



I set up a fund (NOT Tax Deductible) that will directly help the municipality of Kopychyntsi, Ukraine -- **Make the check out to Mary Rose Kaczorowski**

1. Write in the memo: Stand w/ Kopychyntsi, Ukraine
2. Mail to: Mary Rose Kaczorowski, PO Box 1684 Ft. Bragg CA 95437

We will be sending a single lump sum when enough donations come in-- My banking institution agreed to waive the international transfer fee.

Mendocino turns blue & yellow as war impacts Ukraine by Mary Rose Kaczorowski

(OP Ed that will appear in April 14 Mendocino Beacon & Fort Bragg Advocate News)

If you walk around the village town of Mendocino and Rotary Park, you will see numerous tall blue and yellow banners fluttering in the wind. Patterson's Pub and several businesses are flying Ukrainian flags—all in solidarity with the Ukrainian people's fight to preserve a free, democratic and sovereign Ukraine.

The blue and yellow national flag for Ukraine was first adopted in 1848 by revolutionaries who wanted its western area to be freed from under the dual monarchy of the Austro-Hungarian Empire. According to several historic references, the blue and yellow colors were adapted from the coat of arms used by the city of Lviv. National flags did not exist at that time, but Kievan Rus used as its symbol a trident head, which was resurrected when Ukraine became independent in 1918 and again in 1991 following the dissolution of the Soviet Union in December 1991.

Since the recent February 24 unprovoked invasion of Ukraine by the Russian Federation, over 4 million people have been forced to flee Ukraine, seeking safety with only what they can carry.

No matter what you feel about the political situation, the ongoing attacks on Ukraine have turned the lives upside down for innocent civilians. Women and children, the disabled and the elderly will suffer the most. This humanitarian crisis in Ukraine will continue even after this war ends.

To help the Ukrainians, Harvest Market in Ft. Bragg and Harvest at Mendosa's in Mendocino in partnership with the local club of Rotary International raised over \$8,000 in donations from store customers. Harvest then kicked in a \$5,000 contribution for a total of \$13,196.36.

This and many other acts of solidarity with the people of Ukraine have been emerging here on the coast.

The Adventist Health Spiritual Care Chaplains led a "Prayer for peace and healing in Ukraine" event last Monday at Adventist Health Mendocino Coast Hospital.

Scott Miller who you may have seen at Fort Bragg's Wednesday Farmer's Market and at Ukiah's Saturday Market has his mobile tool scissors & knife sharpening van. He has been donating the proceeds of his services for his sharpening service to the International Rescue Committee emergency aid to Ukraine.

Julie Apostolu who you may know as the General Manager of Mendocino Farmers Market Association, has dedicated her own talents to the cause. She has created colorful hand painted stone paperweights with hearts and sunflowers and colors of the Ukrainian flag. She has posted them on Facebook and is selling them to raise money to aid Ukraine.

In the planning stages are several *Stand with Ukraine* events including one in Mendocino to be co-sponsored by Mendocino Café.

A few weeks ago, Joanna Wildoak and I interviewed on KZYX-Z Radio (March 10) Mariya Tuzyk from Kopychntsi a small municipality in Western Ukraine. Mariya and her husband Mayor Bogdan Kelichavyi of Kopychntsi have mobilized their town to help cope with the influx of internally displaced Ukrainians and to

supply the areas under siege. Thousands have left from the war zones and devastation to stay with friends and family in Kopychntsi & surrounding areas. I am Polish American and ironically, I discovered that Kopychntsi is only 20 km. away from where my family originated which is now Ukraine. My father was a refugee from the Nazi (Hitler)-Russian (Stalin) invasion of Poland in 1939. My father's whole side of the family and were murdered by the Stalin regime. My father escaped, was captured by the Nazis and became part of their system of slave labor and to make a long story short and sparing you some horrific details, he was liberated by the British as the Nazis were marching him and others to Holland.

We asked Mariya how we could help. she spoke about the concept of communities helping each other.

As we know the need is still ever so great – the invasion and bombing of Ukraine has taken an enormous toll -- I have been in phone contact with Mariya Tuzyk 's brother who lives in Canada—and he is collecting funds to get direct aid to Kopychntsi. He explained, “ The donations support the managing of the needs of internally displaced people and supporting those on the frontlines with military equipment, medicine and food, via their partners in Poland who buy the supplies and bring it overland to Kopychntsi. If anyone wants to help in that way you can reach me at mrkaczorowski@gmail.com and we can discuss how to get your contribution to directly help Kopychntsi.

On another Wild Oak Living program ([March 24](#)) we interviewed Lisa Harvey from **Nowa Ukraine**. **Nowa Ukraine**, based in Stanford, CA (home of Stanford University) has been organizing relief efforts to help Ukrainian refugees, and to get supplies of medical & surgical and other critical items to several key areas in Ukraine. They have partnered with Airbnb and UNICEF USA. Ukraine is slightly smaller than Texas, and that is a great deal of territory to cover.

Nowa Ukraine is also helping fund animal rescue efforts and helping provide families with emergency water, sanitation, and hygiene kits. The Nowa Ukraine team and volunteers have been working tirelessly around the clock and appreciate support from all of you! For general inquiries: contact@novaukraine.org or go to <https://novaukraine.org/>

Every bit helps in providing aid to Ukrainians impacted by the invasion. I hope you can help!