice club, the SMAC Team (Students Making a Change), led several Christian service initiatives. One involved each student creating a Christmas card for a resident at Holy Family Home. It was wonderful to see the elderly's delight when the young ones presented them with their Christmas cards. It was also great to see two of the Sisters' missions (Immaculate Heart of Mary School and Holy Family Home) unite to share Christmas joy.

After the Christmas holiday, the students returned to school to celebrate two beautiful Ukrainian traditions. On the Feast of Epiphany, we blessed water, and then each student was able to bring Holy Water home to their families. We also had a group of carollers share Christmas and New Year's greetings at various homes in the community.

The basketball season is underway, and IHMS will have four teams competing in the Catholic schools' league. It's great to have one of our alumni, Mykel Caparas (IHMS '18), coaching one of the boys' teams.

It's at this time of year when we begin the registration process for the upcoming school year, and we've already had a few alumni inquire about Kindergarten for their little ones. Please keep IHMS in mind as an option for your children as they embark on their educational journey. And save the date: Please plan to join us for the annual Ukrainian Week concerts on March 27 at 1 p.m. and 7 p.m. All the best in 2025!!

—Rod Picklyk, Principal



IHMS students created Christmas cards for residents at Holy Family Home, including Marianne Smith (Balagus) (St. Nicholas '46)



Mykel Caparas (IHMS '18) coaches the IHMS Boys' Basketball Team.



CONGRATULATIONS!

Proud parents Maria and Darrin Lysack shared the following news: "In October 2023, in the middle of the ocean, somewhere between Miami, Florida and San Juan, Puerto Rico, Andrew Lysack (IHMS '09) proposed to Teylor Damien. The wedding will take place in October 2025 in Hawaii. Andrew is a marketing and communications specialist at KGS Engineering and Teylor is a social worker at HSC." And if that wasn't exciting enough, Maria further shared that "In August 2024 Carter Lysack (IHMS '11) became engaged to Lianne Kondziela. The wedding will take place in August 2026. Carter and Lianne are both teachers in Winnipeg." **Mnohaya lita!**

Thank you to our alumni who contributed to this issue. If you have news or stories you would like to share, please contact:
1085 Main Street • Winnipeg, MB • R2W 3S1
204-942-0443 • info@lubovfoundation.ca

 **LUBOV**
SSMI FOUNDATION
Supporting the ministries of the Sister
Servants of Mary Immaculate.

ALUMNI BURSARY CHALLENGE

We are excited to be developing a new program to support the IHMS Bursary Program.

If you are a member of the **2015, 2000, 1990, 1975 or 1965** (and earlier!) classes, we'd like to speak with you!

Call Katherine at 204-942-0443.