

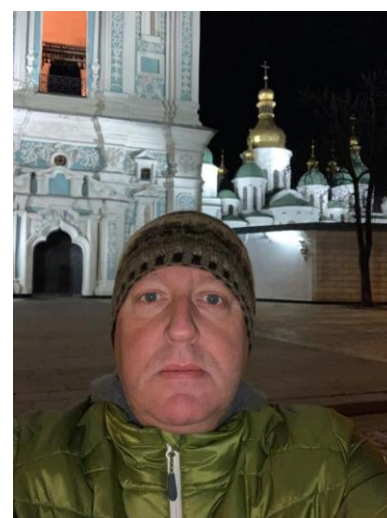
Bruton Supports Ukraine Quarterly Newsletter – April 2023



FROM OUR KYIV CORRESPONDENT

Having fled Kyiv quickly after the first missiles struck on 24th February 2022, I have been returning regularly to Ukraine's capital city which, along with Bruton, is my home for the past 15 years.

My last visit was immediately before the anniversary of the war. Tensions in the city were high and winter temperatures low as the country waited to see what the response would be to the anniversary. Russians love an historical date and the fear was of yet another massive missile attack on the capital. These attacks targeting civilian infrastructure in Kyiv and across the country have been going on since October and are designed to spread fear and disrupt life. Indeed the plan was to drive people from their homes during the cold Ukrainian winter, where temperatures can drop to -20C, by denying them heat, light and water. But Ukrainians (and the occasional Brit, including our Ambassador) are more resilient than that. During the rolling power cuts and heating and water outages, people remained defiant and resourceful and morale was high with each person ready to play their part in defeating Russia.



Spring is now in the air in Kyiv and across Ukraine and the Russian ambition to freeze Ukraine into submission and to create a second wave of refugees, and with it a sense of fear and failure, has been defeated. But the bloody war rumbles on in the killing fields of Donbass in the east of the country.

War is always nearby. Air sirens still sound almost daily across Kyiv and Ukraine and are now a part of everyday life. When the sirens go off, the sirens on the mobile app used by all Ukrainians quickly follow. We head to a safe space in a designated shelter, the metro, a basement or a room without windows to take cover.

My own Kyiv home is in the centre of the city close by to embassies and government buildings and is heavily defended by anti-missile defence systems which, thank God, have been remarkably effective.

I close the heavy drapes to protect against shrapnel and flying glass in case of a nearby missile strike, make a cup of tea, check the latest information on the attack which arrives on the news app in real time and wait for the all clear to get on with my day.

Jock Mendoza-Wilson

COMING UP

Public Meeting – Wincanton
BSU will be presenting at the
Quaker Meeting House in
Wincanton on Saturday 15th April
at 3pm. Please come along if you
would like to support us and find
out more about the group.



LEARNING ENGLISH

From the arrival of the very first Ukrainian guest in the area it was clear that support with learning English was going to be one of the most important issues to address. Step forward the amazing Jo Taylor (some of you might know her as Carol Fradley's little girl!). Jo recruited a band of qualified English language teachers (all volunteers) and set about matching tutors to guests in need of lessons. Every adult guest who wanted help received an initial assessment from Jo and then embarked on their learning journey.

The progress has been remarkable! From little or no English, guests have developed their skills (and in some cases sharpened up already excellent English) so they are able to participate fully in Somerset life, start thinking about living independently and look for work.

The learning hasn't all be one way – tutors have built up fantastic relationships with their pupils – sharing much more than the love of learning. Friendships have developed and the care shown by our volunteer tutors is a wonderful thing to see.

So, thank you Jo and your merry band of teachers – we are so grateful to have your skills and enthusiasm.

tutoring for Ukrainian guests learning/improving English? If so, please email ukraine@stmarysbruton.org

- Donate

If you can help support us by donating, please use the QR code for our local giving page, or email us if you are a business/foundation. Thank you

CAN YOU HELP?

Sadly there's no end in sight for our Ukrainian friends. So we are making plans to support those here (and perhaps more coming) for as long as needed.

The Cambridge dictionary defines altruism as “the attitude of caring about others and doing acts that help them although you do not get anything by doing those acts”. But we don't wholly agree with that. Working together to support these guests has enriched our community and everyone volunteering and hosting has seen the benefits of living generously, sharing a common endeavour and looking outside our own experience.

