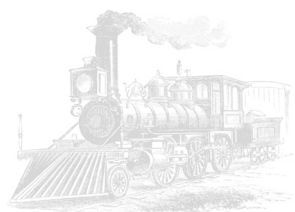


Olena Yaremchuk

Wild West and I

Durango
2021–2022



*You can familiarize yourselves
with creative projects on the website
www.alenayaremchuk.com*

*Thanks to the Legal Consulting Group
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www.ayaremchuk.com*

*International Internet Film Festival Star Independent
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*Social organization Intellectual Leadership.com
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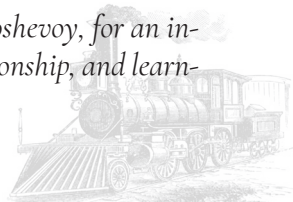


The book “Wild West and Me” is imbued with love and warmth for the learning of a new culture and also with fears and doubts about a new life in Durango, Colorado, USA. A supportive book for the millions of immigrants, displaced persons, and refugees who have been forced to leave their homes by the horrors of war or in search of a new and happy life.

A book that recounts the first moments of realization that the world as we knew it before, does no longer exist. The love, the truth, the faith, the support of Americans during such a difficult and terrible time for my homeland of Ukraine was so important. I spent almost two years in a small town in the Wild West, with a rather harsh climate, beautiful wildlife, and its distinctive American way of life. I fell in love with the beautiful people of Durango who I admire. They are my heroes. My experience of vibrant metropolitan life, has been blended into a series of events and meetings that helped a large number of women and children affected by the military aggression.

Whichever way you get to a new country, you face the same questions, how to make friends from a new culture, a way to earn money and find new meaning of life. The process of adapting as an immigrant, is sometimes a painful, traumatic experience, like a birth, but in the aftermath one becomes richer in another culture. Knowing how to keep focus and walk toward your soul’s purpose, with the help of spiritual truths.

The book is an inspiration and a blueprint for how to fight, to apply leadership skills in all circumstances. Thank you to my beloved husband, Vladimir Koshevoy, for an invaluable new experience of love, companionship, and learning in a new world.



NEW ROUND — AMERICA

May 14

Did I want to be here?

As a child, I was given a duvet cover with an image of the American flag, warm, flannelette. The eternal cold war of the USSR-America, and then idealization. But there was no desire to get in, just like the American dream.

All life is about achieving success and just constant insecurity in the English language. School, then college, JCI. I hated the English language and grammar. Grammar made me so sad. But life decided otherwise.

Good luck with the British Council, British friend. A trip to London. Love for the culture of England. Know particular English cinema and color. This aristocratic green.

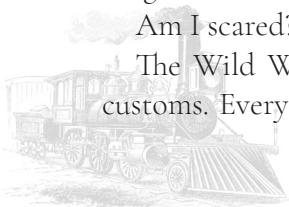
Then life in Spain. Maybe one day I will describe it in a book. Spain is my love. Passionate and unexpected, so beautiful.

And now I'm in the wild west. I've been living in a real American state for 6 months.

The moment when I switched from a tourist visa to a legal resident.

Am I scared? Oh yeah.

The Wild West is quite harsh. Both climate and customs. Everyone in the house has a weapon and a



story about how their ancestors conquered the west. People are very different. Indian settlements. We are in Colorado. Durango. A small picturesque town 6,512 feet above sea level.

I wanted to sincerely tell my story.

Your impressions. Why a new person sees a new place differently from a different angle.

May 16

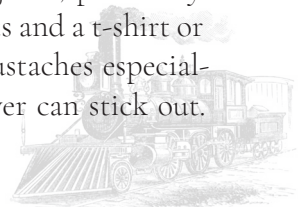
I started writing the story of a new life.

It is very difficult to keep abreast of events in Ukraine and try to adapt to America.

As everything else is concerned: Starting from the size of a coffee cup. I am a fan of fine porcelain, with a saucer. Graceful serving with a heart and some yummy pastry. Preferably on a snow-white tablecloth and with a young smiling waiter.

Here is another story. Liter mugs, a smiling dude in a plaid shirt and jeans. Usually with a huge amount of sugar, the taste of coffee is very roasted, with a huge cookie.

Being in shape is a very specific task. but the concept and forms are different here :). Heels, forgotten immediately, but not by me. What I liked is that I'm looking for my stylish hat :). I need to get into cultural traditions. The main criterion is jeans, preferably bell-bottoms and a hat. Cossack boots and a t-shirt or flannel shirt. Men with long lush mustaches especially stand out here. And even a revolver can stick out.



A huge jeep or a motorcycle. Here you have a beautiful wild Colorado. Lots of galleries and souvenir shops. 2 main coffee houses. Each deserves a separate description.

A lot of country music is now pouring from every bar.

Its own special flavor of bar design.

One of my favorite places where girls walk around in corsets and garters and with feathers on their heads. Just like at the beginning of the conquest of the wild west.

You. delete.

May 17

In the morning you wake up and you need to find the meaning.

This is a task not only in immigration, but in the first months of a new life you feel it especially acutely.

When I lived in Spain, I made a video about 5 stages of immigration, here is the link for those who are interested: <https://youtu.be/vV2sXXo17No>

The first stage of tourism. It is beautiful.

Everything is new, different, colorful, nature, new people. :) I have already been to 5 states. My eternal desire to see something new, interesting.

Second, understanding how the world works in a new country. Communication with society.

Here is my second step.

We have applied for naturalization.



I am a lawyer and, of course, I studied the legal issues of naturalization, but I was very lucky with Volodya. He systematically and scrupulously prepared everything.

There are details related to entry on a tourist visa. It is necessary to make a decision on marriage and formalize the marriage only after 3 months of stay in the country. Now my main meaning is a complete immersion in the English language. I go to local English courses 4 times a week, I study with a tutor from Ukraine once a week, watch TV series, and read books in English. But I understand that this is not enough. Therefore, I decided to create a Speaking Club. Wednesday will be the first meeting.

Why did I end up in America?

A woman is like a cat.

You are as domestic as a cat. But you can't force anything on a cat, it only does what it wants to do. At least you.

This is the whole philosophy of our relationship. feel each other.

We came to the mountains. To hike.

My attitude toward hikes is special. I grew up in a forest. I know, with my outfits and heels it doesn't look like it, but. Bershad', a small town in the Vinnytsya region, surrounded by forests and black earth fields. The forest was everywhere, we very often went for walks in the forest with my parents.

But there was no hike.

Hike is to wander along the forest and mountain paths.



My third attempt at hiking.

I asked Volodya, how far do we have to go before we can turn back, well. until you say that you are tired he said. I looked at him and said that I have been thinking this way for 5 minutes now :))).

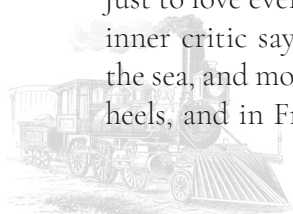
Let me show you another little town in the mountains:) and we turned back :). God, how much happiness in the return :). On the way, we saw a mountain river. here I got stuck. I love water, in any form. I grew up next to Dniester. In Sambir, there is mountain cold water. I found my big stone, took off my sneakers and went barefoot into the water. The water is ice cold, it hurt my legs. but it felt so good.

You just sit and enjoy the mountain stream. Clean, real, stormy, unpredictable. Strong, powerful. My element is water. Eyes rest, the sun is shining. Just sit and watch. I walked away a little. I start to do Qigong exercises, plunging into the atmosphere of the forest. In the «Tree» exercise, we imagine how the roots go very deep and the water seeps through us, the energy rises. The legs get high from the mountain stream, such a wild feeling of cold and heat..

You just dissolve in the sounds of the forest. There we meditated for almost an hour.completely connecting with the energy of the mountains, the river and the forest.

We decided to go to the nearest town of Silverton.

I made a decision for myself to love everything. Just to love every centimeter that I see. Of course, the inner critic says that in Spain there is greenery and the sea, and mountains, and fruit, and in Kyiv, girls in heels, and in France, croissants and the Côte d'Azur.



But I'm in the harsh mountainous Colorado, and you need to find originality and beauty, in their simplicity and friendliness:))). And in familiar huge cups of coffee.

How do you adapt to a new place?

What do you like about the place where you live?

The opinion of those who have just moved is especially interesting. The first moments of a cardinal difference.

Cool ride to Silverton.

We lost track of time playing glockenspiel, huge copper pipes on Main avenue in this charming mountain town. You find yourself in a real old town, like in westerns. Main street, old courthouse, a few old houses, saloons and restaurants. All is mostly built with wood in Victorian style. The road that takes you to this town was called the «Million Dollar Highway» when they built it, you had to use a lot of dynamite. Now it would be 100 million in construction costs. Also, these are very steep mountain slopes. I was very scared to even look out the window. And Volodya was driving the car.

We also visited the Golden Block Brewery, a wonderful brewery, where we tasted delicious pizza from a real oven, local churros. Enjoyed the mountain scenery.



May 23

How I miss any Kyiv photographers.

For Kostya Zhitsky.

We discussed the timing, the details, and each frame is a masterpiece. and I know in a relaxed way that everything will remain. Most of my posts are from events where Kostya was my guardian angel photographer.

For our talented people.

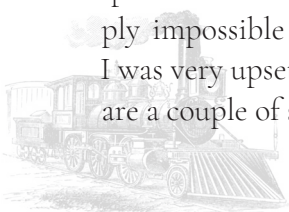
Now is the time for Eurovision. What a talented country we have. Creative and bright.

I really love our culture.

Twice my experience with American photographers has led to misunderstanding, conflict and disappointment.

I do not want to describe the conflict, but because of it, a lot of things fell apart for me. Volodya and I were invited to a promo photo session, I got ready. We let the photographer know that we are in. And just a day before the event, he wrote that there are no spots available. For me, a photo shoot is always a big event.

Our wedding also had a lot of problems. The video was recorded for 17-30 seconds. With this kind of «professional» video for a lot of money, it was simply impossible to make a good wedding video clip. I was very upset. But the photos came out good. Here are a couple of shots.



Wild West and I

And once again I want to express my deep gratitude to all the creative people with whom I have had a privilege to work all my life.

And now I am open to working with responsible photographers from America :).

Looking for a great creative team.

May 24

Watching a new film festival location. I don't know how long I'll be in Durango, but I need to light this city up and enjoy the red carpet and my friends' amazing films. Whoever wants to come to us, I plan an event in October. There are several local cinemas, halls. I'm meeting with the Veterans of Foreign Wars. They have a very interesting hall and this is a public organization. Let's see who we can negotiate with.

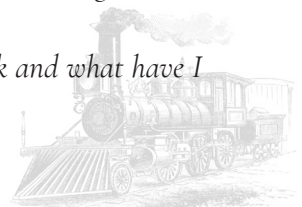
May 25

I officially ended my tourist status and entered a new format of waiting for new American documents.

Probably the task of my soul in this life is to live on different continents.

Once a week, my husband and I go through seventeen questions:

1. *What have I learned the last week and what have I implemented?*



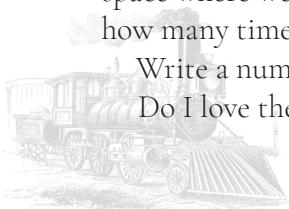
2. *What is my biggest achievement?*
3. *Where did I waste my time?*
4. *Which of the things that I put off, I will definitely do this week?*
5. *What are my goals for the current week?*
6. *Is there anyone I want to thank?*
7. *What is my strongest impression this week?*
8. *What prevents me from moving forward and how to remove these obstacles?*
9. *What are my top three goals for three years?*
10. *Is there anyone I can help?*
11. *What steps will take me forward towards my goals and what can I do now?*
12. *Solving what one case will move me the most forward?*
13. *Who can help me, who do I want to meet?*
14. *Developing what one skill will move me the most forward?*
15. *What am I doing that is pulling me back?*
16. *What am I doing that is absolutely useless for my life?*
17. *If next week were the last week of my life, what one thing would I do tomorrow?*

This helps to structure your thoughts and prepares for a new step.

Now we are moving. Thanks to the wonderful space where we were before and moving again. Guess how many times in my life I moved?

Write a number from ten to twenty :).

Do I love the nomadic life?



Maybe yes:). But just as comfort and beauty :).

The second Speaking Club starts on Wednesday. I am very pleased that Michelle Ehret Hall, my English teacher here in America, has joined the group.

We will speak in the past tense and talk about a new book that I read in English. At 10.00 Durango time and 19.00 Kyiv time. Making new friends, just like keeping in touch with old friends when moving to a new country, is always very difficult. A club, a good way to communicate.

May 29

Hat.

America has its own country subculture. And of course I see it every day. Hat, jeans, boots and plaid shirt.

Jeans, we all love and of course I had them.

Plaid shirt, this one I am not ready for yet.

Boots, suede Cossacks I had.

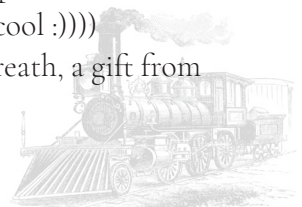
But Hat, that was another task.

I tried probably fifty hats. Different, light, dark, light, warm.

I'm bright and I love individuality.

And so, we went to a very interesting store. And I saw her. bright turquoise color, the perfect color for my eyes :). I tried it on my husband, cool :))))

I combined it with a Ukrainian wreath, a gift from my friend Elena Tokareva.



And voila :)). My husband spoils me endlessly. The mood is super. I wanted to sing :). I became a hat closer to the culture of the Wild West. To our Conversation Club, I will wear it and inspire people to learn the language in an American hat.

Small details make our life more colorful.

I love everyone. How little it takes to be happy in the wild west, just find your hat.

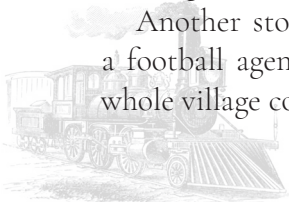
May 31

One of my life strategies is to master English. It takes a whole life. Now I'm starting to read. I have loved to read since childhood, voraciously, fiction. In the library, there is a separate stand for non-native speakers. There are books of different levels. Today I read the book «Two words» — different worlds.

This is a book about immigration, written by a British journalist, it consists of three stories about immigrants. In one, a girl and her mother are left alone in London, as their neighbors, with whom they were friends, killed their father and brother. War.

There are such simple questions: has it ever bothered someone, different languages and different religions, we lived together. We switched roles, I'm an adult, my mother is a child, and I really want to be a child again.

Another story is about a boy who was found by a football agent who promised a sports career. The whole village collected 3,000 euros for him, but when



he arrived in a new country, settled in a luxury hotel, his agent disappeared. And the child slept in the street, lied to his parents and survived, he was very ashamed. I immediately remembered my life in Spain, and how many people there are on the streets, surviving best they can. Before my eyes, my Syrian friends, and how much they had to endure. And of course our country and our beautiful white children, without parents. Heart, bleed, as far as 2 worlds exist together. Very close. In conclusion, there was a story of a student whose father, a wealthy entrepreneur, paid for his studies at a business school. But she hated business and changed her major to English. A war broke out in her country. Her father did not forgive her change and did not want to talk to her, because she is his only business heiress.

During the war, he died, as did his business. And she had to survive in England, she was sent to teach refugee children. There. She faced different lives, but it helped her cope with her mental trauma..

As a result of studying at school, the boy football player was noticed and taken to the sports academy, everyone helped each other. The moral is one. Open your heart. Give love to everyone you can in every second of your life. It is not known when it will end.

At the end of the book, poems. deep.

Love you.

Two worlds

I'm stuck between two worlds

Then and now

I do not know how



Olena Yaremchuk

*I stopped living there
to feel alone here
I found myself between two worlds.
Safe and lost.
I paid the price.
Leave loved ones there and meet strangers here
I'm stuck between two worlds
Happy and Sad.
I lost what I had.
I left my former self there and could not bring her here.
I'm stuck between two worlds
Sunshine and Rain.
This is not a game.
I'm stuck between two worlds
Old and New.
It depends on you.
Help me move from where I miss
to feel welcome here.*





*The Broadmoor hotel.
Colorado-Springs*









JUNE 2021

June 1

My trip was around Durango. And here we have some very interesting places.

We found a public organization in which artists, writers, creative people are given the opportunity to create. And tourists can enjoy the beauty and help. in their very own style. Water, this is a miracle. there is very little of it.. How I love water, but on the other hand, you begin to appreciate what you are used to from childhood. especially our Earth.black soil. in order for something to grow here they put barrels and a separate sprinkler with water.

I remember my grandmother had a barrel where they collected water from the rain. The water was warm, and in the evening with my grandmother we watered the garden. Strawberries, cucumbers, tomatoes. Wonderful moments of childhood. I became a small gardener :). But so far these are two orchids and two flowerpots. We are moving and there will be a large window. I hope everything will bloom.

Here is a link to the site. Inspired by friends. Great place for retreats. We look forward to visiting :).

<https://www.willowtailsprings.com/>



June 3

Moving :). Thank you so much to our wonderful friends for a wonderful six months at Siesta Motel.

The tourist season has now begun. I recommend to everyone, if you come to Durango, stay here :).

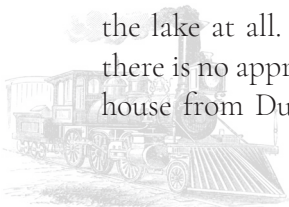
On the last day of the move, we were offered a house on the lake. Inspired by the offer, we packed up all our belongings and in the evening went to see a new place.

Of course, the very idea of living near the lake inspired.

Our friends lived in this small town. It's very picturesque there, and our friend Charlotte Lenssen moved into a wonderful house. Her landlord recommended this new house to us.

We're driving, driving, driving, driving. Very long and very deep, into the forest..

Arriving and checking everything. We realized that we were not quite ready. Perhaps for someone it will be their nest.. My husband goes to work every day, and I realized that the presence of people is important to me :))) and proximity to our delicious restaurants :). The case when marketing, advertising and photography in reality is not at all the same. The photo has a wonderful view and lake. In fact, a very dirty little apartment, in the forest along with the house of the owner, the dog, and there is no view of the lake at all. You can't swim in the lake at all and there is no approach to the water. tin. The drive to the house from Durango is about fifty five minutes. no.



we are looking for a Feng Shui house with a fireplace, a pool, mountain views and good neighbors, close to the city. Universe, give me this.

June 7

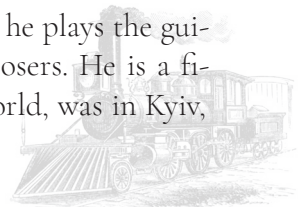
Wild West and me.

We are slowly getting settled. We had our first guest at dinner today. Our neighbor is an American with his wonderful dog, he is 78 years old, he has 4 children and 9 grandchildren, he came from San Diego and has been living here for 2 years, close to his son. As it turned out, the son played soccer with Volodya when they were students :). He called Volodya an aggressive player, the best in their team, they played at the university. Left striker:))). At their university you could choose classes and it had tennis and football, I knew that in Lithuania there was hockey, figure skating, and of course fencing.

Every time I am amazed at Volodya's talents and his modesty.

We had a very good time. Lithuanian borscht, my husband's signature dish :). Salad with watermelon, feta, tomatoes, green olives. Spaghetti.

Sweet nutmeg and two dogs lying next to us. In America, everyone has animals, and even better two dogs and many cats. It's quite common around here. We discussed music with a neighbor, he plays the guitar and piano. He likes Slavic composers. He is a financier, traveled a lot around the world, was in Kyiv,



at Cannes Film Festival, built a lot of hotels. A deep and inquisitive mind, his family comes from Austria. People here are divided into conservatives and liberals. I'm already beginning to understand that he's more of a liberal. Colorado, more of a conservative state. Discussing the controversial question of gun ownership by American people, he knows guys who have 24 types of weapons at home. In New Mexico weapons can be bought without a license.

On the other side, the neighbors through the door are young guys. I wake up to a strong smell of marijuana. In Colorado, it's legal. Reference music sounds there and there are young guys, laughter and quite a lot of fun.

There were a lot of good things today.

Do you like to host guests at home? Do you have any habits? Share your signature dish :).

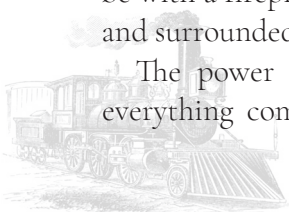
I'm on my way to normal. Concentration in English. If you are just starting the process of adaptation, invite a neighbor to dinner. Little homework.

June 8

The beginning of the beach season near my house.

Today is the first trip to our house pool. It's an amazing feeling. I wished that the new house would be with a fireplace and a swimming pool, on the lake and surrounded by mountains. It all worked out.

The power of thought and desire is enormous, everything comes from you. Now my thoughts are



still confused regarding adaptation in immigratoin. The legal business in Ukraine is working. We have launched a new type of online certificate. You can give it to a friend or use it yourself. It's all about marketing and working with a new audience.

But here in America I have new local tasks. Today I talked to my neighbor, he used to be a top manager. And his main advice was to write your personal plan. I'll check. You have a lot.

The synergy of the team is always needed. Therefore, I want to launch my Author's program, designed for 2 months, where we will work together towards the result. Marathon «Intellectual Leadership».

2 months of practice and classes,
We train on Thursdays at 19:00.

We will define the goal and development plan, daily practices and meetings.

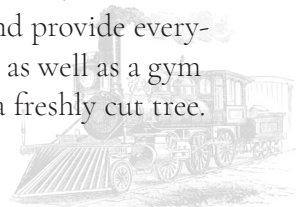
A group of 15 people gathered.

June 9

Wild West and me.

Today I'm at an incredible typical American ranch high in the mountains. There are over 40 horses here. Each vacationer is given cowboy boots, a cowboy hat. They are also wearing jeans and plaid shirts with prominent plaque belts. This is Colorado :).

Here they have their own pond and provide everything you need for mountain fishing, as well as a gym and a swimming pool. It smells like a freshly cut tree.



Fresh buildings. Houses are simple but cozy. And this place is completely booked and reserved for the next two months. Incredible peace and tranquility.

Perhaps that is why life brought me here, so that I would stop and go deep into myself. I want to share my awareness. Storms are raging around, various training and processes. And I have the sound of the river, the singing of birds, the snorting of horses..

In my marathon I want to combine:

Practicing gratitude, creating good partnerships, Ethical principles.

To get started, define your Goal and create a Desire Layout in the form of a Desire Map.

A clear plan to conquer the goal.

Understanding emptiness, the principle of the pen.

Search around for people with the same desire.

Cleaning mental and physical.

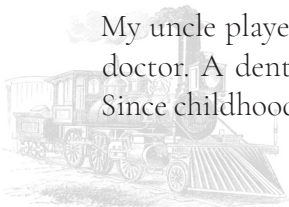
Remove and throw away as many old things as possible, give away thirty of your things.

And most importantly, daily reports and feeling joy about making new friends. After all, this is your field.

June 10

Healing.

It came into my life as a child. but I didn't realize it. My uncle played a big role in this. He is an excellent doctor. A dentist and, of course, my aunt Marusya. Since childhood, I have seen many books on medicine,



they have an amazing family. It was exciting. My uncle showed me the first massage techniques at the age of 10.

Of course, it was pampering. Rails, rails, sleepers, sleepers (they type of massage in a playful manner every kid was given by his parents). Some elements. I remember our yard, a large folding bed or a featherbed, and we basked in the sun as children.

Further. I did not think about it at all.

In 2007, for the first time in my life, I went on a retreat with Master Anatoly.

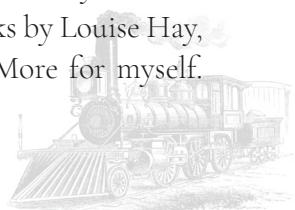
Deep in the Crimean mountains, the first initiation of Reiki. Then I was very fond of Ayurveda, Dr. Torsunov, vegetarianism, Gypsy. I devoured books and materials about practices. I didn't care anymore.

When I received a Reiki initiation, we began the practice of healing on others.

Anatoly said that my hands remember everything from past lives, as if connected to information.

