



Werewolves, Amazons and Perogies: A Ukrainian Celebration

Author reading of Stalinist survivor memoir/cookbook "Baba's Kitchen: Ukrainian Soul Food" in commemoration of 125 years of Canadian settlement.

SURREY, BC, CANADA, September 7, 2016 /EINPresswire.com/ -- You're Invited to a Ukrainian Celebration

“

Ukrainian cuisine feeds your body, your soul and your spirit. I am determined that our stories survive, along with the spirituality and strong sense of community inherent in our cooking rituals.

Raisa Stone

When a malcontent Ukrainian Baba (grandma) slings borshch, there's mayhem in the kitchen!

In celebration of the 125th Anniversary of Ukrainian settlement in Canada, 25 years of Ukrainian Independence and the signing of the Canada-Ukraine Free Trade Agreement, Ukrainian cultural historian Raisa Stone will read from **BABA'S KITCHEN: UKRAINIAN SOUL FOOD** at City Centre Library, Surrey. This event is in conjunction with the Library's photographic exhibit of Ukrainian pioneer life,

curated by the University of Alberta's Kule Folklore Centre.

Date and time: Tuesday, September 27/16 at 7 pm

Address: 10350 University Drive, Surrey, BC

Location: Room 120

Admission: No cost

Registration: Call 604-598-7426 (library) to reserve a seat

The author spent decades collecting outrageous stories from survivors of the Stalinist purges and the Holocaust (including her family), along with their traditional recipes. Between tales of magical encounters with Nature spirits and steaming bowls of borshch is the true confession of the author's elderly neighbour: she murdered her abusive husband. The deadly story unfolds under the guise of cooking lesson, as unexpectedly as in Roald Dahl's *Lamb to the Slaughter*. Raisa kept her neighbor's secret until after her death.

Ukrainians: first tamed horses, invented pants (for riding!), pyramids, the bow and arrow, built homes from mammoth bone, and created Europe's first democratic constitution. Evidence of written language has existed for 22,000 years.

Ancient shamanic practices that sparked the original werewolf legend combine with recipes and customs reaching back to the Neolithic era. As just one example, the book outlines a mouth watering Honey Onion Sauce that recalls competing with wild bees and bears.

This combination of memoir, cultural history and cuisine from Ukraine's Indigenous people is a

rollicking journey alternately as deep and dark, playful and humorous as the Slavic soul. The evening will include a Ukrainian folk song or two.

Books and handmade jewelry from Western Ukraine will be available for purchase on a cash basis.

Lower Mainland author Raisa Stone (Stohyn) created a narrator called Baba, a composite of invincible immigrant spirits. Raisa attended classes at Winnipeg's Ukrainian National Home throughout her childhood, and has sung and arranged music with renowned Vancouver Ukrainian group Zeellia. A Banff Centre alumna, she has been a Bravo TV narrator, a member of the [Montreal Jubilation Gospel Choir](#) and Features writer for The Winnipeg Gazette. She has appeared at the Shadbolt Centre as both a musician and storyteller.

National Ukrainian magazine Nasha Doroha chose Raisa's poetry to commemorate the Chornobyl disaster.

The Ukrainian Canadian Congress is currently featuring BABA'S KITCHEN and Raisa's children's book ROSIE'S RESCUE in their 125th Anniversary celebrations of Ukrainian settlement in Canada.

"This book is a lifelong labour of love," says Raisa. "We've lost so much as Eastern Europe's Indigenous people, and I am determined that our stories survive. Pairing them with Slavic cuisine is perfect; Ukrainians usually tell these stories over lovingly prepared meals. In fact, we compete with each other for the best dish, the best story, the best joke.

Ukrainian cuisine feeds your body, your soul and your spirit. It is an integral part of our spirituality and sense of community. For example, each grain of wheat represents a soul. Grain baked into bread, is a symbol of community. We present lovingly home baked bread and salt (for preservation of life) to guests. For someone who is acting in an unacceptable way, we have equally strong messages: "I would not even make borshch with such a person."

I receive an incredible outpouring of love from the community. Letters from across Canada, the US, Australia, the UK, Europe, South America, Asia. My author Facebook page has nearly 10,000 fans, which I think is pretty great for a self published book in a niche market.

Creating a zany narrator is how, I think, I was able to handle the overwhelming sadness and loss related to me by our elders. My paternal Baba died of infection when the Soviets denied her medical care for a leg fracture. They had already burned the bountiful forests where we collected medicinal herbs.

I'm currently compiling a book of Ukrainian Easter photos sent to me by readers, called SACRED BEAUTY. These photos are of astonishing loveliness and spirituality: paska breads that took five risings, exquisitely written pysanky (Easter eggs) with ancient symbols from contributors ages 4 to 80+, elaborate baskets assembled for blessing."

Ebook copies of BABA'S KITCHEN and ROSIE'S RESCUE are available for review, upon request.

Book and author photos available on the website and upon request. Reviews are on the website.

Raisa Stone
Dear Companion Publishing
604-769-1734
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2016 IPD Group, Inc. All Right Reserved.