If you would like to join the effort, there are lots of ways you can help:

- Host

Could you offer a home to Ukrainian(s) fleeing the war? If so, let us know and register your interest here: [Homes for Ukraine Scheme \(somerset.gov.uk\)](https://www.somerset.gov.uk/homes-for-ukraine-scheme)

- Rent a room or property

Do you have a room or property you could rent out to Ukrainian refugees in the area? There are local incentives for landlords to join the scheme: [Cash incentives for landlords who help house Ukrainian refugees | South Somerset District Council](https://www.southsomerset.gov.uk/cash-incentives-for-landlords-who-help-house-ukrainian-refugees)

- Volunteer

We always need more volunteers to support our work. If you would like to get involved please email ukraine@stmarysbruton.org

- Teach English

Are you a qualified language teacher? If so, could you help by taking on some voluntary

Welcome to England – Kate's Point of View

England. What do you know about England? From school, we all know that "London is the capital of Great Britain or the United Kingdom of Great Britain and Northern Ireland. It is an old city, its history counts more than two thousand years. London is both the capital of the country and a huge port. London is situated on both banks of the Thames, about forty miles from the mouth and is divided into two parts by the river: north and south. There are 17 bridges that cross the river. The population of London is more than 9 million people." That's all we know about England before and now. By opening Google, you can find all the information you need. Google will also help you find famous people of the past and present. Prominent places are also not a secret for the search engine. But I want to tell something completely new, simple, and vital...

In the summer of 2022, my friend decided to go on an interesting program, and said that we can also come with her. So, together with my daughter, we came according to the program and at the invitation of an ordinary British family to visit. As it turned out, they live far from city noise and life. This is the small village of Shepton Montague in the county of Somerset. From the very first minute of meeting at the airport, we felt that we had come to very familiar friends, although in fact we were seeing each other for the first time. And here are the first minutes of the conversation, and you already feel that the fear that was there has disappeared somewhere. These are people with such an

open heart and soul that you even forget that you are in a foreign country.

A month passed. A month of incredibly fast adaptation to everything around you. New acquaintances, new traditions, new life, even new weather conditions. Is it difficult? Yes of course. The most difficult thing is that you can't often wear white sneakers, because it's raining, and signs with the inscription "Caution. Mud on the road", well, this is for me personally. And so... No. It is here that you begin to understand that life goes on, no matter what. They will help you with everything they can. They will support you, give you advice, even cry with you. Does Google write about it? No. Because he simply does not know this, the other side of life. And I won't write much, because it takes a lot of time and coffee. I'm just grateful to everyone for everything you do for us.

THANK YOU

We have been incredibly fortunate to have the support of lots of members of our community. Some have given their time and kindness, some have opened their homes, some have shared their skills and some have donated funds, clothes, household items, etc. Thank you to everyone who has supported this effort – it really does 'take a village'.

JOURNEY – By Viktoriia

*I was born in the sunflower country of the brave
But today I have two very special homes.
All because I met smiling people. I praise
Their support for me in different forms*

*I left all of my plans, my big dreams and my
friends*

*One day running from an evil, terrible war ...
My life changed ... I am learning to feel and
finding meaning again.*

*I am not a stranger here, I am part of your
world.*

*I have found peace in your beautiful land.
Now my family's bigger. I give thanks for
your endeavour.*

*I'm so grateful for your golden heart, helping
hands.*

I am loved. You are in my heart for forever.

Yevheniia's Kitchen

Borsch

For broth

- * 1½–2 liters of water
- * 400-500 g of pork or beef on the bone

For frying

- * 2 small beets
- * 1 medium carrot
- * 3 medium onions
- * 4-5 tablespoons of vegetable oil

* a pinch of citric acid, a little table vinegar or ½ lemon

* 2 tablespoons of tomato paste

For borscht

- * 300 g of fresh white cabbage
- * 4 medium potatoes
- * salt — to taste
- * 1-2 dried bay leaves
- * greens — to taste
- * 1 garlic clove — optional
- * a pinch of ground cloves — optional
- * a pinch of ground black pepper is optional

Pour cold water into a saucepan, lay out the meat and put it on medium heat. The broth will taste better if you use meat on the bone. When the liquid boils, cover the pan with a lid and simmer for an hour.

Prepare the roast

Wash and peel the beets, carrots and onions. Grate the beets on a coarse grater, and the carrots on a medium grater. Cut the onion into small cubes.

Pour oil into a frying pan, turn on medium heat. Fry the onion and carrot, stirring, for about 5 minutes. Then lay out the beets, add vinegar. Thanks to this, the borscht will be really red and will acquire a pleasant sourness.

Cook the roast for another 5 minutes. After that, add the tomato paste, stir and leave on the fire for another 5-7 minutes. When the broth is cooked, remove the meat from it. While it cools down, pour the chopped cabbage into the pan. After 5-10 minutes, add the potatoes cut into strips or cubes. While the potatoes are cooking, separate the meat from the bone and cut into cubes. Return it to the soup. Add salt to taste.

Add the roasting, bay leaf and finely chopped herbs. Cover the pan with a lid and cook for another 5-7 minutes. For flavour, you can add a little crushed garlic, ground cloves or black pepper to the pan. Leave the borscht under the lid to infuse for 5-10 minutes

Borscht can be eaten immediately after cooking. But, as a rule, the next day it is even tastier.

Add sour cream and fresh herbs to the plate. If you prefer sour, put a slice of lemon.

Serve rye bread or muffins grated with garlic to the borscht. Also, the dish will perfectly complement lard and pampushki.

CONTACT US

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