And so it was. I glided over the body of a person and felt his pain, my hands were burning, the temperature was different. I began to see with my hands. I felt tingling, cold. Squeezing. My hands are very strong and tenacious.. Sometimes it hurts for a person, but then I see what a relief it brings.

I plunged deeper into the knowledge about meridians, about points. About pains on the body and the influence of a person's character, books by Louise Hay, herbs, teas. It was a lively interest. More for myself. For the closest and dearest.



In Spain, I spoke with my hands. I didn't speak Catalan, and I had to communicate with my large Catalan family.

My Catalan family felt it. Almost all relatives received Reiki initiations from me. I touched it with my hand and the person simply plunged into another world.

Then there were experiments with regressions and past lives. Of course, many initiations and practices.

I was surrounded by very interesting people.

The mountains.

The world is opening.

At some point, I overwhelmed myself.

And I realized that I can't. And I don't want to touch a person.

I began to feel for myself everything that happens to a person.

Kyiv, my beloved Kyiv.

There were retreats, experiences and practices.

In one of them. I again woke up feeling and desire to help with my hands.

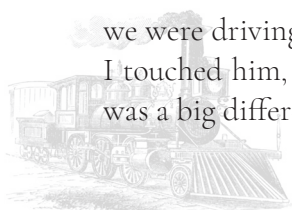
I was visiting a friend. She was in pain.

And I felt with all my gut that I want and can help.

So the hands stretched again and got really hot.

They are very responsive. If I feel like I'm going there and doing the right thing, they start to burn. Very warm and hot.

I remember dad's first reaction when it happened. we were driving in the car, our hands started to burn, I touched him, he was taken aback and scared, there was a big difference in temperature.



Of course, now I understand that everything is exactly as it should be.

Warmth, light, sympathy, mutual understanding.

All this is part of the path of the Soul.

Here in the mountains I meet healers, deep and very interesting people. Masters. I am grateful to my surroundings and the depth that I get.

Always ready to share Reiki initiation with anyone who needs it.

I continue to study healing practices.

Now for me a very interesting Tibetan fiery massage.

When you set fire to a person and energy problems are visible. Fire is alive and shows what is happening in the body.

It also warms very deeply. Herbal extracts stretch and soothe.

Having prepared the human body in this way, we work with energy purity.

What further affects the physical body.

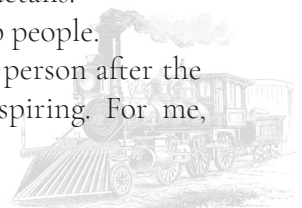
Fragrances and essential oils play an important role.

Now I have gone headlong into the study of the influence of specific essential oils.

At a time when everyone is so worried about their health, just relax and use mantra music, essential oils at home. In our house, an air humidifier with oils works around the clock and meditative music sounds and a candle burns. Beauty is in the details.

All health and love. Happy to help people.

The huge light that comes from a person after the session is very encouraging and inspiring. For me,

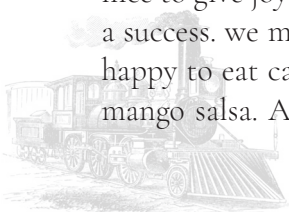


any soul, is like a musical instrument, you tune and the music of the personality starts playing. You can tune through hands, initiations, lectures. And then the music of the orchestra of the collective is playing. High in the mountains, the pure notes of the soul can be heard. I invite you :).

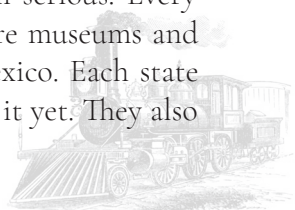
June 14

My life has completely changed. I have home gatherings. The pool is a salvation and a great joy. A beloved person with whom we are happy to cook together, then eat, share with friends. And if something doesn't work out for me, I know that he will help and do it in the best way. We cooked a cake together. «Froisier». Oh, it's very tasty, but. I already got the hang of the biscuit. But with custard, it's magic. I cooked cooked, it did not thicken, gave more starch, it began to burn. Everything went into another author's dessert :))) such a jelly with chocolate and strawberries :)). But the cake. I asked Volodya, he did everything, as he was methodical and long I stirred this fantastic cream. And lo and behold, it happened.

Thank you Ksenia Sabirova for your wonderful recipe. The cake was a sensation. Especially since my friend has Taylor Swanson's birthday here and it's so nice to give joy to loved ones. The housewarming was a success. we met different neighbors. Americans are happy to eat cake. And of course Volodia's signature mango salsa. And of course their signature sausages.



And my salad with watermelon :). I love cooking and inviting friends. We are always happy and open to tourism. If anyone wants to come visit, we will gladly accept. It is very difficult for me when they all speak English at the same time. Perhaps I did not notice this in Russian. Perhaps my authority, I'm used to being listened to. But for now, all this is not clear and difficult for me. And not always yes, we will come, for sure :). They constantly compare America and Europe :). We, I am perceived as a European. For them it's all the same. But of course it depends on the people. Therefore, the Ukrainian flag is on my door, and everyone repeated it. Bud'mo Hay, Bud'mo Hay, Bud'mo Hay, Hay, Hay Toast :). Which is also not in their culture. I'm happy. Such little cool joys. And of course, I'm seriously thinking about preparing the 7th film festival. Of course, it's very exciting. People will come or not. But I know for sure that it will be a cool and beautiful event :). It's hard to perceive multilingualism. Everything gets confused in my head, in everyday speech you use half of English words. I miss Ukrainian. I sometimes talk to my husband, turn on programs or a clip. He says he understands everything :). But when asked from where, the identification is Lithuania :). And of course, we are all Russian here, which I actively change when communicating :). I love all nations and peoples. Most understand Spanish. There is a lot of it. The wild west is white, races. This is what everyone cares about here and also aliens. I'm serious. Everyone is discussing them. And there are museums and special places, especially in New Mexico. Each state is like a separate country. I don't feel it yet. They also



tell me that in different states, it's different English :), and therefore it's a different language. Other culture. Immigration to Spain was completely different.

How do you start making friends? Was it difficult for you? Everyone in Durango is welcome to our pool. It's just super.

June 18

Today, for the first time, I came to the American funeral of Volody's friend Brian Nelson.

A funeral is always a special occasion. Throughout the world disease and death are part of the life of society. I was struck by the calmness of the place. A huge memorial to fallen soldiers. Gravestones on the ground. Near some flowers. Very calm. There were many people and friends. He loved hockey. Children, wife, relatives. He wanted the funeral to be a party and fun. So tomorrow there will be a party and a party.

There were deep speeches, recalling his life. Deep moments.

Everything is very organized. It started to rain. Sadness. eternal memory.

This is such an interesting experience.



June 19

This is my first time at a funeral like this. Communication with some interesting people. Visited the trailer for the first time.

Traveling in a trailer is part of American culture. I take it as a great adventure. My soul in this life wants to feel all the diversity of the planet. There are more than fifteen national parks near us. Diversity of nature and cultures. The beauty of the desert and nomadic life :).

We also have live country music here and a lot of beer and American food :). Hamburgers, sausages, fusion, chips.

My husband fed me before the trip and gave me a flower :).

Such an incredible weekend morning coffee tradition when I study English with my British friend Zoe Barker Moss. She is a real Brit and is open to business English lessons. But most importantly she loves humor and can stimulate me to speak in the past, present and future. this no one succeeded. :)

I am looking for a creative assistant. We are preparing for the 7th film festival, as well as my author's collection.





Silverton



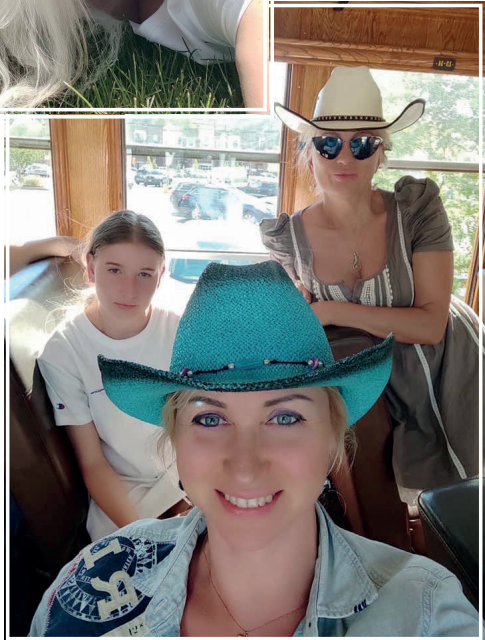
Durango





Cortes

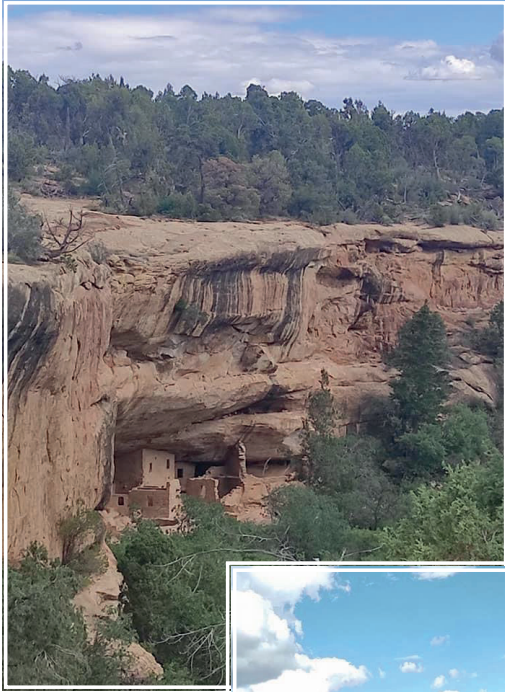
*Durango-Silverton
train*



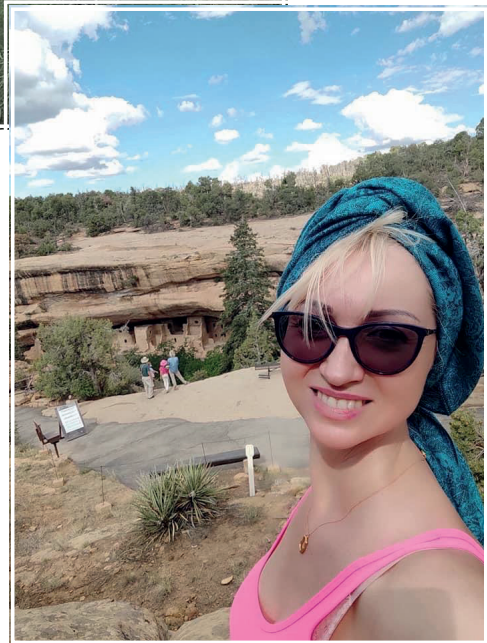


Echo Amphitheater Tierra del Fuego





Mesa Verde



JULY 2021

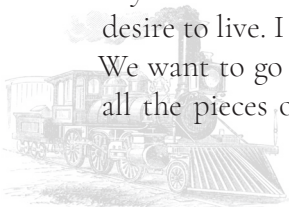
July 1

First guests in Durango. The first day is completely relaxing in the hot springs. We were very lucky. There was a thunderstorm, jazz music and 25 types of pools with different temperatures. The guests were delighted. Mountains and warm water with minerals. Tanya Nikitina and Ilona came to visit me. I am so happy that I can receive women from my beloved Odessa. I baked the signature Froisier cake. She cooked borscht, set the table. Branded historical beautiful gold dishes, thin cups with coffee. Dianka, Volodya's youngest daughter, arrived, she and Ilonochka are the same age. We sat very sweetly.

July 5

My first American independence day in Durango. Wild West and animals that are just around you.

I fell in love with this kind of life. Incredibly busy days with friends. A huge number of plans and a great desire to live. I have five dozens. Change of priorities. We want to go to Alaska. Who are we? I want to see all the pieces of America. Now, it's already 5 states.



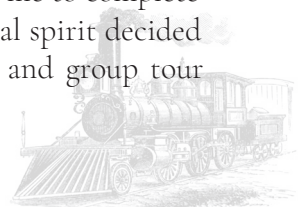
I'm starting to see the difference. From New Mexico, we just rushed home to our picturesque expanses. Our mountains, our favorite lake, mountain streams. The incredible beauty of nature and the warmth of friends. Of course, there are not many of them yet. But they are. And they are my relatives. And happiness when you can receive them in your house and bake a delicious cake and set the table and drink tea from a wonderful thin service. Details play a huge role. Now, I am in this country, like this little deer. Just detached from the guardianship of the elders.

We visited the wonderful art city of SanTa Fe with the whole company. Where the influence of Mexico is very felt. Lots of art galleries and shops. We were in a wonderful restaurant where there was Margarita with beer. We visited Meow Wolf, a rather strange gaming place. Known for its unusual design. Entrance through an open refrigerator and then a lot of things are mixed.

Happiness to everyone!!! Especially for immigrants. I continue to study the history and language of this amazing country.

July 6

I have a new practice, from my previous education. In Spain, I completed courses in Tourism Management. And now my life has again led me to completely new conditions. My entrepreneurial spirit decided to take a new direction. Individual and group tour management in Durango.



I created a separate page and will try to develop it.

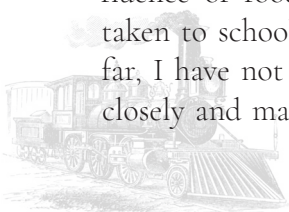
I know that my audience is on different continents. Also, more than 2,000 people are already residents of America. We invite you to visit. See all the delights of the #WildWest with us.

On our page and here I will lay out the details of each day. I am very grateful to my first dear guests, Tatyana Nikitina!

July 23

I'm afraid of heights. Today I felt an incredible surge of energy. When you sit high on a rock, and under you there is a huge gorge. It captures the spirit. And now about the Spirit. Canyon City is considered the heart of the planet..Special power. My hands started to burn again. There was a feeling that I knew this area to the smallest detail. I was in this place for the first time and did not read anything.

In my first shamanic meditations, I saw myself as a falcon. It was this bird that flew very close to me when I wrote down a congratulation letter to my friend. Indians are very interesting people. I feel a connection. Very often for more than ten years I listened to music with meditations and songs of the Indians. I peered into their faces. They went through changes, the influence of food and culture. Indian children were taken to schools and weaned from their culture. So far, I have not been able to get to know each other closely and make friends. but I feel that it will hap-



pen. It is a special feeling for me, these are herbs and cones. Pines have incredible healing power. And on such a peak, I managed to collect some green cones in healing resin pines and straight into your mouth. Cleansing and healing properties of mountain pines, a very important product.

The Grand Canyon, it's magic. Not a common story at all. This is what I felt. If you know something. Share information. You are saturated with colossal energy. I switched off when we left and there was a deep transformation with visions. I have a great desire to gather close spiritual people and return to this place with deep meditations. If you are looking for solitude, beauty and incredible emotions, this is the place for you. Incredibly beautiful colors. Special nature. And something completely different. Some kind of special alien world or portal of transition. Only my inner feelings.

July 24

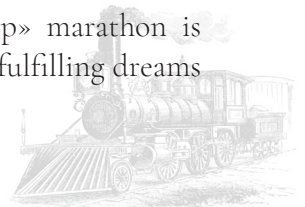
I love dreams to come true!

My dream is a vacation on the ocean.

How wonderful it is when the universe hears you.
And your beloved husband!

Coaching, motivation, coaching has long been in my life :).

Now the «Intellectual Leadership» marathon is taking place, and my team and I are fulfilling dreams and goals.



Olena Yaremchuk

Out of 300 wishes, I had a vacation on the ocean.
I am very pleased that we were invited by friends
to relax with them.

The ocean is my element.

It's huge, big, strong waves.

You savor it with slow sips, slow steps.

Air. Inhale, exhale. Light ocean breeze, the sound
of waves.

For a girl, joy is very important.

Beautiful beach bag, big hat, earrings, beautiful
beach slippers, eyelashes, hairstyle, manicure, pedi-
cure, beach sundress :))

The preparation itself is already a holiday.

Beloved men give women these moments. Beauti-
ful earrings in honor of the holiday.

Enjoy and enjoy.

I am open to individual coaching.

The main formula of love.

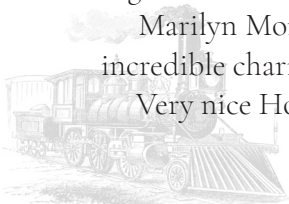
I love you, I'll buy it for you and we'll go there!!!

July 28

#WildWest original movie title: «Some like it hot.»
In our country it is known as «Jazz, only girls.» I love
beautiful cinema places. Shooting a movie in the right
place is advertising and a constant influx of tourists
is guaranteed.

Marilyn Monroe still excites the imagination. Her
incredible charisma is amazing.

Very nice Hotel del Coronado.



Wild West and I

I like American simplicity. Calm and relaxed state of people. Lots of compliments from total strangers. I like the style of communication. Respect for your property. Delicacy in communication. Lots of flowers. Fruits. Beautiful faces. If I were a photographer, the first exhibition would be «Faces of America». I love these mixtures. Something amazing. A lot of culture, multinationality and monolingualism. Of course, Spanish slips through. But for me it is understandable and very sweet-sounding. When sometimes.

I'm used to huge portions, cups and big spoons. Delicious food, lots of fruit. I love this climate. In California in the summer 17–26 Celcius. And 17 in the winter. After Colorado, it's just heaven for us. We have a 35 Celcius summer norm. Clothing style shorts, T-shirts, caps and hats:). The proximity of Mexico creates its own flavor. I like American women. Their manners. Sometimes very loud and open communication. Very comfortable approach to life. I have seen many beautiful and well-groomed women, with an active approach to life. Hiking, that's all.

Falling in love with America. And she takes me gently and well.





4 corners



Grand Canyon



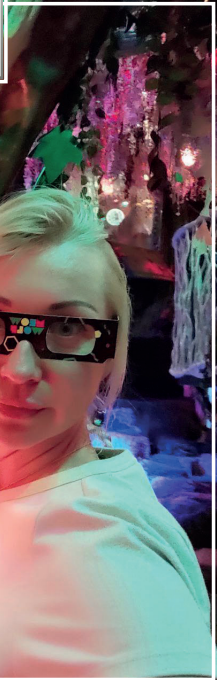


Sedona



San Diego

Los Angeles



Santa Fe



Los Angeles



Sedona



AUGUST 2021

August 3

Today Alena Yaremchuk received a great pleasure from the consultation on #Adaptation in immigration. The question is whether it is worth moving, the mother of two children, the doctor, and the man has an IT job in America. We discussed losses and gains. This is the cycle of life.

I realized that this topic worries many, and I, with my practice, can be very useful.

I learn from others and pass on my personal experience. This is the principle of coaching. I am working in this area.

I am looking for teams who are interested in working with me from the marketing side. America's market is huge. I also think about products that would be interesting to Americans, they are very gracious and grateful customers, according to my experience of living in the USA.

My YouTube channel came in handy. And although this video is still from Spain, the relevance of the issue is not lost.



August 5

Learn, learn, learn!!! This is an ongoing process. Today I passed the English test and, according to the teachers, very well and with great progress :).

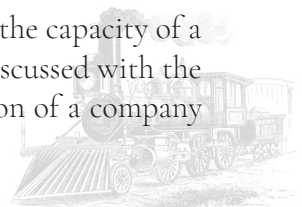
My classes will start on August 30 and will be Monday, Tuesday, Wednesday from 8.30-11.30

Also I will attend a class for professional implementation.

For now, I'm still waiting for the documents, I don't have the right to work. Therefore, it's a great time to study. Many people are afraid of changes. Already a stable life and profession, and then a serious turn and all over again. From this fear and depression. Believe me, I've been through this. Both in Spain and here. And I knew that these difficulties would arise. Informed, armed. Library and language school, this is the first anchor and an island of stability. Find and write down your dreams and desires. I get a lot of inspiration from art. Today we plan to buy me more canvases and I'm preparing my first full solo exhibition. «Colorado, my love.» In my life, there is also activity in the Ukrainian market. I am very grateful to my surroundings, who turn to me for legal advice online and for registration of a TM, Business or public organization. It is very important to expand your internal capacity.

It's a difficult process.

Internal capacity is personal, and the capacity of a new level of tasks. Last month, we discussed with the client issues related to the registration of a company



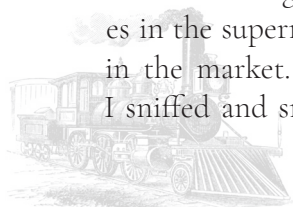
in England and the Arab Emirates, TM and other issues. And you need to be ready for this. Now I'm in Durango, and I need to reach a new level of communication with local businesses, public organizations, cultural figures, the audience, the public who will be interested in the film festival. Also, my favorite Kyiv partners and spectators.. After all, there were more than 50 sponsoring companies at the festival. In Spain, it was other companies. Times are changng. Some have left the market, others are present. Filmmakers from all over the world need prizes and gifts. And this is my new personal volume, as a leader and manager. In my consultations on the development of a personal brand, I always talk about the author's event. For me, this is a film festival.

I am open to any suggestions. And I will be very glad to see the participation of all my friends if possible.

I love everyone!

August 14

I delve deeper into the culture and atmosphere of Americans. They are very friendly and this is sparkling and real. Everyone is happy that they live in such a beautiful place. The climate is hot and difficult. I have never seen large endless fields like in Ukraine. Prices in the supermarket are several times cheaper than in the market. The smell of vegetables is different. I sniffed and sniffed. I was looking for aroma. Very



little water. To prevent vegetables from burning, you need abundant watering in the morning and evening. I enjoyed communication with public organizations. For the protection of wild wolves. There are fifty five wolves living at a local wolf sanctuary. I want to set them free.

I also met volunteer firefighters. This is a big movement, because fires are very common here and they teach what to do and how.

Their video will also go to the film festival for the competition.

Also local real estate video advertising. I'm slowly collecting local material. I'm happy to meet a saxophonist. Maybe he will play at a film festival for us. I first became friends with his artist wife. From her shop I got a gift from Volodya — earrings. And it's so nice to listen to live jazz.

Perhaps my stories will inspire someone who is now in #Adaptation in immigration. Thanks to Charlotte Lenssen for the recommendation to be a volunteer. I immediately put it into practice. We are all looking for guides and become guides for others. Denis Kopylov, there are wild wolves and you have wild bears. Help animal welfare funds. It fills you with wild power.

There is a story of its own with the editing and the program. :). The pieces cut through and merged into their own picture. But the author's story turned out.

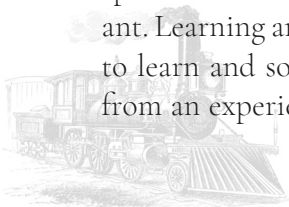


August 18

I am happy that I am a member of the Association of Ukrainians in Colorado and we are going to come to the celebration in honor of the 30th anniversary of the Independence of Ukraine. I'm getting ready. It's very important for expats to get in touch with their own people. It's always moral support. And you definitely really miss the language, mentality and communication. Therefore, a huge first recommendation is to find the nearest association and join the group. Try to be an active volunteer.

Also find volunteer organizations. Helping others is always a source of fulfillment. Here you can meet special people. And to become friends in the future. It is a great pleasure for me now to be friends with the Nepalese Relief Fund. Go in for sports. Now I have systemic fencing training two times a week.

And of course think about creating, developing and protecting your personal brand. Each of us is a personal brand. We just consciously or unconsciously develop it effectively or inefficiently. In my training, I share the magic of developing a personal brand from scientific strategy, producing, building a law firm and personal experience. A new country gives new perspectives, the main thing is to see and not fall into despair. Forewarned is forearmed. Mentoring is important. Learning and teaching. There is always something to learn and something to teach. You get experience from an experienced teacher, and you give it back to



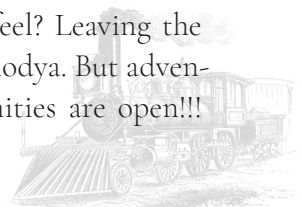
students. It could even be making a cake. But you will enjoy doing it. It will give you positive vibes.

And what steps did you take or are taking in the first stages of adaptation to immigration? What questions are you facing?

August 19

Well, for the first time I flew like an Eaglet on my first flight. Without Volodya, I got into the car and came to my American friend.

Sounds so easy. But. I took a wrong turn. I was scared and I was driving very slowly, everyone was honking. Cursing. The Internet didn't work. When I realized that I needed to turn. Traffic lights started, turns. My hands were sweating, my feet were sweating, my heart was jumping out. But I figured out the road. There are mountains, very high, turns. Beautiful road. then I became a little more confident. Mountains and the lake. Familiar road. Nobody is around. Google worked despite the fact that there was no Internet and no telephone connection. I arrived at the place. I saw her car. And many small houses. And no one is in sight. I started yelling. But there was no answer. I found the only house with light. There was a man. I dialed from his number. She went into the forest. And I just waited. What do I feel? Leaving the comfort zone. It's very good with Volodya. But adventures and completely new opportunities are open!!!



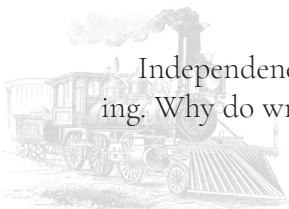
Hooray !!! Thanks to Taylor Swanson for inspiration and guide.

For the first time in a purely American crowd. Slang, funny songs. Melodies that rock. How do I feel? That I can be useful to young entrepreneurs and I can talk about trademarks for hours. I was told about the registration of TM and the conflict with #pepsi. Do an analysis and search, before registration, it was a lost year :). Conflict with such a corporation, almost impossible at the initial stage :). The main thing this conflict is not needed. It can be avoided with an experienced patent attorney by doing a preliminary search.

Americans are very tolerant. I am amazed and I am constantly learning this. And I am also learning a different culture. Clothes, music, slang. Still very high from the night, forest, mountain road to jazz. Of course, I found my people here. Super musician. Remember the meeting with the saxophonist who gave us a disc. Light rain. Just my merging with the road, forest and music. My meditation. I love everyone. Tomorrow is the last meeting with the team of my author's course. Exciting. We became very good friends. I'm recruiting a new group.

August 30

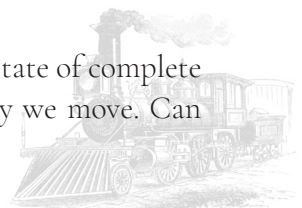
Independence Day of Ukraine. It was a special feeling. Why do writers in exile write the most touching



poems and prose of love for their native land. These are completely different feelings. For the first time I left for Poland for a year. Kirkland Scholarship program., training for young scientists, to take experience and further implement it in life in Ukraine. Immigration to Spain was a special experience. Now love has brought me to a new country. USA. New special friends combined with love for Ukraine. It was a fountain of emotions. a flood. When the anthem was playing, tears came down my cheeks. My heart was beating in my chest. I told the man that I would only speak Ukrainian that day. A combination of souls, a holiday, joy, happiness, Ukrainian hospitality. I ended up on a small island of national consciousness in the circle of my people. Those people who celebrated the holiday are mine for me. Peruvians, Mexicans, Americans and many other nationalities who celebrated the Freedom and Independence of Ukraine with us. Thank you all. Adaptation is interesting and fun together with the Ukrainian diaspora. Open for communication in Ukrainian in America. Write to everyone who is interested :). I am for multilingualism. If you know one language, you are an American. I am a man of the world with love for my native Ukraine.

August 31

Why in exile, we are faced with a state of complete rollback. First of all, the reasons why we move. Can



be very different. Love, business, escape from the political regime in your country, war.

We face the main problems: language, education, circle of friends, business.

In my case, beautiful love became the basis of the move. Language, I created a group to study, went to free local courses, now I will continue, enrolled in the library. I watch films, although lately I have been missing it very much and I watch TV series. Gotta get a grip.

I really love to read. And of course I suffer from my poor quality English speech. Practice, practice, practice.

Circle. In a small town, life is completely different. Now our fencing club is an outlet for me. Of course, a trip to celebrate Independence Day, but all the Ukrainian girls are a 6-hour drive from where I live :). Pleased at least, the fact that they are in the same time zone. Not a nine hour difference. You can already do something with this. I will invite everyone to an online business breakfast :))) What if. After the meeting, of course, I realized that many had similar processes, it inspires and pleases. With education, I begin the process of adapting diplomas. Of course, I have wonderful American legal partners. Life gives me the opportunity to build a completely new career. My husband supports me in everything. Art, real estate, law, healing, tourism, coach, psychology, writer, blogger, actress, model, producer, truck driver yes, I can do that, I have a category C license, it is very popular and profitable in America. All roads are open.

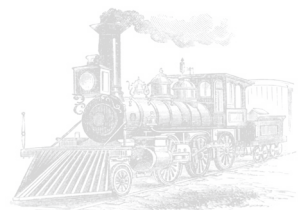


Wild West and I

But what to choose? How to find your path based on the new conditions?

Take all the experience and make candy out of it?

Who was an immigrant, what were your first steps in adaptation. First job, first friends, first study in a new place?





*Denver, celebration of
«Independence Day
of Ukraine»*



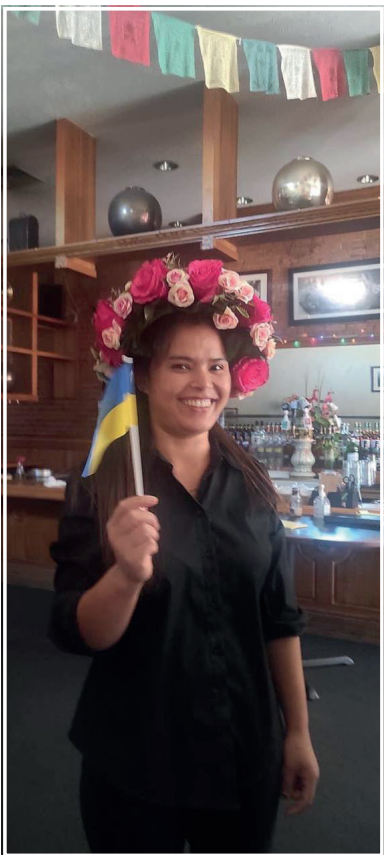


*Durango.
Chris is the leader
of the children's
fencing club in
Durango.*



*Durango. Fencing club.
Holiday of Independence of Ukraine*





*Himalayan cuisine
restaurant*

Ski Village





*Hot springs
with friends*



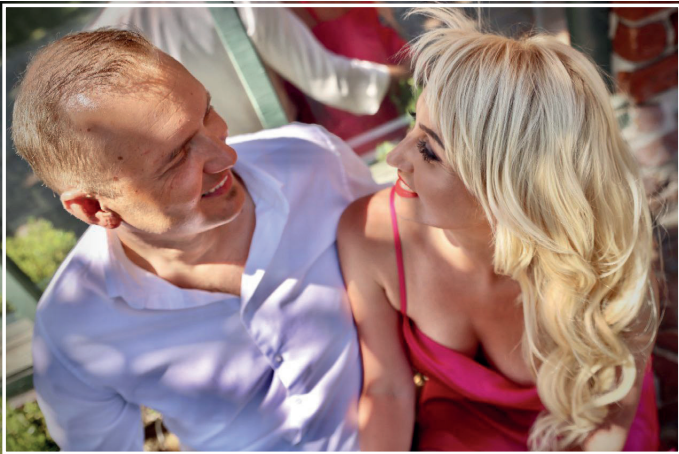
*Denver,
celebration of the
Independence Day
of Ukraine*





Los-Angeles







Los-Angeles



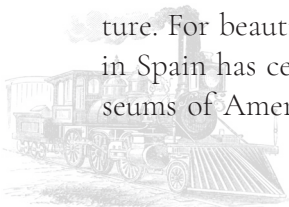


SEPTEMBER 2021

September 2

Why do I love military strategy and tactics?

I adore people who have it clearly. It's so beautiful. It's like a piece of jewelry, with perfect honed stones. For some reason, someone has a bright and organized life, with results in different directions, but someone does not want this at all. The strategy in immigration is the first thing that needs to be worked out, otherwise the new culture will simply overwhelm you. In our time of complete uncertainty, five years will no longer work, which we are used to in the distant USSR. Life in Spain taught me to see a business on a grand scale for three generations. I was shocked at the beginning. Then I got used to it and saw a closed market. America is huge. Money is very cheap here. Low credit rates. It fascinates after Ukraine. But it has completely its own principles of work. Bankruptcy of the individual is often used here. Which does not affect a person's business at all. These trailers in which they live move over great distances. My understanding of comfort. America is very, very different. While I saw mountains, desert, ocean. I really miss architecture. For beautiful European museums. My long stay in Spain has certainly influenced my tastes. The museums of America are also filled with European old



paintings. I capture and understand the American style in interior design and paintings. Colorado, Durango, Sedona. The style of iron wind statues, paintings depicting animals, nature, Indians, lamps. The most diverse.

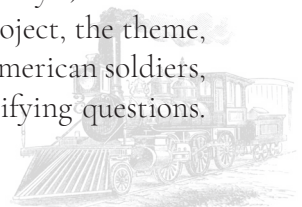
I miss a lot of things. Especially crystal vases. And for golden and gilded mirrors. Our beautiful opera houses. Art is so filling. It makes the heart beat and breathe..

September 2

The presentation of the film festival at the Veterans of Foreign Wars outpost in Durango took place :). Honestly, I was determined in the morning. For three hours I prepared a presentation in English and told it to my teacher Michelle Ehret Hall. She certainly believed in me a lot. But in an hour I started to panic :). I came up with a plan b if they refuse :). And a wave of adrenaline knocked me down. Such a forgotten school feeling. At Law Academy, I always felt confident. Serious men, officers, mostly colonels. Troopers, infantry men. But it was always easy for me to communicate with men. Clearly, you have five minutes.

I had a chocolate bar with me. I gave it to them and smiled.

An eternal tradition in any country :). It made them smile. I told the story of the project, the theme, the bridge between Ukrainian and American soldiers, children, artists. They asked me clarifying questions.



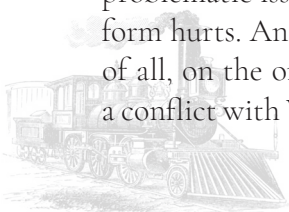
While the date floats. But I think it can be solved. And everyone raised their hand for an affirmative vote! Hooray!!! We have a super place and super partners. I am so grateful to the fencing coach for your faith and support Christopher Bartlett, I'm sure it will be a cool and interesting event. We are actively collecting works :). Anyone who is interested, write in person.

September 7

There are cardinal decisions in life. Cardinal decisions have consequences. Sometimes very painful.

Sometimes you need to cut off, to have an operation, so that a new life would be adjusted. But sometimes they are afraid of an operation or separation. And then they suffer, driving themselves into incomprehensible states with fever and agony.

My ability to see the problem and cut it off with a metal blade. Talent, or a big burden. Especially when it comes to relatives and friends. When does a person become a family?. After experiencing common experiences. Snitching.. Shameful action or noble concern? Manipulation of children. Dirty things. Elements of ordinary life or part of a family tragedy. Silence, as a part of passive aggression. What is silence? What is better to remain diplomatically silent or still find out problematic issues and solve them. Aggression in any form hurts. And it has a bad effect on everyone, first of all, on the one who has it inside. Of course, I had a conflict with Volodya's ex-wife. We never met or got



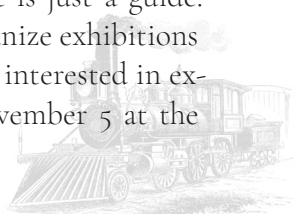
to know each other. She forbade all Russian-speaking girls to communicate with me. She didn't allow me to join the group. And of course, this affected my step-daughters. I was very sad from all this. I was looking for answers in karmic management. Connective conversations. As much as possible and everywhere.

I review photos. I am filled with positivity. Spiritual path. This is a test. God, give me wisdom and patience.

September 21

The Retreat is over. Dry hunger is not only a cleansing of the body, thoughts. three times a year I was lucky enough to go through online retreats with Olga Gomon, my master for over fourteen years.

Thoughts and moods change. There is a harmonization of the whole organism. Every time, it's a new experience. Being in exile, you constantly need to reboot. Sometimes you really need a hand and direction. After all, everything has changed dramatically and islands of stability and tranquility are needed. When you touch sacred knowledge, you begin to be filled with new light. My husband asked me to draw a Buddha for him. Inspired after the Retreat, the brush writes by itself, I understand that it is just a guide. During the film festival, I always organize exhibitions of paintings. Write to anyone who is interested in exhibiting their works in Kyiv on November 5 at the



opening and in Durango at the closing. It's nice that several creative people agreed to exhibit their work. For me, the great joy of photography is from Tibet. Ecology of Thinking is the name that was not chosen by chance. Very interested in your opinion, what is it for you?

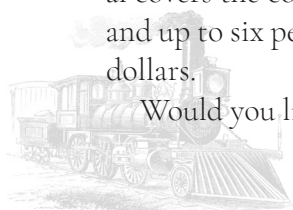
Being inside yourself is a great gift. Right now, life gives me the opportunity to feel deeply being high in the mountains. Thank you beloved husband Vladimir Koshevoy for the opportunity to create. Your support is of great value.

September 26

Campervan. More expensive than my apartment in Kyiv. Some families in America start their family life in such houses. During the pandemic, this type of housing and recreation is hugely popular. Also a new type of business, renting out your camper :). There must be a car that is able to pull such a house. I have never had such an experiment in my life. But I feel it will.

Next Thursday we have a meeting in the office of a company that sells rental services for such houses. \$150 per day. If you purchase a camper like this, the payment is \$300 per month. Two or three day of rental covers the cost. Can accommodate two, three, four and up to six people. The cost is from 17,000 to 75,000 dollars.

Would you like to travel like this?



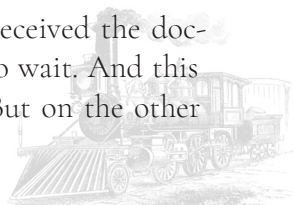
This year's film, one of the Oscar winners, was about travel and life on wheels. This film was very close to life in Colorado.

Would you like to travel like this?

Have you had such an experience?

September 26

So almost ten months have flown by in America. Quite a long time. Breaking the first year is a natural process. Will it survive or not? After all, you moved with your self. And you are constantly in questions and in a frank conversation with your soul. It should be harmonious in any place. But in practice, everything is not at all like that. I do not feel like I have a language barrier. Of course I make mistakes, I have an accent. But I can understand any person and he will understand me. I correspond with friends via Google translate. And there is always the support of my husband, if something needs to be written correctly. Legal services and work with a legal office, with a difference of nine hours, this is a test for everyone. But the business is still going on. Despite all the circumstances. We have a new young partner Alexander Reshetovsky. New services, old and new clients. When melancholy sets in, I turn on the audio book and draw. After a couple of hours it's easier. Especially with an understanding of the action. In Spain, I received the documents right away, and now I have to wait. And this suspended state is very unsettling. But on the other



hand, I did the preparation of the first collection of poems. The systematization of what has already been created. I will never cope alone. The most painful thing is the lack of friends, in my native language. The absence of my own style and communication with girls. For me, friends, have always been of great value. In immigration, you feel this especially acutely. Longing for relatives. Longing for travel. There was a time I had a new country every month and sometimes several. America is huge, and the distances here. Very long. There are no railways. The local airport is small and the cost of tickets to big cities is huge. You won't get much of a ride. I'm used to denim shorts, T-shirts, caps and hats. I miss our beauty salons, massages, oiling. my favorite salon procedures. Black Sea. Odesa. Receptions, exhibitions, fashion shows. Instead, I have hockey tournaments, fencing tournaments, a shooting range, hiking, mountain climbing. A lot of nature and mountains. Wild deer, bears. It's very close all around us.. Love to our dog Lukas, requires a separate description. I have small flowers on the windows, for this you need to water twice a day, which is very different from Ukraine. Life has changed dramatically. The festival inspires and energizes. I cook a lot of interesting things :). How were your processes? What ways of getting out of autumn depression do you use in your life?





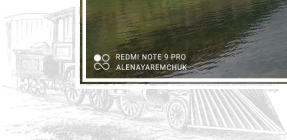
San Diego

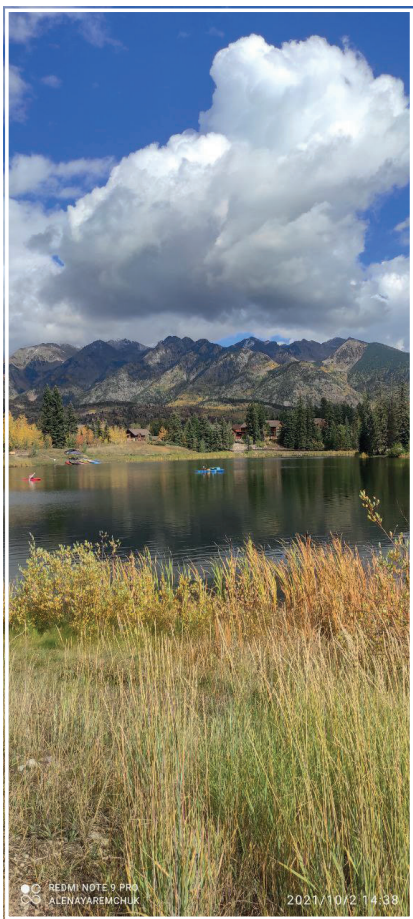




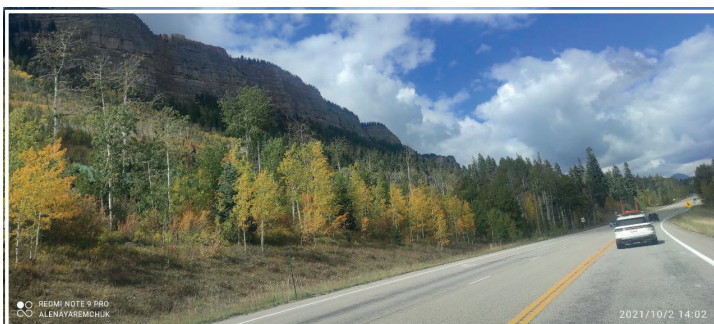
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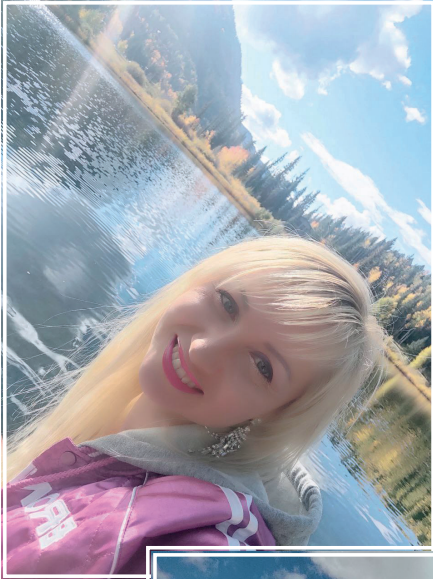
Purgatory



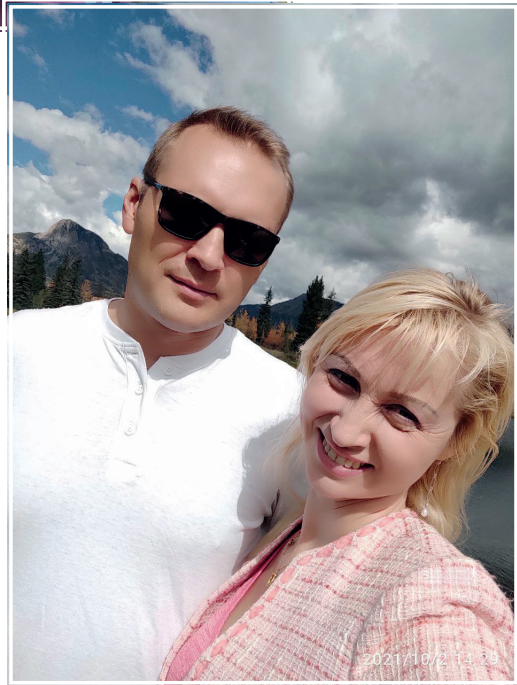


Purgatory





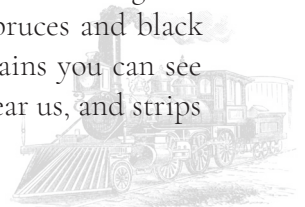
Purgatory



OCTOBER 2021

October 3

The beauty of nature is amazing. The weather is wonderful. Not cold and not hot. Bright golden colors. Living here, it's impossible not to pick up a camera and take pictures. It seems to me that in addition to the exhibition of paintings, I will soon want to make an exhibition of photographs. My life has been filled with new meaning. Wildlife. Today I walked near the lake. The husband promised to take a boat ride. I popped into the local honey shop. You can even see the bees in the combs through the glass. So delicious and interesting. Of course, I really miss our out-of-town restaurants near Kyiv. But here everything is different. And I would like to sit, look at nature and drink delicious coffee :). I decided to make a delicious picnic. By the way, there are a lot of places here. Near the lake there were many stops with picnic tables. Garbage bins and even signs on how to walk dogs with bags :). Very typical America. I invite guests to our film festival. This week there will be a celebration of cowboy poetry. I love the mountains and the forest in such a beautiful multi-colored form. A lot of greenery, and then light yellow aspens, spruces and black hills. Somewhere high in the mountains you can see snow. There are a lot of ski resorts near us, and strips



of grass are visible, there are a lot of trees around. The sun is warming. Lots of warmth and happiness. Stop for a moment, it's beautiful

October 4

Something I love and adore my husband very much for, he always does what he promises. He promised to ride a boat and here we are in a wonderful place called Purgatory. Beautiful surface of the lake, framed by yellow trees. Green reeds, clear water, more mountain slopes, in the bright colors of autumn. Water lilies and algae are visible in the water, you can see the bottom and life of the underwater world. I really fell in love with this forest lake. There is a small village around. Of course, there are more than a million houses, and a wonderful ski resort across the road. The children were noisy, playing with the dog. We were the only boat on the marvelous surface of the mirror lake. Charming meditative music. These are delights of the new culture. We walked around the village, saw the club house. I had a desire to organize events in this very hall, on the shore of the lake. In thought. I will definitely bring my dear guests here. I love to share beauty and all the most interesting things.



October 7

Phones and credit cards. Who had it? I need help. My Kyivstar number disappeared, the employees explained that I did not use it.

Kyivstar said that it is not possible to restore it. The phone number has been stable for more than 14 years. It is just golden for me. Especially Viber, WhatsApp, Telegram.

But further, according to a private bank employee, the scammers tried to withdraw money from my card, and the bank blocked the card. And I have to pay for the issuance of a new black card. And sending it here.

The question is, who knows how to restore a number in Kyivstar?

Is Kyivstar responsible for this?

Please advise.

Private banks. I'm trying to change the number. I hope everything will not be so bloody.

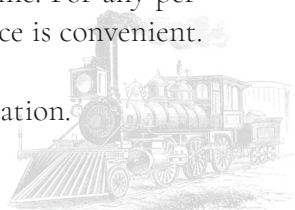
What should I do with Viber and Whatsapp?

If the number is already gone, is there an application?

Do you recommend taking a new number and transferring all contacts?

I feel there is a complete reboot of everything. Ukraine. I love you. It's hard to live in two countries when you move. But multiculturalism is in my heart. And I'm still doing business in Ukraine. For any person, cards, individual concierge service is convenient. What to do?

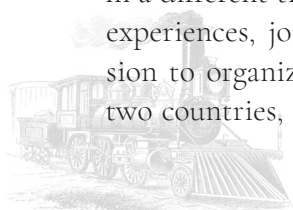
I would be grateful for any information.



October 12

What I feel? Adventures? Many call me and say that they read the posts, but unfortunately they don't write comments and don't ask questions. Every day is filled with meaning for me. I am preparing my first book of poems. Not everything is there. This is exciting. To show what worried me. The bitter experience of immigration in Barcelona and the victory, the inner victory of the world. Rhymes do not always converge. Sometimes

other words had to be used. But all the poems are written in one breath. It's hard for me to re-read. I understand that this is necessary, but my character is an impulse, mercury. It's the same with paintings. I need to draw quickly. The idea captures and feelings remain in the flow on the canvas. Perhaps these are not ideal forms. Sometimes the proportions are wrong. But I leave. Something not finished and not ideal, but such is nature. I wake up from the sound of a passing old train. Twice a day it passes near us and people greet it with a smile. America is very friendly. No obvious aggression, a lot of compliments. I'm not looking for girlfriends. Torn off from my environment by nine hour difference in time zones. Girlfriends are gradually leaving. Not because they don't love me. But because it's difficult to maintain even just a relationship in a different time zone. We need common emotions, experiences, joint time. An explosion and the decision to organize a film festival at the same time in two countries, this is an inner desire to feel this con-

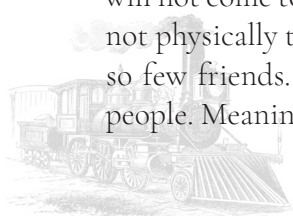


nection. Of course, it became possible only thanks to Yulia Gonchar. Without this person, it would not be possible. Daily communication. Tension. But the actions worked out during seven years of annual film festivals give my result. I get great pleasure from every work that comes to us. After all, the creative team created a masterpiece in the same way, invested their strength and soul, resources, wrote a message. And we will be able to show it to people. Immigration is a cultural vacuum. I'm definitely in a different state. our film festival ticket gives emigrants an opportunity to touch the cultural creative edge. It's a great joy, this is the participation of an animated film by a Canadian director. I was worried if I would be able to find works with the theme «Ecology of thinking». Does it concern others? After all, sharp questions are the main hobby of art. The Wild West has become the cradle of my creativity. There is a time to throw stones and collect. There is a time of storms. And smooth. What is the difference between emotions and a product. A finished object. Systematization. It is impossible to convey all the support of my husband. How important it is that people are different. Please support the film festival. After all, this project is not thanks to, but in spite of. An online free platform for creativity. But every creator needs recognition. The information load is huge. The filter of our vision passes through the ticket. We want to discuss each work. We are waiting for everyone in Kyiv on November 5, and in Durango on November 13. Online from November 5 to November 13.



October 16

Mercury retrograde spares no one. Did you feel it? Now it's golden autumn in Colorado. I see such beautiful colors for the first time. All nature shows its beauty. This is the most beautiful time I've seen here. At least that's how I perceive it now. It's snowing.. And it got a little colder, but there is a lot of sun. Today, thanks to communication with the chef of a cool restaurant, I opened a new Durango. Jazz. Tasty. Expensive and exquisite. For the first time, everything is not peppery. And this is already divine. Am I used to it? No. Do I miss home? Last night I cried into my pillow. It happens. Immigration is a small death. Or a big one. You take yourself to a new country or place. And you need to build relationships with yourself again. I started writing prose. I don't know if it will turn into a story, but. I'll try. Of course, I want to write a brilliant script right away. But a producer sits inside and calculates the cost of each scene. Creativity is always an anguish. Something must happen. Every time you think, is it necessary for someone?. And then you look at photographs from past events. You remember the smiles of relatives. And you understand. Yes, you need to. After all, several close people lost their lives. And in the photographs they are happy. Book presentation. A lot of smiles. I am very worried that people will not come to the film festival in Kyiv, because I am not physically there. And in Durango, so far there are so few friends. And that I simply cannot convey to people. Meaning and joy from the project.



These doubts are present. But faith in friendship, co-creation, cooperation is greater. I am very far away. But I look forward to seeing you.

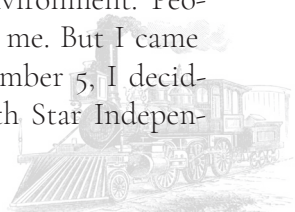
October 17

I got to the Halloween party. I have always been indifferent to the holiday. But in America it is everywhere. The house is decorated with spiders. People wear costumes. Music from cartoons. I decided that my witch should be just like that, just damn beautiful and sexy. I feel constrained when meeting. I don't know why and how. Becoming more of an observer. Americans are very friendly. Chatting. Costumes in the form of a pumpkin, a walker, Egyptian Cleopatra with a pharaoh. Cosmonauts, and of course mummies, witches, old frock coats. Everyone brings their own food. Party in the garage and in the house. I drink tea with whiskey.

At 40, it's more difficult to meet and make friends than at 20. In general, being in the status of a married lady. It's still fun. I met lawyers, they weren't in suits.

October 18

I got to a new country. New environment. People who don't know anything about me. But I came with my values. In Denver on November 5, I decided to make a presentation of the 7th Star Independ-



dent International Internet Film Festival, namely the screenings of the film «Companion Travelers». To express love and respect for my beloved grandmother Tsaryuk-Grytsik Anna Pavlovna. She has not been with me for a long time, but she remained with her children, grandchildren, great-grandchildren and her paintings. On her 80th birthday, we made her first solo exhibition in her life, there were more than 60 works. She began to draw at the age of 60. Perhaps this will inspire someone from my environment and your life will sparkle with new colors.

I want to gather interesting people, immigrants from Denver, as well as Americans, and share a piece of love and respect for our dear BABUSi-didusi «Companions»

Grandma and Grandpa. Respect for the older age fills people with warmth and wisdom, because we are children when we are grandchildren.

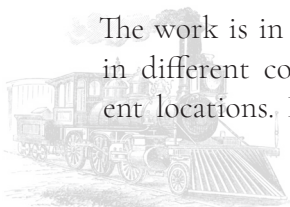
Calling all residents of Denver.

More information about the film festival www.starindependent.com

<https://fb.me/e/iQ8evfzN2>

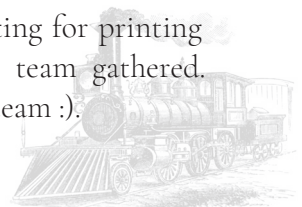
October 21

Every day partners join the film festival, and new works arrive. We are preparing a concert program. The work is in full swing, because the shows will be in different countries, in different cities, in different locations. Everything needs to be put together.



Kyiv, Durango, Denver, Warsaw. I am open to view our work in other cities. Nothing would be possible without the help of business partners. I decided to introduce you to my partners before starting. It will be interesting and fun. Since there are many of them and they are very interesting people and many have been with me since the creation of the event. It has always been important for me to keep the atmosphere. I remember a prickly event. And my experiences as a participant. I want to note everyone, express gratitude to everyone for their work. Super professionals and people who have just started to create, everyone deserves attention and gratitude. I am very grateful to the artists. I am happy that this time we will have a charity auction of paintings in support of children from Tibet and children from Kyiv in the Okhmatdet hospital. I am so grateful to every partner who supported us this year. It's a very special time indeed. Many film festivals are just going online. And we were originally online. Hope you enjoy the work.

We are waiting for everyone on November 5 in Kyiv, November 5 in Warsaw, November 6 in Warsaw, November 13 in Durango. It is very exciting for me to present my first collection of poems «My Worries». After all, this is a huge revelation, to expose my soul. Creativity and business are always one. And of course social assistance. Each creative work raises a social issue. I look forward to seeing everyone at the event. Photos from a wonderful Kyiv shooting for printing in a magazine. Then an incredible team gathered. I miss bright makeup and a creative team :).



October 23

What I really miss is public speaking and interviews. Participation in TV programs. I can't even imagine how it's possible to implement it in America, in my new position. But I'm working on it. I am very grateful to Natalie Dugnist for the opportunity to give an interview for Grizinsky TV and Radio. I'll drop the link later.

It is a joy to share positive and creative moments with a large audience. Friendly international cultural relations are the basis of my life. The mission of the film festival is first of all to introduce a large number of creative personalities from different cities and countries to the place. Share your creativity. On the one hand, we are far away, on the other, we are close, one button and we are already in a different cultural space. This is what inspired me all my conscious life. Thus the project «Planet Earth is One» was born. At the Film Festival we will have an exhibition of paintings by artists from Ukraine, America and Tibet.

«Ecology of thinking», everything we think about, what we consume, requires an understanding of ecology. It affects the entire planet, especially our thoughts and actions. Are you interested in an interview?



October 26

Today I had a nice chat with a classmate from VGIK, who is a wonderful director from Azerbaijan. I discussed cooperation and partnership support with a Belarusian friend. Amsterdam, every day in touch. Barcelona, by the hour. Kyiv, we call Yulia 5 times a day. Moreover, she and my day just merged. An important conclusion.

Partnership is a single space. In the spiritual sense, we are in any external manifestation. That is why it is so important for me to continue to show the mission of unity at the film festival through the art exhibition “Planet Earth is One”.

Collaboration with Georgian TV is absolutely special for me now. Open for interviews with our channels. Opening film “Anton”, Georgian director Zaza Urushadze <https://ru.m.wikipedia.org/.%D0%A3%D1%80%D1%83%D1%88>.

A big tribute to his humanity.

His cinematic language, deep understanding of moral and ethical qualities. Unfortunately, he is no longer with us, but he is in the memory of his family, friends, and viewers. I was lucky to have a deep conversation with him. And I am happy that I can do a little action in his memory.

I am very grateful to all the participants this year. New American partners who see me for the first time are especially valuable. Special thanks to my friends, partners for 7 years already. I invite everyone to join



Olena Yaremchuk

and watch the online work of our wonderful participants. It starts on November 5th.

October 31

Anxiety kicks in, but this always happens before the event. All logos from our sponsors — more than 58 companies from Ukraine, America, Belarus, Spain, Georgia, France, Israel support the film festival.

Collected more than 85 works that will participate in the festival.

A press conference will be held on November 3 at 16.00.

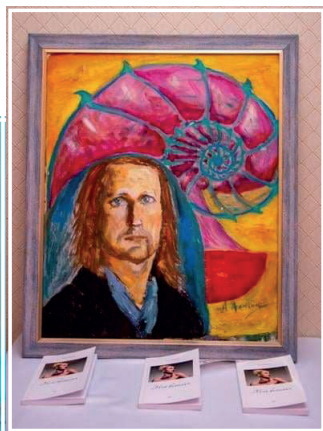
Final details and preparation. My new life, a huge number of new creative friends. Delicious work. I have reviewed each one and I am very interested.

Let's be more positive. More joy and happiness. Fill it with harmony.

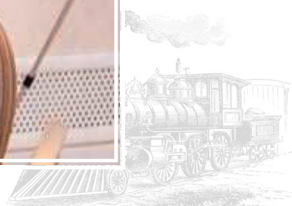
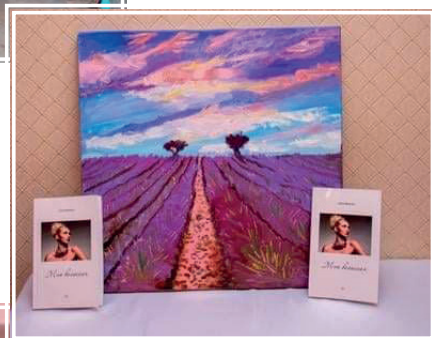
America is celebrating Halloween and my husband and I decided to go see the cartoon "The Addams Family". It is important to be on a common cheerful wave. In America, it is the joy of costumes and sweets.

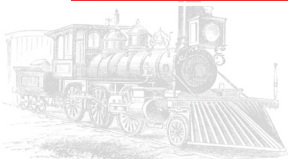
All with a holiday and happiness :). Meet our members soon.





*Kyiv.
Opening of the 7th
International Internet
Film Festival
Star Independent*







Legal Consulting Group
Yaremchuk & Partners
www.yaremchuk.com



7th Star Independent International Internet Film Festival

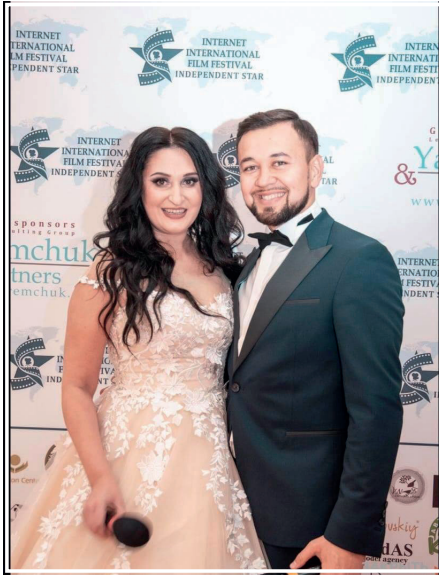


“Ecology of thinking” The Wild West and I. America - Ukraine



*Duxango.
 7th International
 Internet Film Festival
 Star Independent*







NOVEMBER 2022

November 6

I flew into the film festival project with that huge rage, passion and love.

It seems not possible to make a unifying film festival in 2 countries.

With a time difference of 9 hours.

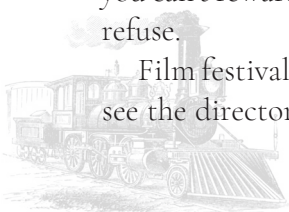
I was tormented by fears.

How. And then I just turned on and my life was filled with meaning and bright events. Everything became possible. Members of the jury :)). My dear friends! Oh, where would I be without you. Victoria Grishko, the godmother of the film festival. If it were not for her, I would not have graduated from VGIK. From Amsterdam, her support is invaluable. We are such good friends, excitedly discussing our favorite movies, books, spiritual trends, fashion :) and now children and husbands, beloved dog.

I'm always worried about content.

After all, you need to choose cool! And collect it. We already have our own audience of creative personalities. They create works every year. What a pity that you can't reward everyone. And you have to select and refuse.

Film festival cinema, it is not simple. Thinking. We see the director's soul. Of course. It would be cool to

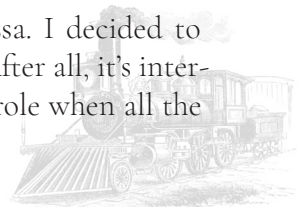


work with a large staff of selectors. But. special works come to the film festival by some invisible paths. Here is my favorite part. And I taste amazing stuff like delicious dishes. Sometimes a little perverted. I cry, laugh, rejoice. But I feel alive. And very happy. They tell me that I light up and inspire. But I myself get a huge buzz.

Finance :) all my life I studied mathematics :) two economic degrees :) for pictures in dresses :) constant eternal economy. And an entrepreneurial life is full of of risks. I love doing negotiations with our partners and sponsors.

Marketing :))) oh, this new fast marketing. It does not even tolerate a couple of days for analysis. It requires a stream. Discussions. I will remember my disastrous first press conference forever. And believe me, how I'm enjoying press conferences now. It's a skill. It takes years to develop it. And it's so easy to lose it quickly :). In boundless, huge America, it's so scary to get lost :)). People who survived immigration will understand. But I just disconnected from the territory. I dived into a great love for the great subject of Cinema :). And I decided to share what I have :). As best as I can. I drew pictures of my depression. I will show them. Grandmother Anya, she said that I would draw :)). Of all the arts, this is the most harmless :)))) Only paints and canvases :)).

Negotiations around the clock. Successes and defeats. Friends who refused and new partners who are interested. Favorite girls from Odessa. I decided to write about each company later :)). After all, it's interesting :)). My husband played a key role when all the



puzzles add up. He can do so many things. It's just a whole huge staff of people in one favorite. But we're great.

The puzzles came together. To decide on a big event. It was possible, only with the support of Yulia. Oh. Only she and I know what we have gone through these 3 months. warmth. Many thanks to her for her patience. I am pita, cotton wool. Ayurveda Fire Air. and it's not always possible to restrain myself :))) you need it now and instantly. :) The event is a jewelry necklace.. Every little thing plays a role. Time, location, place. But of course, the main thing is people. These are people. Family support is so important :)).

My assistant Inna has mastered a huge number of professions in these past couple of months. Legs feed the lawyer :).

I'm slowly creating my own party in America :)). The only thing in different cities. Miami, Denver, Los Angeles, New York, San Diego. And love my little dear Durango.

The fear of conversation has disappeared when you have a goal, to make you happy. We are driving through the endless steppes of Colorado. And I feel very comfortable in my soul. The state when you did something special. A row of burning, happy eyes of the winners, it is worth doing a special sacrament. Film Festival.

I have ten more days of the film festival. And my husband and I are celebrating :). Who is with us? Tomorrow in Denver :).



November 12

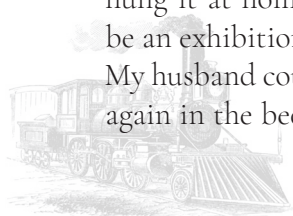
Today, for the first time in Durango, I presented my book of poems #MyWorries in English and 3 paintings. "Passion in Gold", "Heart Rose", "Lotus of Love" from the exhibition series "#Colorado, my love."

My poor teachers. :) This amount of red per centimeter, they have never seen. Red shoes, a red dress and coat, a red handbag. For me, it's completely natural. I always chose bright colors. Talking about literature, especially poetry in English. I think the biggest adventure I've ever had in my life is publishing a book. But it's so exciting :). My teachers were dumbfounded. I saw it in their eyes. America is very tolerant, but even here. Red, there is red. We watched film festival works. I sang in English. I don't know how from the outside, but something broke through. I missed the audience. Perhaps love for the subject. I love cinema. People feel it.

My neighbor Jim, eighty seven, was the most excited about my book. My first reader. He had over three hundred works of art. He's a top manager from San Diego. Sometimes he plays my favorite classics. His grandson is a composer. Durango is an amazing place. People are not embarrassed when they don't have outfits for the event. I explain when we go to play football, we have football uniforms, we don't go there in a tuxedo when we go to Gala dinner, we have a different uniform. Soon we'll see what wins :)). But Ukrainian troops will come to me :))))). "All women are victorious :)"). I know for sure that the event will take place



and I will be wearing my new dress and the girls will come from Kyiv with a transfer in Miami :). How it so happens that I have the closest relationship with Miami. We will also be surrounded by the military :). “And I love the military, tall hefty ones :). There is a lot of adrenaline. The film festival gave me many new friends:). You understand what seventy one partner companies are :)))) This suggests that the project is delicious and interesting :). This is the first time I have such a number :). It’s about relationships. It’s about the team. In Durango, I want to introduce you to the incredible Realtor Aliya Zalalutdinova. She, like a guardian angel, began to protect my state of mind :). And although pronouncing her name is more difficult for Americans than mine, we start with her conquering the real estate market very actively. And there are huge prospects. The main thing is that you have a love for the mountains, the beauty of nature and, of course, the Wild West. Hold your book in your hands, it’s a very special feeling :). In Ukraine there are one hundred copies in Russian, whoever wants +, you can get by new mail I will tell you the details. There are one hundred in English. Now the dilemma is how to deliver them to America :). So far in English, I can only look at Beautiful pictures :). These are my photos and paintings inside :). And I’m happy. Slowly more than twenty paintings. I don’t want to sell at all yet. We took it to an exhibition in Denver. And we haven’t hung it at home yet, because on Saturday there will be an exhibition at the closing of the 7th film festival. My husband could not stand it, and hung a huge heart again in the bedroom. Energy:.) The pictures are very



lively and charged with my great love. The sweetest thing about the film festival is getting to know amazing talented people. Tomorrow they will come to me. It's so inspiring :))))

When all this is over, I will start a new incredible project :). Maybe again I will conduct a special course
1) #KarmicLeadership or 2) #PlantingTheSeedsOfPartnership 3) #PersonalBrand or 4) #Adaptation in Immigration

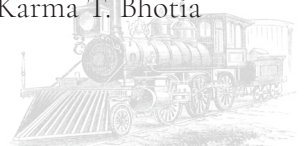
The main idea. we all live on the same planet Earth. We are One. Regardless of personal understanding of immunity.

November 14

It happened. We did it! Together with my beloved husband Vladimir Koshevoy with the incredibly creative beloved Yuliya Gonchar at night she sent the video file of the opening and award ceremony. Together with my Legal Consulting Group “Yaremchuk and Partners” and dear dad Yuri Yaremchuk and mom Olga Yaremchuk with the team Alexander Reshetovsky and incredible Inna Borisiuk. With the general sponsor Galina Shabshay

With a general sponsor in Denver, the best real estate agent in Denver Alina Dolzhenko-Tatkova

With the team of Christopher Bartlett, beloved artist Charlotte Lenssen, Incredible Karma T. Bhotia and Jyamu Bhotia



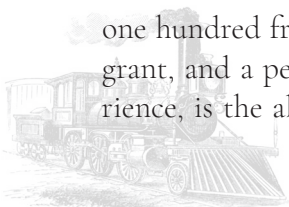
Partners Lana Bunciuc Spinu, Alia Zalalutdinova, my incredible guests Ilona Nesterova and Tatyana Logush and many more partners. More than 71 companies. About each I will make a post in the future, of course, about our participants and winners. Excellent networking, communication, discussion and co-creation of new art projects.

What do I feel? Great happiness. It happened. The project has no geography. If you love something very much, on your way you meet just such people. Special. Yours. With an open heart and soul..

We are watching the closing film “Violin”. Incredible Konstantin Fam you gave us a film and emotions that open the heart and soul. We must remember. We must see. Incredible film language, music, literature and beautiful paintings. All this is the most important of the arts — Cinema. Tomorrow we will rest and discuss everything. During the project, I learned to convey my thoughts to the Americans. I preserved and increased the Ukrainian team. I truly appreciated all the strength and love of my husband. I am with him and I can do anything. And I really enjoyed every artwork!!! Create!!!

November 16

Do not have one hundred rubles, but instead have one hundred friends. The main property of an immigrant, and a person who has gone through this experience, is the ability to make friends. Some very spe-



cial feeling and flair. I was happy with my dear guests. I just took a breath. Mrs. Miami, Ilona Nesterova and the founder of “Coronation of the Word” Tatyana Logush were the main stars and diamonds of the 7th Star Independent International Internet Film Festival. We had such a wonderful time, it is a pity that it was so short.

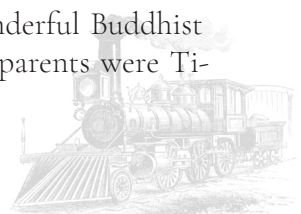
Great dress code, creative support. A wonderful intimate evening together. We showed the beauty of nature and the sights of Durango. You can profitably invest in real estate and receive a constant income from tourism in the ski resort. Beautiful restaurants and places in the style of the Wild West. Thank you girls for the incredible warmth and love.

How happy I am to have such incredible people as friends: Karma T. Bhotia and his dear wife Jyamu Bhotia. They created the Karma & Jyamu Bhotia Foundation, which has been helping the children of Nepal for many years. They provide lunch to more than 800 children in Nepal in schools. Today my dear husband Vladimir and I are at a Charity Dinner. It is a great happiness to be able to help others. Everyone was able to buy a seat at the table and individually make a donation.

The film “Good Karma”, which tells the story of the children of Nepal, won the 7th Star Independent International Internet Film Festival.

I presented my painting “Red Buddha” and handed the trophy to our winner.

I am happy that I have such wonderful Buddhist teachers. Both Karma’s and Jauma’s parents were Tibetan Lamas.



Olena Yaremchuk

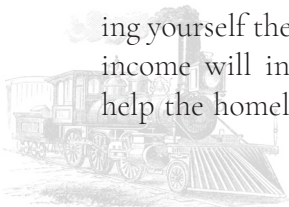
Support the project in any way you can.

<https://m.youtube.com/watch?v=5zrqI4Sobdg>

November 18th

Today, I was happy to be a lecturer for young teenagers at the “Trokhivognuu” charity foundation.

I told my life story. She spoke about the importance of a personal brand in our daily life. It was very nice to talk with the guys. Each person is unique and has an incredible experience. It is very important to share knowledge. There was a valuable question, what is your mission. And for me it is to inspire others to positively change the world for the better, through lectures on karmic leadership, legal advice and of course art projects. It is very important to wake up in the morning and feel the meaning and taste of life. In karmic leadership, there is an understanding that if you want something, give it to someone else. In adaptation in immigration, I want to communicate with an interesting circle of people. Internet makes it possible to bring people together. The main problem of a society as a whole is division. It doesn't even matter the essence of division, countries, religions, cities, vaccinations, culture, politics. And for me now it is important to unite. Every day. Connecting conversations. How many people did you help today? By asking yourself these questions, you will notice how your income will increase. If you want your own home, help the homeless. I want to be heard, help the deaf.



If you want to see well, help the blind. This is very important for me, I feel like I am losing my sight. If any of my friends are familiar with the organization that helps the blind, I will be happy to join. No matter how much you help, the main thing is to be systematic and conscious. I admire my friends and philanthropists. #Leadership through service. Take part in #Adaptation in Immigration program. Anyone's interested? Join our new group. I will only take ten people. Ask around if anyone is interested.

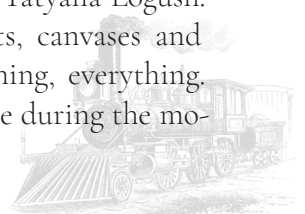
November 22

My husband, Vladimir, is my inspiration and full support. Every time I discover new facets in him. He has an incredible experience with me. Magic happened yesterday. He edited our first video. Event in Denver. https://youtu.be/nP_CHT1XXXc

During the film festival, he did a huge amount of work together with me. He supported our website, www.starindependent.com, all partners and sponsors, you are here thanks to him :).

Our posters in America. Negotiations with partners and sponsors in America.

He brought and drove everything. He supported me. He fed me. He calmed me down. He entertained my dear guests Ilona Nesterova and Tatyana Logush. He financed the creativity of paints, canvases and praised me endlessly:))). For everything, everything. No matter how difficult it was for me during the mo-



Olena Yaremchuk

ments of adaptation, I went for it consciously. We knew that there would be withdrawal, and more than one year. It is a great happiness to meet a person with such qualities and skills. Thank you very much, my dear husband.

November 24

Today my husband Vladimir and I are in his favorite club Four Corners Fencing.

We ask our friends to financially support the club through donations. It has been in existence for over ten years. In the club, children, boys and girls, who are learning fencing take part in local and national competitions.

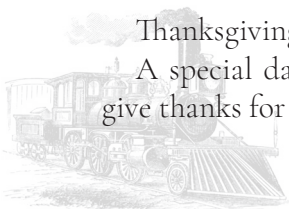
The guys need money for new blades, jackets, equipment. Now Christopher Bartlett is in charge of everything, if you would like to make a donation, please contact him.

Most importantly, these are my American film festival partners. I am very grateful to them for their support. https://instagram.com/4cornersfencing?utm_medium=copy_link

November 25

Thanksgiving Day.

A special day when all over America, Americans give thanks for great food and life.



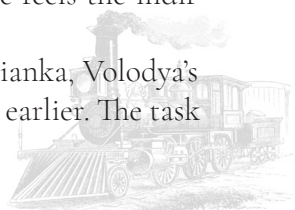
The holiday has its roots in the first settlers from England, who sailed in 1620 and founded the first colony in the New World here. In the late autumn of 1621, the first governor, W. Bradford, hosted a dinner, which was attended not only by settlers, but also by a tribe of Indians who helped the colonists survive in harsh, unfamiliar conditions. Now Thanksgiving is perceived in this way, the key of gratitude of the settlers to the indigenous population of America.

Among the Indians invited were the chief and 90 others.

In the 18th century, after the signing of the US Declaration of Independence, the first President George Washington proposed to celebrate the holiday on November 26th. In 1864, after the end of the Civil War, Abraham Lincoln decided to celebrate Thanksgiving Day on the last Thursday of November.

On this day in America, it is customary for the whole family to gather and prepare a festive dinner. Key dishes are baked turkey with cranberry sauce and pumpkin pie. In the United States, it is customary to hold colorful parades — also with families, often relatives and close friends from all over the world come to Thanksgiving Day, no matter how scattered their life is. The holiday is perceived as a good occasion for unity, manifestation of the kindest feelings, this day is intended to remind people of trust in others. Therefore, on this day, no one is left alone, even a stranger can be invited to the table so that he feels the indifference of society.

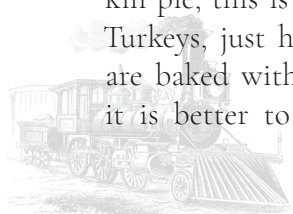
We decided to celebrate it with Dianka, Volodya's daughter and my step daughter a day earlier. The task



was not easy, to cook the right food. She is a vegan. We made a variation of potato salad for her, called Olivier, only with cooked vegetables. Then I made the Turkey, this is a traditional dish these days. I added potatoes, pumpkin, onions, carrots, marinated two pieces of turkey in apple cider vinegar with spices, added dried apricots, cranberries, almonds, garlic and pomegranate Georgian sauce went inside, all under foil and into the oven :).

Traditionally, there was delicious mashed potatoes, for us, Olivier with small shrimp. And now pumpkin pie. Thin crust pastry, stuffing, I stewed pumpkin pieces, raisins, apples, sugar and cognac in a pan. It turned out very tasty. But I think you can not extinguish. I discovered it in one of my favorite Kiev restaurants, but there was puff pastry and ice cream. It is very interesting to watch an adult conscious person. Today, for example, we found out that she has two new tattoos :). And I talked about my first job, advertising a tattoo parlor. Oh yes :). I had a bright student life, I danced in a nightclub and advertised the salon tattoo.

We made a lot of Olivier. Tomorrow we have two festive dinners. The first with the fencing club, I love to spoil them. The second one is with my friend Charlotte Lenssen, I love her German cuisine. I like the meaning of this holiday. With immigration, you absorb the culture of the country. Meanings. Pumpkin pie, this is a big part of the culture of America. Turkeys, just huge now in the store and hams that are baked with honey. My mother always said that it is better to celebrate all the holidays :). Polish,



Ukrainian. Holidays are something very interesting and sweet, kind and warm. What are your favorite holidays? Friends from America, share your holiday recipes and tables, I want to learn from you.

November 27

How does one's style change.

You can't be an American and not wear a hoodie.

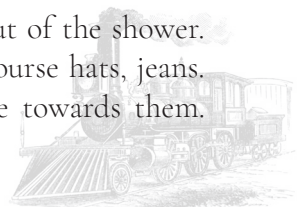
In Ukraine, I never wore it.

My business style, my favorite gala outfits, sometimes sporty, for the gym, casual was never my favorite style. But America is all about sneakers and certain American brands.

I remember my trip to New York in March of 2010. The wind pierced just to the bone. What elegant things, you are stupidly freezing. I bought the first hoodie, the color could gouge out the eye, acid raspberry pink. And I felt good and warm. Color plays a very big role in my life. I even see and feel the color with my hands. Disharmony in the color balance can be expressed through pain. I prefer clothes in the same color scheme. One of my stylists said that I'm lazy and don't really like to combine clothes and colors. Now my life has changed.

I spend a lot of time at home. And here you also need to comply. Be interesting for your husband.

Bathrobe, this is when you get out of the shower. The new American wardrobe is of course hats, jeans. For now. I still have a bad attitude towards them.



There are also torn Armani jeans, with big holes. I like leggings more. Especially leather ones. Loose leather slacks. Remains of my Spanish history. There was an expansion, especially on discounts. Durango, not the warmest place on the planet. Elegant coats, and my fur coat, waiting to move to another city. Today we bought a down jacket. Considering the climate, this is the most versatile thing needed for six months here. Bright white color. I always choose clothes that make me emotionally happy. With a large selection of colored and dark clothes, today I wore a pink hoodie and a white down jacket. Black Friday was a success. My husband pampers me endlessly. I really wanted to pamper him :). And offered beer. Husband's happiness, wife's happiness. Nikulin's golden words. If each person made one person happier, how many happy people there would be. Happiness in every little thing :). I also have 2 new black canvases, and I I am preparing a new art exhibition called "Wild West and I".

Today I had my first Coaching session with a wonderful coach Tetyana Kretova. We have known each other for a very long time, more than 15 years. She is the founder of JCI Ukraine. We did a lot together. But rather, at one time she gave me the reins of power and for a very long time I continued her path. We were not close friends. But colleagues for sure. With deep respect for each other. Why, with a huge selection of cool friends and my clients, I chose her. Her successful experience in immigration, knowledge of the global corporate culture, awesome taste and style. And most importantly, environmental friendliness and great international thinking. There are situations when you



Wild West and I

cannot cope in these circumstances. This is especially true for entrepreneurs one on one in a huge ocean of business. I am very glad that I have been on the same team with her :for more than 6 months. Of course, all the responsibility is on me. And it's not enough just to consult, the main thing is to raise your ass and act. I also offer my coaching services. Because I can give a lot to those people who have a request. And not only coaching. Special knowledge, legal, management, art promotion. Now Akunin's book fascinates me, thanks to my beloved Victoria Grishko for the wonderful creative tips. I am preparing the book #WildWest, which I plan to present in May. The biggest inner pleasure for me now is the news about buying my book in Ukraine and in America.

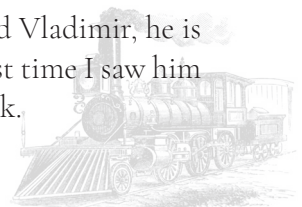
Poems have always been in my life. The book is a product of several difficult years. Wonderful photos from my favorite photoshoots and of course paintings are collected. I accept orders. In Ukraine, we will send the book by new mail. The cost of one is 300 UAH.

If someone knows about interesting contacts in shops, sales of books, I will be glad. Although I rely more on buying books from my friends.

www.amazon.com/dp/B09K1TWJQ8/

November 28

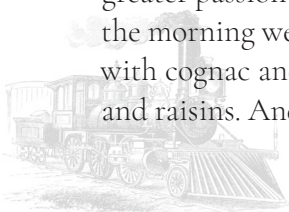
I have always admired my husband Vladimir, he is incredibly talented. Today for the first time I saw him dancing with his daughter on Tik-Tok.



The theme of fathers and children was relevant at all times. Step mother and step daughter are also added to it. In our opinion, stepmother and husband's children. American girls. Speak English. Very creative and beautiful. Of course, there is beautiful and interesting communication, dinners. I, like any parent, want more attention. But we are slowly looking at each other. Volodya knows how to build relationships with any person. With Diana, they have a special love. It's amazing how they communicate. I urge you to enjoy the nice atmosphere.

November 29

The most beautiful thing in family life is co-creation. Today my husband and I glued together my jigsaw puzzle. I've been putting it together for a whole year. Big big picture. I remember the very beginning, puzzle after puzzle, houses and a beautiful village were put together. I liked to put clouds together. But when the dark water started, I realized that I just couldn't cope. Puzzles, this is a special passion. But during my adaptation in immigration, it is very important to ground myself. I would turn on a movie, an audiobook and start my "meditation". Now this picture is covering the fireplace opening. An even greater passion is cooking for her beloved husband. In the morning we spoil each other with delicious coffee with cognac and cream and pumpkin pie with apples and raisins. And for lunch we have creamy pasta with

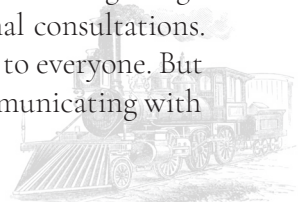


mushrooms, garlic and cheese. Volodya made an incredible salad Tomatoes, peppers, and olives. Such important art processes at home are very inviting for a warm, autumn joint vacation. A special joy is communication with my dear friend Victoria Grishko. Together we tried on Instagram masks and filters, there is something in it :). Thank you dear friends for the tips. Discussed a marketing conference and new marketing trends in Amsterdam. Mastering Tik-Tok. And who is already there? Let's make friends there. It's so exciting to explore new ways of being creative.

Art in every centimeter of life makes our life richer. Love each other. What kind things have you done for your loved ones today?

I just feel every day how important the support of a coach is. Your circle determines your view of the world. Of course I have a lot of girlfriends. One of them is Elena Filatova.

We met at one training session about time management. But our relationship grew into a great human friendship. I am very interested in her. She has a lot of regalia, starting from the fact that she also graduated from the Kharkiv Law Academy. She was also doing business in the 90s. And she is very successful now. But I also love her for her incredible humor and intelligence. She introduced me to Itzhak Pintosevich, who she co-wrote a book with on building of network marketing business. We have a lot of interesting things in common. Elena now offers personal consultations. I would really like to recommend her to everyone. But most importantly, I really enjoy communicating with



her. Her suggestions and recommendations are really helpful in my situation. Although it seems elementary to simply write down all the goals and questions that one has and write out a plan.

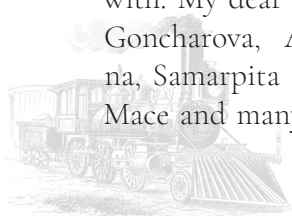
Now I have nine different directions. My head is exploding and many of them are completely new. I don't even understand how to approach it. For example, studying in America and adapting my European degrees and diplomas.

Of course, after I listened and did everything she recommended, it became a little easier.

Next step, systematize your contacts and meetings. I think many who work in the international space will understand me. There are several time zones even in America and it can affect your productivity.

We decided to do a conference call with my employees on Monday and Thursday either in the morning, when it is their afternoon or their evening, when it is my morning. And it made me feel better. One of the biggest mistakes and difficulties, turning into chronic fatigue, is night negotiations with an employee at three, four or five in the morning because of the time difference with Ukraine.

I really like to discuss training products, coach marketing with Elena. Back in 2010, I defined myself as a market specialist in helping spiritual teachers, coaches, trainers in their work. First of all, these are very interesting people, they are very nice to deal with. My dear Anya Demyanova, Flymama — Sveta Goncharova, Alla Zadneprovskaya, Elena Tararina, Samarpita Sam, Olga Gomon, Tatyana Kashpur, Mace and many many others. These are very special



Wild West and I

people. They bring light. Their knowledge affects the minds of people.

Tell us about your best coaches and teachers. Who helped you, whom you would like to recommend, mark the person.

I want to offer a certificate for a legal service worth \$200 for the protection of the Master, trainer, coach. I will be glad if my knowledge helps.

My American audience of trainers is only developing, but it's nice that we became friends with Anastasiya Sudom. I really like her training courses and products. Of course, Ilona Nesterova, who helps women to be beautiful and gain confidence and protection.

I will be very happy to help you register the copyright (and TM) of your author's training product in the Library of Congress, Ukraine and Europe.

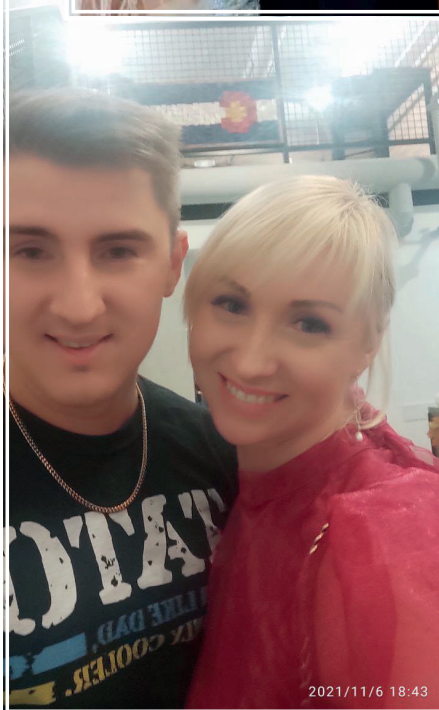
One of the important directions of Buddhism, if you want a client, help other people find a client.



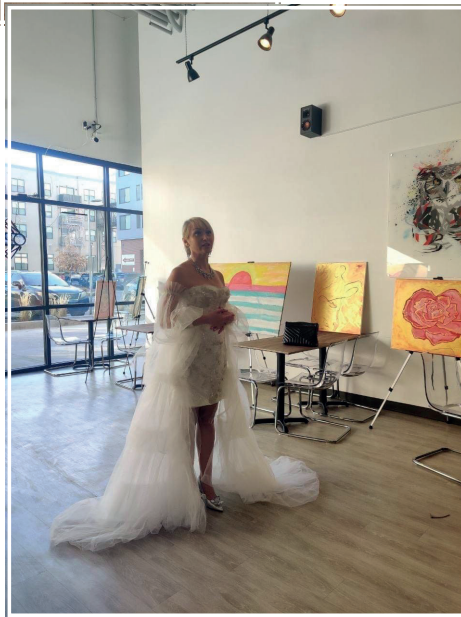


Denver.
7th International
Internet Film
Festival
Star Independent











*Durango.
7th International
Internet Film Festival
Star Independent*



DECEMBER 2021

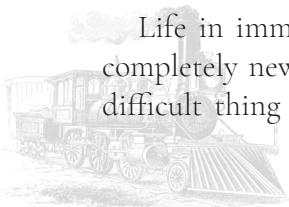
December 1

There are super people. My beloved friend Anna Demyanova was one of the first to receive my poetry book. There are a lot of Barcelona motifs there. At that time, she supported me morally. Many poems were written at extremely difficult times. Then we became very close friends. She also had her own experience of immigration to China. When I immigrated to the United States, I decided to publish a book and she supported me again. I shared the details, she suggested guides: talented Alla Wenger and then Yulia Dvoretzkaya- Fedorchuk, thanks to the editing work of Yulia, the book saw the light of day.

One day the book will be in your hands. A wonderful gift for loved ones. Who wants it? It can be purchased on Amazon. Just recently ten books were shipped to Kharkov thanks to my dear friends Alexei Trifonov and Natalia Nasybulina.

December 4

Life in immigration teaches you a lot. There are completely new manifestations of oneself. The most difficult thing is to decide on the English-speaking

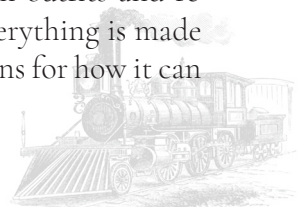


or Russian-speaking or Ukrainian-speaking market. Many of my friends who have moved are moving for good. I still want to be in contact with my beloved friends in Ukraine, but I need to learn a new English language. Amazon enters my world. So far, very modestly. I write product reviews and they send them to me for free. Cooperation with two companies. Only the first steps.

There is a lot of video material that I have not processed from travel. I'm starting to slowly master video editing. Of course, with errors, I try special effects. Some of my friends criticize it a little. Some praise and support. But I try very hard. I do it for the new American audience and the new town. The road will be mastered by those who start walking.

A wonderful thank you note for Nataly Boyko for her work. A wonderful dress. It was sewn without me trying it on at all. We went to the store, chose fabrics. At that time, I had a lot of tasks. Natalia suggested the idea for the design. I received the package the night before the flight. And I didn't even try it on, because it was very tightly packed for the flight. After arriving in America, I had no time to try it one right away and tried it on after three months, when getting ready for the wedding. At that time my emotional perception was different. I wanted something big and magnificent. And we started looking for the dress for the wedding.

But for the holiday itself, I was in outfits and received such emotional happiness. Everything is made with great love. There are many options for how it can be applied.



Olena Yaremchuk

Dresses are my favorite outfit. I love wearing them. I am a true girl. And there are not many of them. I am happy that already in America I am collaborating as a model with a wedding dress store. There will be a wonderful creative photo session soon.

Everyone in America is open to any interesting creative photo sessions. I am very grateful for the wedding venue recommendation and help in organizing it from my dear, incomparable Siuzanna Iglidan. Broadmoor Hotel has the most wonderful memories.

December 6

Thanks to all my friends from Denver for supporting the 7th Star Independent International Internet Film Festival, and especially to the main sponsor, the best realtor in Denver Alina Dolzhenko-Tatkova and representatives of the Ukrainian community Elen Butenko, Georgian friends Irma Obgaidze. To our winner Siuzanna Iglidan and Svitlana Vetrova. To the wonderful owner of the Wake and Take cafe, Dmitry Sokulsky.

December 7

My life is starting to return to normal. Post-PR is a long and precious process. The film festival took up a lot of my time. Now I again admire the local nature. I love receiving guests. In Spain, I managed to com-



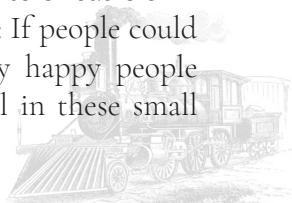
plete a course in tourism management in Catalan language. It was very interesting knowledge, tourism in Spain is very developed. I always like to put my knowledge into practice. All my guests were happy. We are always happy to meet and host new guests. Durango's beauty is mesmerizing. Want a super adventure in Durango. I will be glad to be your VIP guide.

December 8

Today is a very special day. I met with the founder and president of the Durango Film Festival. It was a very special meeting. We talked for more than two hours non-stop. It usually happens when people speak the same language. It is a special feeling. What I love so much about film festivals is the international language of cinema, its history of the formation and growth over the years, a team of twenty five people, many films, interesting guests. Durango Film Festival has its own style. The theme of their films is all about active mountain recreation.

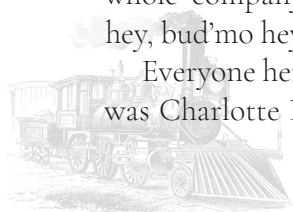
December 11

A special day, a special evening. Vladimir Nikulin's words are very dear to me. My favorite circus clown and an accomplished actor once said: If people could make one person happy, how many happy people there would be in the world. I revel in these small



but such important joys as a birthday of a loved one. Yesterday we baked a cake together. As soon as we started to do it, the light went out completely. I knew that the guests are coming the next day, but I wasn't really upset. We simply went to bed and enjoyed the conversation. Very warm and homey. The light came on and we happily continued to make the birthday cake. We enjoy doing it together. This time I found a recipe for a royal cake that consists of four layers, a typical sour cream, four eggs per two cups of sour cream, baking soda, two cups of flour. One layer was with chocolate and coconut flakes. Two layers with raisins, one with nuts. Amazing cream of condensed milk, butter and Philadelphia cheese. I moistened the layers with cognac, coffee and honey. And the next morning I decorated it with fruits. My honey was happy and the guests were also. The holiday was with our dear Nepalese Karma T. Bhotia and Jyamu Bhotia are my special people, my teachers. I learn from them every day from their attitude towards life. A very nicely decorated table was waiting for us. And people dear to my heart arrived. A special day. Of course, Volodya and I were preparing. And we were looking forward to seeing friends. Now, for me, this is a special zone. So quivering and tender. And it's so nice to see happy faces of friends. Some kind of special magic of the atmosphere. We slightly showed Ukrainian culture through vodka, bacon and pickles. And the whole company shouted merrily together. "Bud'mo hey, bud'mo hey, bud'mo, hey, hey, hey!"

Everyone here already knows how to do this. There was Charlotte Lensen at the table who has German



Wild West and I

roots, Linda with Greek and Italian Roots, there was Shawn Witzemann who is Jewish, Amber with Polish roots and Nepalese friends. We are all united. Yes, we are a little different, but in essence, all are such beautiful souls. Very bright and amazing. The guys did not want to leave for a long time.

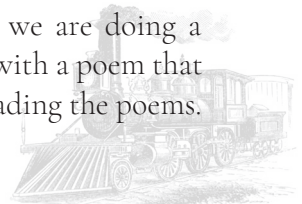
We started at 5pm and left at 11. It was a magical evening. And I am very happy. Communication with friends is such a treat. Love each other. Beloved husband Vladimir, a very special person with our special circle of friends. Thanks to everyone who congratulated Volodya. Oleg Maslov, your call was very valuable to us.

December 14

My deep secret dream came true. Writing a book. Baring my soul. Sharing something completely secret. I did not plan to publish a book. Each poem may not have been written. It was sometimes a cry, and sometimes a howl. Some lines are pierced with the blood of loneliness, fear, despair. I wrote them while in Barcelona, being there in immigration. Some poems, declarations of love to special people. Sometimes too public and famous. Only initials.

There is a lot of love for friends. And today is a very special day for me. I received feedback.

We agreed with my readers that we are doing a flash mob. Everyone records a video with a poem that he likes and we make such a video reading the poems.



Today, also in English, the book has found its reader. My partner at the film festival. He is not on Facebook. But I am very pleased that Greg will have a book with a piece of my heart in his library. Friends, thank you for your friendship and the desire to be closer to each other, despite the distance of half the planet. I love you very much, my dear, very special Kharkovites. Natalia Nasybulina and Alexey Trifonov.

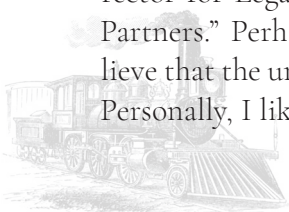
December 17

With my coach Tatyana Tetyana Kretova, I am currently working on raising income.

One hundred kinds of sources of income. You know, this is a very exciting activity. It seems to me that every person periodically needs to ask himself, what else would be so interesting to come up with.

Do not whine that there is no money, no work, shortage, but think about how and how it is possible to earn in a new way. Let everyone write their type of activity under this post. At least it will be an advertising platform for everyone. And for me it will be interesting to learn new opportunities or remember the old opportunities of friends.

For my part, I always pay ten percent for new client's referrals and now I am looking for a sales director for Legal Consulting Group "Yaremchuk and Partners." Perhaps someone really likes to sell. I believe that the universe will help me find such a person. Personally, I like to sell more than I do. I always have



a super passion. I also like to see beautiful sales and cool service.

For my part, personally, I will gladly register your Trademark, this is my favorite. I will register copy-right in Ukraine or in the United States. I will help and advise if there is an internal conflict among business partners, these are the most subtle and complex relationships.

We will gladly give accounting advice and provide accounting services. My grandmother was a great accountant, so is my mother. We helped with accounting in show business. We systematized and made a beautiful candy from the accounting department and we have a cool team for more than 15 years.

My hobby is to see beautiful people. I help in the development of a personal brand. I love to think over business development strategies, election campaigns, advertising campaigns. Attracting investments in IT projects, in business projects. I can help with the creation of the website.

I love volunteer work, social projects. There is ILY-SA (Intellectual Leadership — Association of Young Scientists). I like to conduct training courses, seminars. I can successfully create social projects, find funding by writing grants and attracting partners and sponsors. All these are tools, the main thing is the why and what for.

I can help with writing and publishing a book, I did it myself and now I am preparing a second one. I can be an impetus in this direction.

I love to organize art exhibitions and help with the sale of your paintings.



I paint. I organized two of my personal exhibitions. I can help you as an art curator with direction, ideas, development, sale, organization.

I love Qigong, meditations, spiritual practices, Buddhist practices, retreats. I systematically take part in them myself and I am ready to be a co-organizer and a coach. I love photo shoots and I can organize them for you. And I love to participate in them myself.

I love acting and making films, and organizing film festival events. Now I started to master Amazon and advertise some companies.

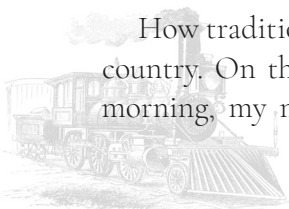
I love cooking and making my husband happy.

Who is interested in cool American brands, at a low price? I am ready to help with purchasing very good American clothing with huge discounts. Which of my friends is a stylist, or likes to dress, I will help. I am happy to.

In the last 24 hours, 2 people have offered me their services. One contact was cold which gave me an idea that it is very pleasant to transfer from cold to warm and talk sincerely. The second was through Telegram messenger, an old acquaintance of a proposal to create a sales funnel. Business is creativity, and creativity is business.

December 19

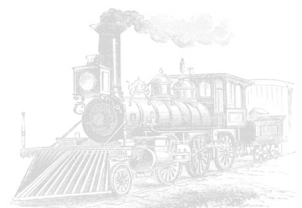
How traditions change when you arrive in another country. On this day, or rather at night and in the morning, my mother always puts sweets under my



pillow. Of course, she does it discreetly. It is customary to put gifts under one's pillow. We were probably the only children in Bershada who received gifts from Nikolai. In the Vinnitsa region, there was no such tradition, at least during the Soviet era. My mom, Olga Yaremchuk, is from Sambir, Lviv region which is Western Ukraine. She instilled in me a lot of Lviv culture. Now in Durango, there is no Ukrainian community. There are a couple of acquaintances here. And I really want to celebrate Christmas according to my culture's traditions. We already set up a Christmas tree at home. I'll go while Volodya is sleeping, I'll put a chocolate bar under his pillow. After all, it doesn't matter how old we are, the main thing is we are always children. Saint Nicholas is my patron. Two of my grandfathers carried the name of Nikolai. My own grandfather and, as they say, step grandfather. Always in my house there is an icon of St. Nicholas. It is special magic that is happening at this time of the year. And I am very happy that my faith in his support is always with me. Every time I go to the temple, I light a candle in his honor. I have a deep faith in his healing abilities and support. Happiness to you all. Let everyone have a chocolate bar under their pillow!!!

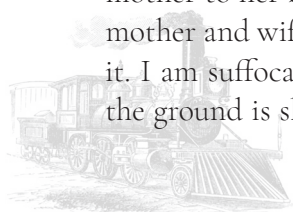
Put it for a loved one. To make the world a happier place, everyone should just make at least one person happy.

I want to give a gift on this bright holiday. Reiki initiation of the 1st degree, for those who need it for free.



December 19

Thank you very much beautiful Oksana Baiul and your whole family for the New Year's greetings. When you are alone and just starting to live in a new country, there is a huge emptiness. There are no friends and communication. After all, friends invoke a certain style of thinking, energy capacity, value system, experience, plans. Oksana is absolutely special. As a child, of course, I was in love with her swan dance on ice. Well, how not to fall in love with perfection, beauty, grace, costumes. I remember this Olympics. I really dreamed of a sports career but I grew up in a small town, attended dance and gymnastics classes but there were no figure skating classes available. Figure skating is like divine perfection. Something touching and at the same time very strong. Hot and very cold. I love figure skating. I grew up on the river and as a child, my dad and neighbor's dad, Uncle Valera, took turns taking us to the skating rink, late at night in winter. By pure chance, Facebook showed me Oksana's post and I wrote to her about how much I love and admire her. We began to correspond and call each other and I fell in love with this person for the second time, but with completely different qualities like honesty, straightforwardness, great love for the subject and, of course, for her being a great mother to her beautiful daughter. She is a wonderful mother and wife. We talked for hours. I really needed it. I am suffocating and at some point, it seems that the ground is slipping from under my feet. There are



already familiar laughs, with my quick temperament. Calmly and gently, it doesn't work out. Oksanochka gave me a lot of attention. I am happy with our special conversations. And how pleasant and unexpected it is to receive live news in the form of a postcard. Yes. Like in childhood beautiful postcards came from grandmother Yulia from Sambir for the new year. Mom made me write postcards for everyone. My finger hurt, I never learned how to hold a pen correctly. With Volodya we bought a pack of postcards, but still not enough. I love my friends very much. I am so far from you but close at the same time.

Everything is written by my hand and Volodia's beautiful handwriting. Thank you very much Oksanochka for your Christmas card and your Olympic example. For me, you will always be a perfect white swan. Happiness and Happy New Year to all.

Do you send postcards? What about your clients? Do you receive them?

Do you want a postcard from America? Send me your address in private. Let's think of something. I also found a vintage store, and there are postcards with a history and very beautiful pictures. These memories are very warm and good. Did you collect postcards? Was the collection big?

December 25

Incredible trip. I was really looking forward to it. New Year celebrations are always a miracle. We trav-



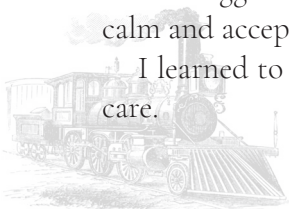
eled to Miami with my beloved husband. I fell in love with this city from the first trip. I had my honeymoon here. But most importantly, dear friends. You always want to return to the city where somebody is waiting for you. It's fabulous. I even started to sing again. It's very dry in Colorado, and I love this humidity here. Tomorrow I'll see the Ocean. My element is water. What an incredible happiness it is when there is so much water nearby. Huge moon, familiar places. You feel at home. I traveled so much. There are new cities, you go there and you understand that it won't last long. And I would never want to live there. But Miami is different. I really want to live here. Enjoy this happiness. We came for ten days. So many things to do. By the way, who is ready here? On the 26th I will be able to hold my poetry book in my hands. We are planning to visit museums and galleries. What beautiful places would you recommend? But most importantly I will swim a lot!

I wish you happiness and travel. Our dangerous adventure is on YouTube channel. My Facebook has been down for two days. I invite everyone to subscribe to my YouTube channel.

December 29

The biggest thing I've learned this year is to be calm and accept everything as is.

I learned to accept love and care, to give love and care.



Family life entered my life like a perfect puzzle, and it became very warm and light in my soul.

Legal Consulting Group “Yaremchuk and Partners” is replenished with a new young and very promising partner Alexander Reshetovsky.

We have registered international trademarks in more than nine countries. It was an interesting experience and a process that took more than four years in the case of my good friend and client Varda.

Accounting company Active Balance continues to accompany the business and provide accounting services to our clients, thanks to our amazing accountants.

The great joy of Star Independent, carrying out the 7th film festival in Ukraine remotely and in the United States: twenty six winners, seventy one film festival partners, interview with Georgian TV, American radio, Ukrainian press conference, post-PR.

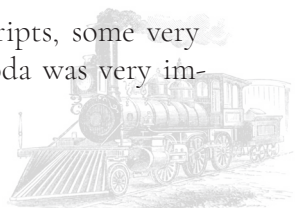
Incredible joy publication of my first book of poems “My Worries”, translation into English and release on Amazon

<https://www.amazon.com/dp/B09K1TWJQ8>

I am preparing a translation into Ukrainian, with the help of my relatives in Lviv. I really want to make this happen. The book has been entered at Coronation of the Word, Ukrainian literature contest. And such partners make me really happy.

This was my first time being a jury member of the “Coronation of the Word” and introduced her author’s prize from the film festival.

I have read more than fifteen scripts, some very good ones. The story about Skovoroda was very impressive.



I painted fifteen paintings. Made a solo exhibition in Denver.

Decorate your house with them.

I sell them in America and on four online platforms.

I sold two paintings on the online platform with my dear Charlotte Lenssen, an artist from Germany, and Svetlana Grishko, an artist from France. Thanks to my dear partner Nikolay Zinchenko.

I am now also trying a new profession in real estate management in Durango. The house that Volodia and I manage, has been put on Airbnb and rented out for the holiday season.

It is an amazing collaboration with our Nepalese friends who come from a completely different background and culture. I am happy that my studying of tourism management in Spain has brought real results.

Tatyana Nikitina, Ilona Nesterova, Tetyana Logush became our favorite guests.

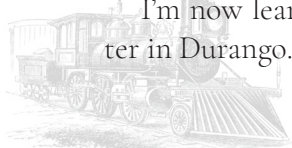
Girlfriends, a sacred word, they were visiting me, high in the mountains. Friendship has no distance.

Night conversations with Demyanova Anna, Victoria Grishko. Around the clock communication with Yuliya Gonchar.

Lots of love from my best canine friend Lucas. He is a collie. What a joy to feel the incredible love toward a dog.

My husband took me on trips to Los Angeles, Sedona, Colorado Springs, Miami.

I'm now learning tik tok. I started a spiritual center in Durango.

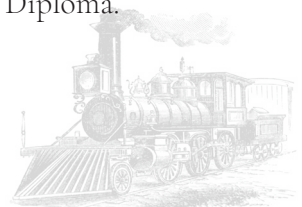


And now I'm relaxing in Miami with my beloved and loving friends. I baked quiche, and we gobbled it up.

December 30

There is a famous song about friends that I remember since I was a child. It goes like this: without friends, I am small but with friends I am big. Dear Ilona Nesterova cordially invited us to become a part of her "Wild Demons" team in the intellectual game "Power of Thought". This is an interesting communication of emigrants from Miami. Many different questions were asked. We knew the answer to some, sometimes the questions were too complicated and tricky. It was interesting for me to observe people. In emigration, it seems that people are different. What a frozen time. There is something in it. I felt the same in Spain. There were different accents from Belarus, Georgia, Ukraine and Russia. Very friendly and fun. Heels, dresses. I miss our beautiful Kyiv audience. But our nightclubs and karaoke at Valentina Zhukova restaurant.

Kievans, appreciate what you have. It's different in other countries. We guessed the questions and quite unusually, but we were in the lead and won in the end. Such a nice collective wave of victory. We were presented with real medals, a Cup and a Diploma.



December 31

I am constantly advised to diversify my content. Giving more advice.

But now I'm in a state of relaxation.

Such a search for oneself in a new role. Conscious approach to blogging. I'm trying to feel the new line and strategy. Now I'm just relaxing on the waves with a huge thirst for life and enjoying the aesthetics around. Whatever my hand and my eye touch.

Today is a wonderful day for me. I expanded my horizons. Amazing hotel. Simplicity and beauty in one bottle. I want to share with you my dear friends on different resources. To do this, I had to make a new YouTube channel. Here the video is more formalized, with details and placement.

Which of my friends have YouTube channels? Let's subscribe to each other and make nice comments. More creative friends. Enjoy paradise. Historic hotel, located near Trump Villa.

The Breakers at Palm Beach.

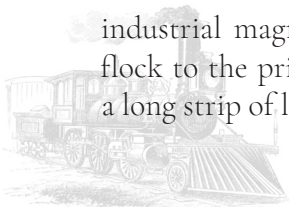
When you stop, you will understand!

Founded on the sands of Palm Beach in 1896, the history of the resort has since become firmly rooted — we live by our values and evolve in a changing world.

Be SAFE — Health and Safety Initiative

Short story

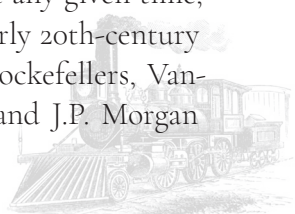
In the late 1890s, just at the turn of the century, industrial magnates and elegant socialites began to flock to the pristine shores of their new destination, a long strip of land called Palm Beach.



It was the founder, Henry M. Flagler, one of America's great industrialists, who started the trend of building stately and magnificent homes on the island. His first was "Royal Poinciana", a six-story Georgian beauty. Two years later, Flagler unveiled his finest oceanfront hotel, delighting guests with its proximity to the water and its unique location, right by the "surfs" where the waves crashed and splashed.

After the fires of 1903 and 1925, the hotel became more and more luxurious each time. The second renovation of The Breakers was awarded to New York designers Schulze and Weaver, the same minds who later created many of Manhattan's most coveted hotels: the Pierre, the Sherry-Netherland and the Waldorf Astoria on Park Avenue. Described by the duo as "the pinnacle of excellence in design and splendor", The Breakers reopened in 1926, ushering in a higher level of European influence and architectural flair. The newest version of the Flagler was modeled after the magnificent Medici Villa in Rome, an ambitious project that required seventy five artisans brought in from Italy. Together they completed the intricate ceiling paintings of the 200-foot-long main lobby and ground floor public rooms, which are still on display today.

Year after year, the resort's reputation grew and word of mouth spread, enticing the glitzy to holiday in Palm Beach all year round. At any given time, one could read the "who's who" of early 20th-century America in the guest register: the Rockefellers, Vanderbilts, Astors, Andrew Carnegie and J.P. Morgan



vacationing with US presidents and European nobility.

Today, The Breakers story continues, firmly holding on to the ideals that put it on the map — impeccable luxury, nautical glamor, and world-class service — but also embracing the new.

In our modern world, which is more interconnected than ever before, we are fully committed to our people, the environment and the unchanging mission of our organization.

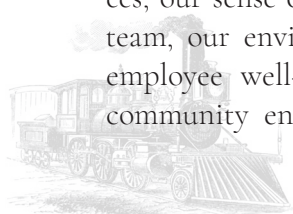
Green initiatives

At Breakers' resorts, sustainable practices are implemented that conserve resources and protect the environment, promising a better quality of life for future generations. And these efforts represent The Breakers' commitment to the environment while maintaining the distinctive quality and world-class service that guests have come to expect from our resort. These green efforts include energy efficiency, water conservation and waste reduction.

The Breakers is committed to expanding and improving all of our environmental programs to protect and conserve our precious natural resources. Breakers are also a Green Power partner of the US Environmental Protection Agency.

Public influence

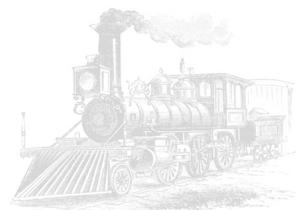
As a modern organization with over 1900 employees, our sense of social responsibility extends to our team, our environment and our community. From employee well-being and sustainable practices to community enrichment and effective partnerships,



Wild West and I

our commitment not only ensures our sustainable success, but also contributes to a sense of greater good.

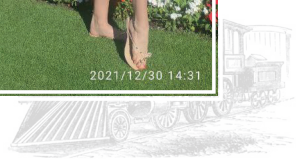
Walk with beloved husband Vladimir Koshevoy.

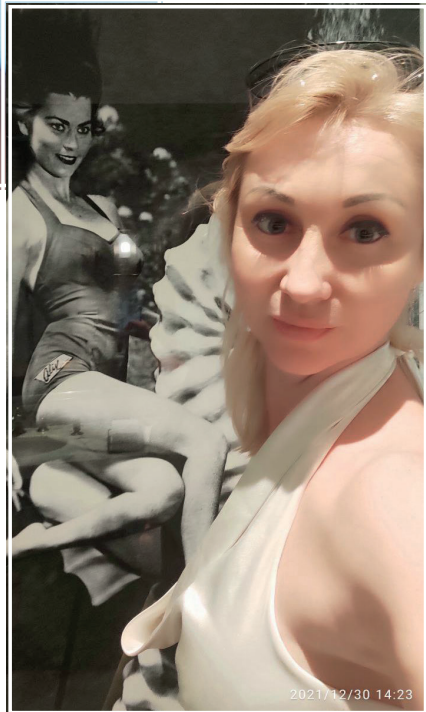
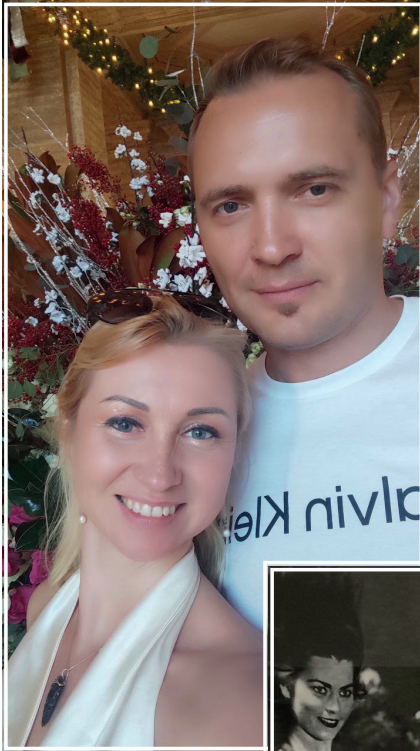




Miami









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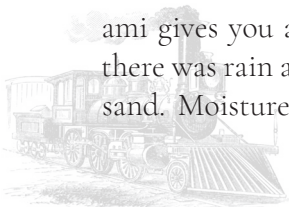
January 5

Hello New Orleans.

I'm in the city of Jazz. I adore jazz. You sit outside in the street, near the golden monument of Jeanne D'arc and enjoy the wonderful music. They bring you seafood, oysters, shrimp, fish. And you just drown in melodies. With a loved one who looks into your eyes and love sparkles from them. All the details matter. Life without meaning, but it is so beautiful every single moment.

January 6

Adventure in life. Enjoyed a wonderful trip. I am currently studying a course on resources, content. Very deep understanding of twelve directions, division into four elements. One of the Filling Elements is Water. Water has always been a special resource and condition for me. I learned to swim early. I have always loved to swim. Since childhood, a bubble bath is the best time for me to spend. But the ocean in Miami gives you a very special feeling. On the last day there was rain and big waves. A warm huge wave. Wet sand. Moisture. I was filled with the sounds of wa-



ter, the energy of water, the feeling of the sun and the beach. Incredible sailing on a motor boat at high speed. These drawbridges are marvels of engineering. I really liked the canals. In Miami people seem very happy. The sun, gentle, caresses the skin. Seagulls are flying around everywhere. A special state of enjoying a cup coffee and looking into the depths of the ocean. It's all hard to describe. It's like a feeling somewhere in the depths. You come here and you understand what paradise is. It was so special for me to listen to the rumble of the city streets. In Miami, it is a very special style. Russian and Spanish languages are being heard everywhere. With a special color of accents. Sometimes it seemed to me that I am in Odessa. And sometimes in Barcelona, incendiary bachata and sultry Latin dances. Different faces. A mixture of Latin American culture. I got a manicure from a girl from Honolulu. Her skin was slightly golden. Sometimes in my childhood, if I was very late getting home, my Mom would tell me. "You are so late as if you were in Honolulu". And here I really met someone from Honolulu. I began to tell her about Africa. And only when I left, I realized that Honolulu is United States, the largest city in Hawaii. Life again gives me an opportunity to meet new people, a new state, another piece of the planet with its great diversity. A special state of friends. We are so united. Into a wonderful song. Oleg Maslov is a special person. And not only because we have done so much with him in #jci when we used his electric car salon as a venue for events, but also we organized exhibitions in the parliament of Ukraine. We have merged into some kind of com-



mon joyful mechanism. Thank you very much to his wonderful wife Victoria Maslova Every day was filled with beauty. Today Volodya cited the words OSHO as an example. Life without meaning. Is there any sense in the beauty of the morning dawn. But it exists. So did we. We enjoyed every centimeter, every second of our vacation.

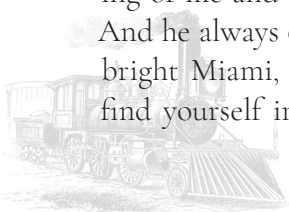
Although I started a new super direction in business in Miami. But more about this in the following messages. Freeze for a moment, you are wonderful.

And we are at the Airport and are already taking off. Where to now?

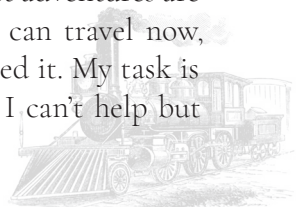
Husband pampers me immensely.

January 8

It has been the most wonderful trip and for desert my husband took me to The Broadmoor Hotel in Colorado Springs. It was here that we had the sacrament of the wedding. How nice it is to get into this charming New Year's fairy tale. In the last minutes of the outgoing holiday. We ended up in a most gorgeous hotel with beautifully decorated Christmas trees and before our eyes they were deprived of their charm. The hotel was almost empty, once again showing its majestic beauty. What I adore in Volodya, this feeling of me and the moment. He never says no to me. And he always offers the best possible. After hot and bright Miami, jazzy New Orleans, spicy Texas, you find yourself in Colorado Springs. I really love this



place. It reminds me of Bershad. The same expanse of the lake. I love the water. In Bershad we have a river called Berladynka. You walk near the beautiful fir trees, look at the marvelous mountain views. The state of bliss. Beautiful architecture. When you enter the building, you are amazed by the paintings. Beautiful stories of the Wild West, Indians and outlandish stones, gems, as if from the casket of the mistress of the Malachite Mountain. Yes, there are also masters here, but the stones are pink crystal, white crystal, blue, purple, turquoise. This beauty and luxury of the wild west. Fireplaces and fire flickering in the evening, warm skins depicting horses, sunsets and sunrises, safaris and, of course, endless steppes. What the wild west taught me is a great freedom, which has no end and edge. Wherever you look, there are open spaces. But sometimes you can see the mountains. The road to Durango was long. Finally I managed to listen to the lectures of my dear teacher and a famous Russian writer Boris Akunin with Volodya. His book "Russian in England" filled my flights and long trips with meaning and analysis. He is able to deliciously explain how to write stories. I admire writers. I wanted to re-read, preferably in the original, all the works to which he refers. Volodya liked the stories. We listened to one exercise together. This book cannot be swallowed, I love to swallow information. This book needs to be read, analyzed and written. Dear ones, I'm already at home in Durango. My sweet adventures are over. I know that not many people can travel now, I also know that not many people need it. My task is to inspire you to beauty. Or rather, I can't help but

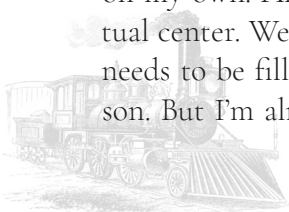


write, share this beauty. As my grandmother Anya said in the documentary Companion Travelers: You will see this world and you will want to paint.

I hope you enjoy every moment of this wonderful world. Love and happiness to you.

January 9

Today is a special day. I got behind the wheel again. Honestly, this is a bit out of my comfort zone. I have not been behind the wheel since the move. A couple of times doesn't count. Even the thought that I would need to drive the car caused me to panic. I got ready and we took off. It was interesting, such vivid impressions. But at some point I realized that I was simultaneously pressing the gas and the brake with both feet. And I was racing at a speed of 65 mph. A slight horror. We have mountain roads, sometimes it's scary to look down. But I calmed down, pulled myself together and settled down behind Volodya, even turned on the music. How interesting our nature is, we forget how to do something but then a couple of movements muscle memory kicks in and remembers everything. I was always very athletic. I really miss sports and group activities. We now have two cars, and my task is to get used to it and start driving out of the house on my own. Another colossal fear is about the spiritual center. We created it before leaving. And now it needs to be filled with people. It's still a holiday season. But I'm already preparing the program. We can



do a lot online. So people from anywhere in the world can join. It is difficult with the Ukrainian audience because of the time change, but I will always be happy if they can join.

Photo for inspiration. We are beautiful in our own way.

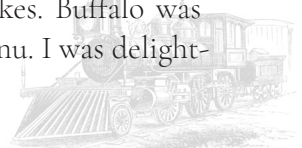
January 10

Today I talked with my mother-in-law and she told me a story about a fur coat.

And I really wanted to put it on. And also French stiletto boots.

Oh Kyiv girls. You don't understand me. I was like an alien in Durango. Well, it was not the first time. The main thing is that my husband likes it. We went to a wonderful place. Purgatory ski resort. I dreamed of sitting on the balcony and drinking coffee, but in winter it was closed, and we went to another place, but with large windows. Yesterday I started dry fasting. I actually planned to start it earlier. I tried it during the Retreat, but the flights changed everything. Fasting is so cool. Especially after the New Year's gluttony. The most important thing is the joy that my husband feels when he drinks the first sip of warm water with honey after daily dry fasting.

We went for a walk. The snow-capped peaks of our mountains are so beautiful. I fell in love with this beauty. And now the translation jokes. Buffalo was described very beautifully on the menu. I was delight-



ed with the real cheese. In my mind, this or fine Italian mozzarella and delicious salad.

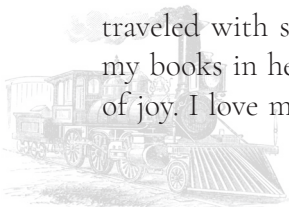
When they brought the dish. I realized that I just couldn't eat it. Of course, my husband ate it all. In the US, Buffalo is fried chicken. But in our case, Buffalo style was broccoli fried in batter sauce with mayonnaise.

Wow. I'll probably never be able to get used to American cuisine. Or wild west and Mexican cuisine.

Coffee we did drink. We enjoyed the views. It was nice to make the first broadcast on LinkedIn. By the way, who is on it? Let's be friends.

January 11

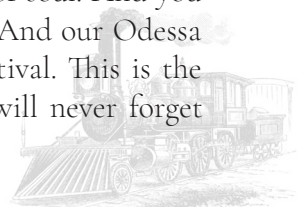
My dear friends. This is why I consider myself rich. What I value, what is important to me. They say that for my zodiac sign, which is Libra, friends are of utmost importance. So it is. So it is with my parents, my brother. In return, I receive so much love from different parts of the planet, from the ocean. It is so unexpected, so powerful and beautiful. What is friendship, how feelings are born. Bit by bit, by centimeter. I was trained on personal resources. I was one of twelve friends. Of course, this is a huge inspirational resource. Irina Kzhemanovskaya gave me the most beautiful dress. God, it smelled so divine. Maybe she traveled with some kind of perfume. Together with my books in her luggage, it was a miracle. Just a cry of joy. I love my wonderful Odessa women so much.



For their incredible love, taste, desire for a beautiful and interesting life. American culture is different. Women perceive the world and life differently. It's okay, the Spaniards were different too. There, black color dominated the clothes. Jeans are popular here. But I love dresses. Feminine, long, with bright colors, individual. Especially when the designer is a beloved friend. I love things with my soul so much. Throughout my life I have gathered a special collection of dresses made just for me. This dress is absolutely special. I had many adventures with Irochka. She came to my film festival in Barcelona, made an exhibition of her paintings, and brought a beautiful portrait of me. How can I not love a person who peered into my face with a thin brush and painted. But in Istanbul, I went to support her swimming race. She competed in an annual swimming race between Istanbul's Asian and European shores. The swim across the Bosphorus. The total distance is four miles. And she finished this race more than once.

If you knew what we experienced together in the morning in the mosque of Suleiman, it seems to me it was the exit of the soul from the body. A special spiritual state. A place of power and special people. My hands burned with incredible strength, a state of weightlessness. A huge state of strength. Even when I write and remember it, a special wave of energy encompassed me.

Sometimes you meet some kind of soul. And you understand, here it is, dear, special. And our Odessa travels, during the Odessa Film Festival. This is the brightness of meetings. Her hat. I will never forget

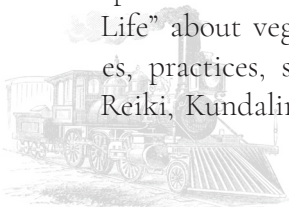


when I came all just devastated by the divorce and the return from Spain, and she took me to the races and dressed me in a wonderful hat. You understand. A hat :))) Not pretty, not a cowboy hat. But a thin, beautiful hat. I love you, my dear. In my next book, there will be my friends, because they are so interesting. So unusual and talented. Don't have 100 rubles, but have 100 friends. Today, in the pool I worked out with the Americans, two girls over 70 years old, their parents came from Ukraine. America is simply amazing. Each member of our Aqua aerobics team sympathized with me and the situation in Ukraine. And I don't like sympathy. I'm from a huge beautiful country with a cool and beautiful culture. Love your friends. Tell them about it. Give gifts. Do it sincerely, you will get it back 100 times more.

January 12

Perhaps the Lord sent me to the mountains for this very reason. To create a meditation center "Good Karma". Thanks so much to my partners Karma T. Bhotia and Jyamu Bhotia.

I went to this for a very long time. Since childhood, there have been many unusual things. I felt my hands burning. Falling in love with Ayurveda, absorption of spiritual information, vegetarianism, filming "Real Life" about vegetarians in Ukraine in 2008, practices, practices, seminars, retreats, trainings. Qigong, Reiki, Kundalini yoga, seminars. I never planned to



teach. There was no such goal. I had great respect for my friends who had spiritual centers. Sergey Gurko The Age of Aquarius. How many sincere conversations and experiences we had. My first Reiki teacher Anatoly. Dynamic Meditations with Tatyana Kashpur Mace. Practicing experience in Barcelona. Studying with Olga Gaumont.

All this led to the wonderful city of Durango, high in the mountains, where I met amazing people. My husband, spiritual mentor, Charlotte Lenssen, Karma, Jaumu, who are from Nepal. Incredible people. I really want to help them in opening this direction. Learning every day. These are small steps. I will be happy with our mutual path.

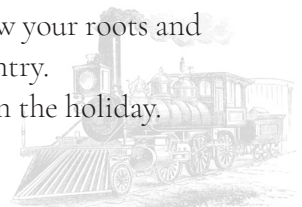
January 14

Today my family and I gathered to celebrate the New Year. Ukrainian songs, Shchedryk, sounded in the house. Traditional kutya (Ukrainian sweet wheat pudding) with honey, borscht, and dumplings. The main prayer.

We remembered all our relatives who were not with us. Read the prayer. Kutya was gone very quickly.

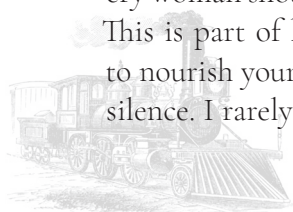
The traditions that I saw in Sambor, the traditions that my mother taught me, I continue to introduce in America. How important it is to know your roots and enjoy the culture of your family, country.

I congratulate all my loved ones on the holiday.



January 15

New way. Don't have 100 rubles, but have 100 friends. I love being independent and financially successful. Yes, that's right. Every time you move to a new country, it's a challenge. New knowledge. I've been here for over a year. I have the best, who runs Legal Consulting Group "Yaremchuk and Partners" accounting business Active Balance in Ukraine. I have film company Star Independent, which made the film festival in Ukraine and America. Charity and Meditation Spiritual Center ILYSA. All this requires attention. As soon as I arrived, the first thing we did was go to the bank to open an account for me, but they refused us, because you can't have a bank account without a social security number. It was very uncomfortable for me. I used Volodya's debit card, because in order to exist in America, you constantly need to use it. In Miami, our dear friends explained to us exactly which banks open an account and that this is not a problem at this stage. We decided to do it upon arrival. How much joy I received when the bank confirmed and issued me a card. It is very important for me that I am re-entering the American business system, I am starting to fully go through the stages of adaptation and set up an independent financial flow. For any person, this is important. Every woman should be responsible for her financial life. This is part of her personal resource. It is important to nourish yourself and your loved ones. Money loves silence. I rarely talk about being in love with finance.



I have a full-fledged financial education from KROK University, and I have been operating an accounting company for more than 12 years. Of the interesting things, we kept accounts for a very long time including accounts of Nastya Kamenskikh and Host Sergey Velichansky — The official page and many of my other bright and interesting friends. I am happy that my knowledge helps many creative and talented people. A lot of interesting things happened in Miami. More on that later in my blog about living in America and building a business.

I wish you happiness and financial freedom.

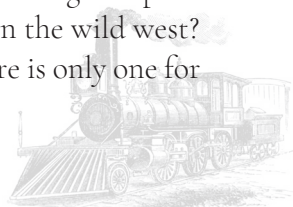
Are you interested in the financial details of life in America?

Subscribe to my YouTube channel for more interesting creative information.

If you have your YouTube channel, write, I will subscribe.

January 18

Previously, these photos could not be shared. And now you can. A year ago, I planned a wedding. In the midst of a pandemic, having a ready-made dress from Ukraine. I decided that I want something big and magnificent. The task is easy if you are in Ukraine. Many companies offered me advertising cooperation for a very long time. And here? In the wild west? Where there are simply no shops. There is only one for the whole city.



It was a shock. Active search. And I love dresses. I would go to the ball every day. Which of the dresses did you like?

And of course sweets.

The groom supported me with a local delicious chocolate brand.

Yesterday, I was recommended to change the external image. For a very long time I had a profile picture of me in a wedding dress.

I said it's my honeymoon.

And it took me way too long.

I had too many difficulties along the way.

To all who are married, be happy, love, all who are in search, believe.

Everything will happen in time.

And of course celebrate.

Create a holiday every day!!!

Love you!!!!

January 22

Home, where it smells like pie. The most favorite and quick recipe, any shortcrust pastry or frozen yeast. Filling: apples, pumpkin, raisins, sugar, butter, simmer everything on the fire. The smell in the house. Divine. Eaten immediately. Ideally with ice cream or tea. I am inspired.

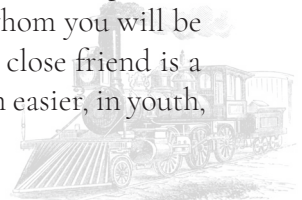
Today was a super day. New business to manage house rentals, lots of details, but I really like it. So far, every client and rental gives me a storm of joy.



Today, I had a lot of positive emotions. I went to Aqua Aerobics for the third time. Yoo-hoo!!! I have a party there. Everyone is over sixty, but very young in spirit. We have boys and girls there. Some come from Ukraine. We are discussing dumplings and today we even remembered the fried “TSIBULYA” (tsibylya is onion in Ukrainian). You know how important it is to find a group, a team and communicate nicely. I got involved in training for the first time. And the most interesting thing was when I was called to go down the water slide. An older gentleman went down with us. A lot of adrenaline. In general, I am not a fan of adrenaline, fast swings and rides, but I decided to go to expand my boundaries. Water works wonders. My girlfriend suggested the second time, grandfather went with us, but the third time, the girls went down themselves. The joy of life is in diversity. Photo from the archive, after a very interesting training. At this training, we determined the types of appearance. The image of spring. Here is such a different life.

January 23

Today is one of the most critical stages of my emigration. The importance of friendship. It's not just a man, a woman, or a congenial person. I really asked God to help me with my friends. This is the greatest tragedy, moving. Find people with whom you will be fine. And for a woman, at any age, a close friend is a gift. In childhood, everything is much easier, in youth,



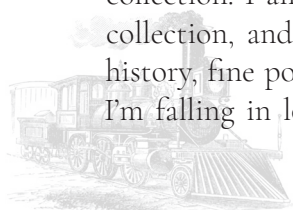
dancing, studying. But my case with Durango, this is a very special case. With the Russian community here I didn't have the same communication as in Barcelona. I even stopped making attempts. And then one day Volodya brought me to his friends' house. That day I didn't eat anything. So the circumstances were : Linda set a super table. Without waiting for anyone, I started eating stupidly.

She and her husband were in shock. But they did the ritual of prayer and everyone sat down at the table. I felt so ashamed. We talked for a long time. They told us how they collect garbage near their house in the park. We discussed movies. Tony, Linda's husband, is an inventor and has fifty patents.

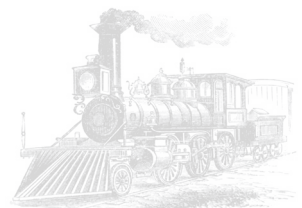
Then we went for coffee. And for the first time my girlfriend's handbag was elegant and beautiful, and even Chanel.

And today she came to pick me up for breakfast.

We went to have breakfast at our favorite Glacier Golf Club. A place where you sit back and look at the mountains and dissolve in its beauty. Then we went downtown shopping. You know, shopping with a friend. No, you don't understand. Not with a husband who is nervous while he is waiting for you. But with a girlfriend with whom you can try everything on. She showed her favorite places. I am a fan of beautiful old dishes. We wandered into an interesting new antique shop. Gold dinnerware sets came to my gold collection. I am happy that I have a complete silver collection, and now I have a gold one. Dishes with history, fine porcelain. The beauty of the Wild West. I'm falling in love with this slightly retro style. We



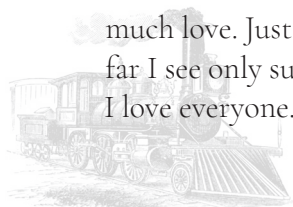
went to the photo gallery. Beautiful photographs of America, Colorado Slopes, Arizona. Soon Linda will show me the new state of Arizona. There's a desert, for a second. Scorpions, snakes, cacti. But they told me about their beautiful sunsets. I'm starting to see beauty in that. Then we went to an Italian restaurant, ate a wonderful mushroom soup, and delicious coffee with Italian Cannoli. By the way, "Cannoli", I tried it for the first time. Linda has a bright mixture, she knows many languages Farsi, Italian, Spanish. She has a medical degree, two wonderful children. I'm used to having different age range of girlfriends. But I'm very interested. Then we ended up in a vintage shop with dishes. I am fascinated by all kinds of silverware. For example, grapefruit forks. They are special, or caviar spoons. Then there was a real live music concert, with Ayurvedic tea. And we just disappeared into it. My husband texted me patiently at 6PM about when I am going to be home. He said you're having a very long breakfast with Linda. But we had such a good time with Linda. Take care of your friends, love them, cherish them. Give gifts. Even a very good marriage, I want to share it with a girlfriend. A person, a social being. It's also a super practice of English. She learns Ukrainian. And you know what else, we came up with a lot of interesting things. I gave her an angel that I brought from New Orleans. She is my Angel, in this amazing country America.



January 25

You know, it's very scary. In the morning I read the news that the American embassy was taking the families of diplomats out of the country. My husband said we need to pray. I went to my ESL class. Everyone in the group knows that I am from Ukraine. The teacher tried to say something to me about the situation in Ukraine and I changed the conversation. I don't like empty talk. She told me then that she remembers her fear when the bombs were in Cuba, and this is close to Florida, where they lived. And they were scared. I remember 2014, when Russia started the war with Ukraine. Everything was unexpected and very scary.

It is already 2022. Today I watched the film "Narrow Bridge" of my Georgian friend Mirza Papuna Davitaia. And I thank you for it. A film where difficult questions are raised. Where they talk about a systemic war. I want peace so much. Here is the greatest desire that there would be just peace. Do not think about the graves of young people in Sambir guys. I was looking for my formula. What is love for the motherland. Patriotism. Where is this line? How can your body whine and ache from fear. And yet, I don't want fear and panic. Fear and panic eat you up from inside. And strength is needed to think sharply. Unite. In Buddhist teachings they say, if you want something, give it to someone else. Peace to every home. Love, much, much love. Just a huge flow of love in every action. So far I see only such a way. Take care of your loved ones. I love everyone.



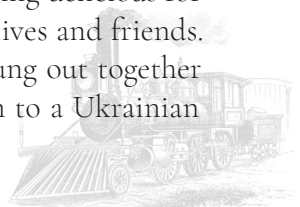
January 29

Today was a wonderful holiday in Durango, the Snow Festival.

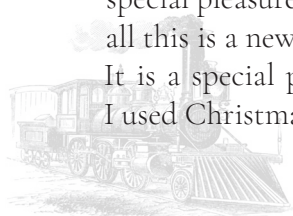
There was a parade on the main street. People in outlandish magical costumes. The whole town came together. As a merry company, we went to a Mexican restaurant and watched the procession from large windows. I confess that it was my first such exit. This holiday people rejoice in the snow, and everyone turns on magic. How interestingly different international traditions are intertwined. After all, the traditions were brought from Europe, then mixed with the local population, and now here is such an interesting holiday. The atmosphere of joy and laughter. They are such Americans. I also had a reason for wearing a fur coat. Of course, this is not accepted here. And my outfit was also very different from the local Durango style. The main thing is joy in the eyes and enjoyment. I wish everyone happiness, love and warmth. And of course the joy of snow!

January 31

Once Linda told me, once a week, be sure to go to a restaurant with friends and once a week invite them to your home and cook something delicious for them. This is how we feel about relatives and friends. We often went to them for lunch, hung out together like girls. It's my time to invite them to a Ukrainian

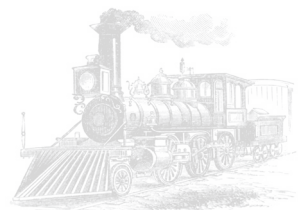


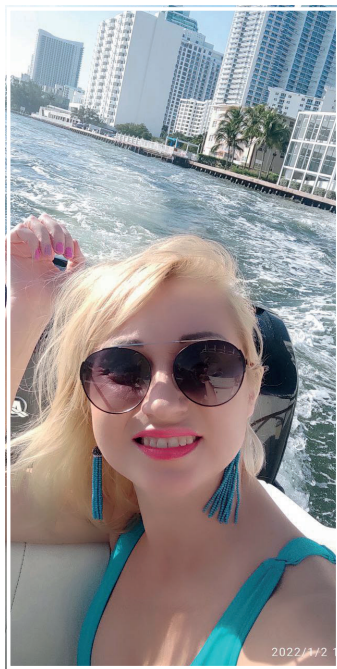
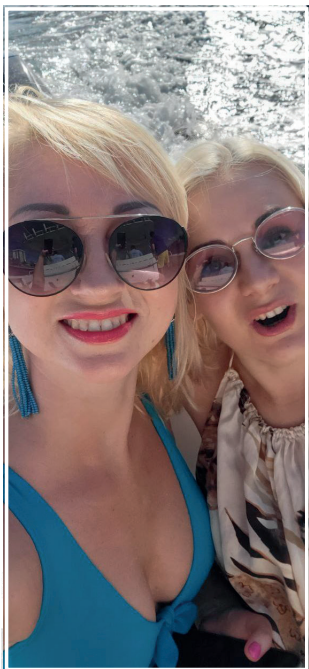
dinner. I really like to receive guests at home. This is a special ritual for me. Volodya is very hospitable. We had a Ukrainian vegetarian borscht, Volodya cooked. Well, very tasty. He knows how to do it. We offered garlic to the guests. Durango has a lot of Mexican influences. And everyone is used to very rich Mexican tastes. We also had dumplings with potatoes. Thank God, I found frozen ones in the store, this is my joy and salvation. Here they are called in the Polish manner "Pierogi". Our guests really enjoyed it. I made an apple, pumpkin, and cinnamon pie with ice cream. Ukrainian music played all day long by Nina Matvienko, Pikardiyska Tertsya. And then they watched my film "Companions". Further, my YouTube channel Star Independent shows a lot of materials from exhibitions, film festivals, interviews. Of course, a completely different life. I presented my book of poetry. It's so nice to communicate with friends in the same language of the heart. Although it's completely different languages. I confess, I get tired of constant English. But Planet Earth is definitely One. All the guys in America have such a national mix. Tony — Denmark, Switzerland, Germany, Italy, Mexico. Linda has Italy, Greece and a lot of things. Many languages, a completely different view of the world. Very cozy, quiet and calm. Friendship is such an important element of life. I'll tell you for sure. It took more than a year for me to feel a woman's kindred soul. It is also a special pleasure for me to be friends. I confess, for me all this is a new experience. Very valuable and crystal. It is a special pleasure for me to decorate the table. I used Christmas tree branches and small flowers. My

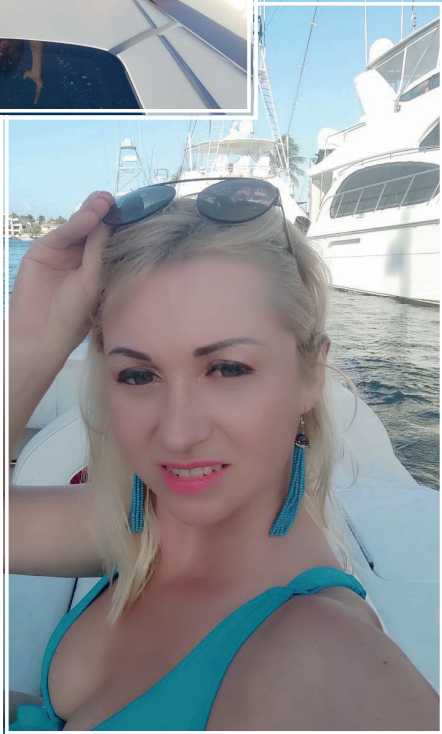


Wild West and I

new gold plated sets of dishes. And silver spoons, for a compliment from the chef. You can create beauty yourself. The main thing is to want it and to have whom to invite and where to invite them to. Happiness is in little things. The anxiety of war. At such moments you are especially happy and feel the true values. Invite guests home for borscht and dumplings. I inspire you for family friendly gatherings. What do you love? What do you feed your friends with?



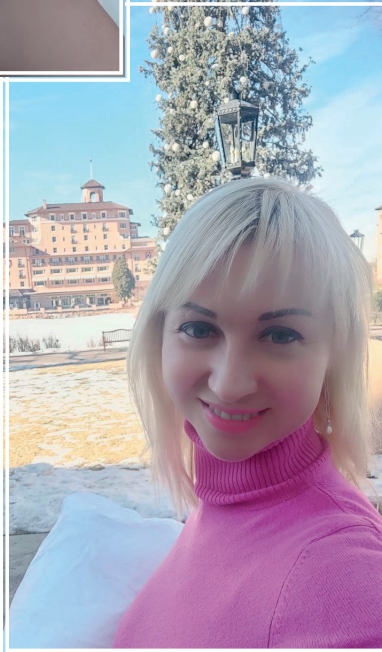
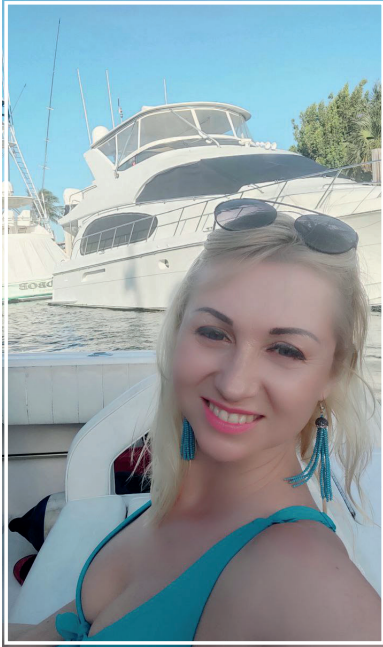




Miami







*Broadmoor
Colorado Springs*



FEBRUARY 2022

February 1

Remember, notes of desperation slipped through my posts. Emigration is a big challenge. I was looking for support and found it in the person of dear, adored Tetyana Kretova. We have known each other for a very long time, because it was she who started JCI in Ukraine. It was she who radically influenced my life and in 2009 offered me to be the National President of JCI Ukraine. If not you, then who, she said. Together we have been senators of JCI Ukraine for many years. Now our lives are united again. She had a wonderful experience of adaptation in immigration, now she lives and works successfully in Madrid. For more than two months she has been my personal coach and we are happy to share the progress.

In our communication, we will discuss a lot of important points for coaches, trainers regarding the opening and development of a company. To be able to work with the international tasks and needs of the clients. Marketing for English-speaking and Russian-speaking audiences. And of course the favorite questions of copyright protection of training products. I have more than 19 years of experience in the field of copyright protection in education. Since our audience is more on Facebook, I invite you to live

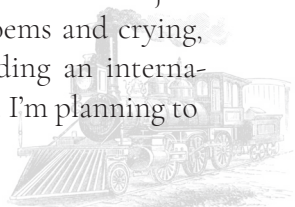


USA-Spain broadcast. I try a new format of broadcasts on Wednesdays.

February 2

You know what I miss very much. Konstantin Zhytsky is one of the most talented photographers in Kyiv. My book of poems, there are a lot of photos in it that he took. Very special photos. Today I discussed Ukraine with Linda. This photo is over 10 years old. Kostya did a photo shoot for me and Vika. A photo shoot is a little story. Tik-Tok gives me the opportunity to revive such interesting shots. Today I had a manicure. I finally found a master who makes the quality I need. Believe me, this is a turning point for every Ukrainian woman. The state when you are satisfied with your hands. Such habitual moments in Kyiv. After all, quality beauty salons in Kyiv are so abundant. Everyone does it, some better, some worse. In Durango, everything is very different. Women in their majority here do not care about this. Of course, I am happy that I have Linda, and she needs it. She came from Arizona. They have an international patent business and it's just a completely different way of thinking.

How important the environment is. Thoughts, ideas, discussions with friends. Their warmth just enveloped me. Linda, reading my poems and crying, was so moved. It's so exciting. Building an international bridge. Learning a new culture. I'm planning to



make a poetry reading video. Inviting friends, whoever you like. Linda will read in English. You know. Small pearls, I collect into a new beautiful creative piece of jewelry. Sometimes, looking at my photos, I understand how afraid I was and was insecure about my appearance. I was afraid to play in the theater, so I chose the line of the iron lady. Business. Responsibility. A man came into my life. And everything changed so dramatically.

Linda said, I am like this, thanks to my experience. I miss creativity. Perhaps such a respite will once again help me realize what I truly love. And what is important to me.

Shine on my dears. Thanks to Kosten'ka for the wonderful photos.

February 9

Do you know what I'm craving? In the truest sense of the word. From super cool negotiations every day with the team and clients. Investing in IT projects, it's mega interesting. Every day, I'm learning something new and valuable. Mastering LinkedIn. I really love the male world. I love to always conduct business negotiations with men. Clearly, specifically, to the point. It's a special pleasure for me to dive into the world of telemedicine now. I was on Zoom call with a guy who had a cool British accent and talked about a startup created by Ukrainians from Israel. It was backed by Japanese investment. They have offices in the Emir-



ates, and they have twenty six PhDs on their team. And their product detects temperature, pressure and many more indicators by phone. I just have a childish delight. I am very proud to work with such talented people as the creator of Doctor Online platform Nick Kysel.

A special state of putting together a picture of the world and new puzzles from familiar investors, and especially from the communication of investment funds in the direction of telemedicine. I really like the environment. Organized, clear and interesting people.

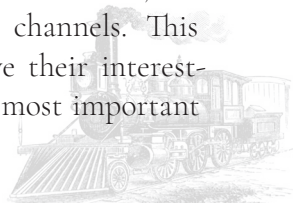
I do not feel the influence of the Wild West. I feel the huge market of America. It took almost a year to get here. But it's worth it.

February 11

I'm a little shocked by how well Tik-Tok works. I created my account and content after

the recommendation of the coach Elena Filatova. Direction in the #StylesAmerica business started out of fun and love for fashion. Well, I love to dress my relatives cool.

With my personal coach Tetyana Kretova, we worked out one hundred ways to make money. This is how our channel was born. With the support of our beloved stylish friend Marianna Stefaniva, we launched Instagram and Telegram channels. This month 8 dear customers will receive their interesting American stylish goods. But the most important



thing. This video got 1370 views. Compare it to the dance with Volodya and Diana that got two hundred thousand views. But it is a lot more complicated to advertise legal services and receive a lot views.

Whoever wants a stylish thing, from America, let me know. We will pick everything up. Tomorrow I will make a new review. By the way, jackets are already \$35, but the variety is not as good as it was.

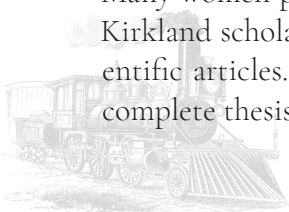
February 12

Today is a very symbolic day.

Women in Science Day. And I have news that I signed up for a course at Harvard University.

For me, this is a special period. New country, new education. Different rules of the game in business. I chose the field of investment. This is a conscious step and I am very interested. There were many doubts. I wanted to join this course a year ago. All the stars aligned this year. Focus on the target. Of course I'm worried about my level of English. The road will be mastered by walking.

I can related to the holiday of women in science, since I am also the president of the International Association of Young Scientists "Intellectual leadership". Organization that existed for over 20 years. Many women participated in the conference. I was a Kirkland scholarship recipient in Poland. I wrote scientific articles. I wrote my Ph.D. paper, but did not complete thesis defense. Everything is possible. In Po-

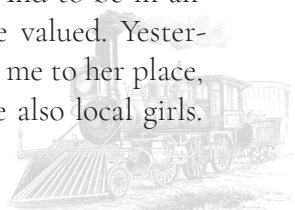


land, for the first time in Poland, I received a fairly decent scholarship for science, then it was 500 euros a month. Returning home, I was struck by the poverty of our science. And my interests went more into cinema. Now in America, I again see the value in science. Every startup boasts that there are PhDs in the team. It makes me think.

Women of science, congratulations!!! I admire you.
Let's go on to conquer the scientific world.

February 13

You know what I love about healing, the gratitude of people. It can't be compared with anything. None of the activities that I did can give these feelings. Today, a pregnant girl got into my hands. If you only knew how grateful she was. How carefully I felt with my hands her pain and excitement, her joy. Her generosity. That day I worked on six people. And there was absolutely no fatigue. Energy from my hands was so abundant. Many people say that you need to concentrate on one thing. And I understand that I really like diversity. It gives me the fullness of life. I have always been like that. Restlessness, speed, I have always been reproached. But these are excellent qualities in business, in science, in studies. It is so important for a person to understand what he is. And to be in an environment where his qualities are valued. Yesterday we had a girl time. Linda invited me to her place, a friend came to her, and there were also local girls.



All are well over 50. But it doesn't matter. It's important that we communicated. I took "Leela. The Game of Life" with me. For a year I dreamed of playing with the girls thoughtfully, deeply. Many moments were revealed. The game is in English. But I managed to find this conversation with my soul. And although for the last month, I have been very focused on issues of big business, investments, telemedicine, IT startups.

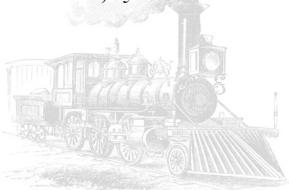
Yesterday, I was happy from our spiritual communication. And it's hard, really hard for me when more than three people speak English at the same time. At some point, I just turned it off. The brain stopped perceiving. This is life. My theatrical explanations help in communication. The walker will master the road. Emigration is a path. Difficult, with its joys and sorrows, turns and crossroads. I am very worried about my relatives.

Telegram channel with clothes, this is such a warm contact with loved ones when they are just distracted. We discussed fashion. And here I feel like a woman. And most importantly I feel the warmth of hearts, across the ocean.

I love everyone. Peace to all of us.

February 14

Valentine's Day. Without words, only love and joy.:)))



February 16

Birthday of beloved Charlotte Lenssen

I invited friends, cooked and we celebrated together. And although I do not have a blood family here, I can create my new family with the dearest and closest.

February 17

First day of school at #Harvard

A very interesting story of the success and business life of businessman John Osher.

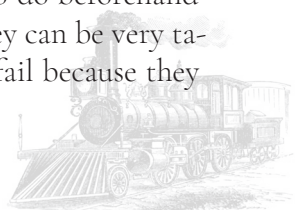
In addition to success, we have mistakes that we learn from. What would you add to this list?

Seventeen mistakes of entrepreneurs made by John Osher.

John Osher, with all his experience, compiled a list of 17 mistakes that entrepreneurs make.

Misunderstanding of the market

Mistake 1: Failing to spend enough time researching a business idea to see if it's viable. "This is truly the most important mistake of all. It is said that 9 [out of] 10 entrepreneurs fail because they don't have enough capital or they don't have the right people. I say 9 [out of] 10 people fail because their original concept is not viable. They want to be in business so badly that they often don't do the work they need to do beforehand so everything they do is doomed. They can be very talented, do everything else right and fail because they have ideas that have flaws."



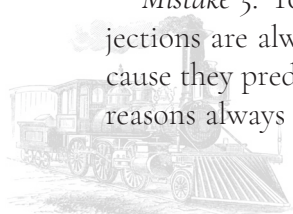
Mistake 2: Miscalculating market size, timing, ease of entry, and potential market share. “Most new entrepreneurs get excited about an idea and don’t look for the truth about how many people will want to buy it. They make financial projections as part of a presentation to attract their investors. They say, “The market size is fifty million people who could use this product, and if I could only sell to two percent of them, I would sell a million pieces.” But two percent of the market is a lot. Most goods are sold to less than 1 percent.”

Mistake 3: Underestimating financial requirements and deadlines. “They set their financial requirements based on Mistake 1, and they go ahead and commit to allocate so much office space and so many computers, hire a VP of sales, and so on. Before they know it, based on sales forecasts that were wrong to begin with, they have created costs that require those forecasts to be met. So they run out of money.”

Bad management decisions

Mistake 4: Overstating the volume and timing of sales. “They have already miscalculated the size of the market. Now they are exaggerating their share. They often say, “There are 200 million houses and I need to sell x of them.” However, if you break it down into parts, a much smaller number of them are actually potential customers. This makes their sales forecasts impossible.”

Mistake 5: Too low cost forecasts. “Their cost projections are always underestimated. This is partly because they predict much higher sales. Also, unknown reasons always pop up, which usually make the costs



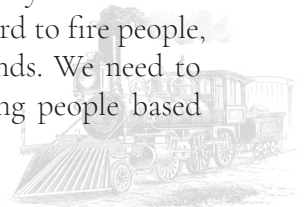
higher than planned. On top of that, their margins are now lower. “

Mistake 6: Hiring too many people and spending too much on offices and facilities. “Now you have lower sales, higher costs and too much overhead. This is what you see every day in companies that fail. And they all grow out of that first mistake: failure to explore the size and viability of the opportunity.”

Mistake 7: Not having a contingency plan. “Even if you’re realistic about starting a new business, there are things that happen when you start a new business. Your sales ideas may not be useful; bank rates may rise; the result of bad planning, but they happen. More often than not, entrepreneurs just feel like something is going to happen when they need it. They don’t have contingency plans if it doesn’t work out at the size and time they want.”

Mistake 8: Attracting unnecessary partners. “There are certain partners that you need. For example, you often need money, so you will need money partners. But all too often, the guy with the idea takes all his friends as partners, strategic advantages and do not guarantee ownership rights. But they will all get 25 percent of the company. It’s completely unnecessary and it’s a mistake. Before people become partners, they have to earn it.”

Mistake 9: Hiring for convenience, not skill requirements. “In my first or two cases, I hired relatives. It was easy to do, but in many cases they were not the right people [for the job]. And it’s hard to fire people, especially if they’re relatives or friends. We need to spend more time manually recruiting people based

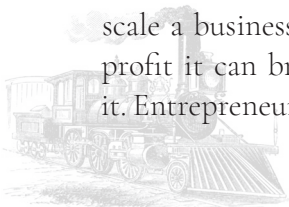


on skill requirements. You really need super skilled people who can wear more than one hat. It just tires you out when you hire people who can't do the job."

Mistake 10: Neglecting the management of the entire company as a whole. "You see it happens all the time. They spend half their time on what is 5 percent of their business. You must have an overview of your entire company. But all too often the person who controls it loses this idea. get involved in the part and they don't control the whole. Whether I make this or that product, whether I hire someone, [I consider] how they [will] fit in the long and short term into the big picture. Constantly try to see your big picture."

Mistake 11: It's too easy to admit it's "impossible" instead of finding a way. "I had an engineer who was a very good engineer, but for every toy we designed, he said, 'You can't do it this way.' I had to be careful not to take it too lightly. I should have looked further. If you are an entrepreneur, you are going to break new ground. Many people will say that this is impossible. It's too easy to accept. A good entrepreneur will find a way."

Mistake 12: Focusing too much on sales and company size over profits. "Your management often depends on scope and size. Many entrepreneurs want to say, 'I have such a big company, with so many people, with such and such an area and with such and such sales.'" There is too much focus on how quickly and on a large scale a business can be built, rather than how much profit it can bring. Bankers and investors don't like it. Entrepreneurs are so passionate about creating and



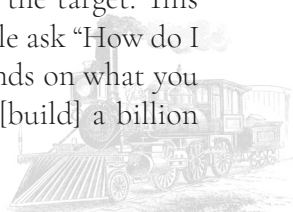
building, but they also need to learn how to become good [businessmen].”

Mistake 13: Seeking confirmation of your actions rather than seeking the truth. “It often happens: you want to do something, so you talk about it with people who work for you. You talk to [your] family and friends. But you are only looking for confirmation, you are not looking for the truth. You are looking for someone who will tell you that you are right. But the truth always comes out. So we [test] our products and listen to what [testers] have to say. We place much more value on the truth than on people saying that what we do is great.”

Mistake 14: Lack of simplicity in your vision. “Many entrepreneurs go in too many directions at once and do nothing well. Instead of focusing on doing everything right to sell in their biggest markets, they spread their people’s attention and their time by trying to do too many things at [one time]. Then their main product is not made properly because they do so many different things. They have an idea and they say they are going to sell it to Wal-Mart. They then say they are going to sell to the Home Shopping Network. And then the gift market looks good. And so on”.

Lack of vision

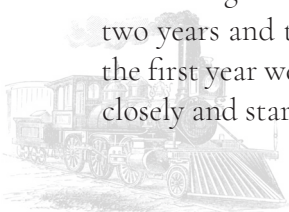
Mistake 15: Lack of clarity on your long-term and business goals. “You should have an idea of what your long-term goal is. This doesn’t mean it won’t change, but when you aim, you must aim at the target. This [concept] comes up often. when people ask “How do I choose a product?” The answer depends on what you are trying to do. If you’re trying to [build] a billion



dollar company with this product, it might not stand a chance. But if you're trying to build a \$5 million company, this might work. Or, if you're trying to start a company [where] family members can work, that might work. The clarity of your business purpose is very important [but] is often not part of the thought process."

Mistake 16: Lack of focus and identity. "It was written from the point of view of building the company as a valuable entity. The company itself is also a product. Too many companies try to pursue too many goals at the same time and end up with a potpourri rather than a focused business unit with an identity. When you're trying to run a business, it's important to maintain focus and identity. Don't let it turn into a potpourri or it will lose its power. For example, you say, "We're already selling Kmart, so we might as well make a toy because Kmart buys toys." If you do this, the company will become weaker. The company should focus on what it is. Then her strength will be based on that."

Mistake 17: Not having an exit strategy. "Make an exit plan and build your business to fulfill that plan. For example, I think I could run my new business for two years and then exit. I think it's an opportunity to make a huge amount of money for two years, but I'm not sure it's proprietary enough to stop competitors from getting in. So my exit strategy is to do it for two years and then wind down, term lease, and after the first year we will start to monitor the market very closely and start to monitor stocks.



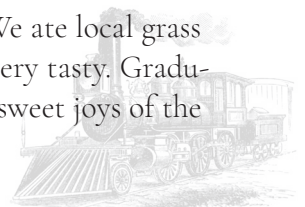
February 20

I just don't believe it. I have received the documents so far, the work permit. A year and a couple of months have passed since I arrived here. Now I am almost a full-fledged person. I can legally do anything and build my American dream. What I feel? A lot of strength. And you know, I'm used to it. I already have friends. There are goals and objectives. Very large-scale and large. So far, I'm just studying. Studying at Harvard opens up a lot of opportunities. It's so interesting to read and study success stories in business and then understand that you use these products. Thanks to my own husband Vladimir for his desire to help me master everything. But I want separation, and coming out. Further new challenges and adventures.

February 21

Why are there so many people in Purgatory? Wonderful ski resort. I really like it. A little excursion to our local beauty. Today was an amazing day. Lots of emotions and impressions. Mountain fresh air, sun, people. Do you like skiing? Then you are welcome to visit us.

We also stopped at a local farm. We ate local grass fed burgers and french fries. It was very tasty. Gradually, I begin to fall in love with such sweet joys of the



Wild West. It is for this color that people come visit Purgatory.

February 23

My post is about friendship :).

I am currently on my twenty first thanksgiving day.

One day of gratitude to different people. Today, this is gratitude to friends. I love friends very much, for me this is the highest value and strength. I give support and receive it in return.

It was not planned at all. Linda and I discussed for a long time that once a week you need to cook for friends. I wanted to treat them to my signature pear and cheese pizza.

I came to their house. And they decorated it for my birthday, because they won't be in town on the day itself.

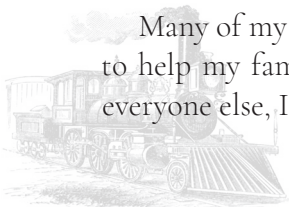
God, how sweet it is and they prepared a cake for me and candles. And gifts. They gave me a cool bright crimson blouse, well, my favorite color. And a beautiful coat.

It's so warm. There are 5 love languages, and gifts for me, one of my languages.

It's so nice. So much love, joy, happiness. How nice it is to be friends.

Now the situation is not very simple.

Many of my American and European friends want to help my family in Ukraine. They offer help. Like everyone else, I'm worried.



Wild West and I

But excitement burns your energy to nowhere.
And you need to direct it into action.

For me, action is uniting conversations. Let's just say, this is my talent. Feeling and connecting people correctly.

As much as possible, do not conduct dissociative conversations. No. Not one.

Many of my friends from around the world have personally written.

International companies refuse to cooperate. But we must see the positive, progress, development, support.

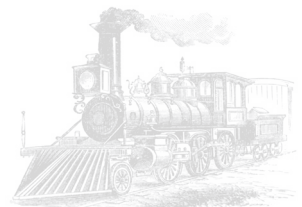
Support Ukrainian goods and Ukrainian business.

Friends, write about your business and your products and services. Let's support each other by placing orders.

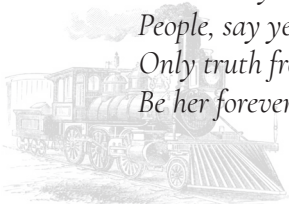
I love you all.

February 25

*How to write, if you bleed.
Heart breaks into pieces.
When relatives are not seen,
I fly around the bars.
We don't feed bombs.
Who is here, mova, chi language.
They chip and grab everyone.
All around. Do you know?
How to tell the children what.
De cob, de end.*



On the planet it became loud,
Talk about Wayne
I don't want, oh my god.
Sheets of various themes.
Ale heart, everything is clear.
Over the edge of the flow, roar.
Slozi, not about suffering.
I see tears for the world.
I can't tell.
Those that I see. You.
Forget about all the suffering.
Marvel at your light of winter
How can we get back?
Daughter only spring.
Look, don't leave the sun.
Sun, the shining charm.
World. What is possible after death.
Only peace, after suffering.
Concentrate. Only goodness.
Your future heaven chi hell.
The hour has come to know eternity.
I beauty of the whole butt.
Who are you?
Humanity is in your blood.
Golovne, why are you just robish.
You pour into your family.
Remind you all with love.
Skin my butt.
Ask where you can
People, say yes.
Only truth from love.
Be her forever.



You can do your.

Mother Soul on Wiki.

Humanity, how strong is the quality.

Humanity is just a lesson.

Try it all.

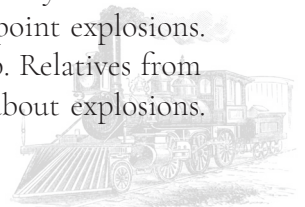
I your own pass the time limit.

February 25

No one expected this. At 5 am Ukrainian time, Oksana Baiul called. And we began to discuss the situation. She uttered terrible words. They declared war on Ukraine. Then everything was in a fog. My mother's terrible cry, there were missile strikes on multiple Ukrainian cities.

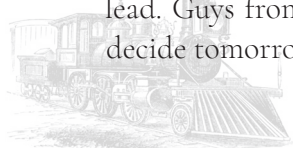
Complete hysteria and helplessness. My mother has 50% Ukrainian blood, 50% Russian. My beloved grandmother is from Arkhangelsk.

The rupture into parts, it has been going on for a long time. I did not believe that the situation would take place in Kyiv. they began to show and report on the news what exactly they were bombing. Friends started calling. Lyosha from Kharkiv, taking out his 5 children. He doesn't know where to go and whether he will have time to escape. He called his relatives. My dad went to the garage and there is no connection with him. My brother is at work. My aunt is calling Sambir. They sent a map of pinpoint explosions. All the big cities are being blown up. Relatives from Vinnytsia are sending information about explosions.



Rockets are being fired at Yampol from Pridnestrovie. They are shooting at Lviv, they are shooting at Vasilkovoe. Sergey, the policeman is on duty. My employees did not come to work. Friends from different countries are starting to write and offer help. Friends from Spain are making a rally in support. I'm just starting to go crazy. I made a live broadcast. Appeal. We're going to the bank. Find out details of the opening of a public organization, giving an interview. I am in panic. I'm holding on. I understand this is war. Volunteers are needed. Name of the organization we are starting is Intellectual leadership. Project to help Ukrainians. I'm going to my friend Svetlana, a Moldovan woman, who runs a consignment store on 2nd Avenue, her family is in a panic. If Ukraine falls, Moldova will be dealt with quickly. Sympathy and a plan of action. Let's go home. I'm talking with friends from Ukraine. Deciding to go live with Yulia who is in Kyiv. It's night time there. Everyone warns about the shelling of Kyiv at 3 o'clock in the morning. We go live on the 5th attempt. The story of an eyewitness. While we are on the air, she gets an air raid warning that she needs to go to a bomb shelter. And what about relatives? Parents are at home or in a bomb shelter. I don't want to disturb them once again, I get fever just thinking about what they are experiencing.

And then I come to dear Karma T. Bhotia, he hugs me. You must have a plan. Everyone knows what is happening, everyone will help. You are the leader, lead. Guys from Canada came, ready to help us. We decide tomorrow to register a public organization.



Relatives periodically write. How I love my family. My sister from Arkhangelsk wrote that she loves me and does not want war. So many Russian friends wrote that they do not want war.

They wrote to me from Chile, Poland, Italy, Turkey, Germany, America, India.

I'm attaching a photo.

I choose peace. Each of my actions will be permeated with love for people, for family, relatives. I am very far away, but I am close. I will do live broadcasts. With different people of the Planet. Support relatives from Ukraine. Do connecting conversations, meditations for peace. And be a leader. Thanks to all my friends.

Thanks to my American friends Angel Kgotoko

To my friends from Turkey Ismail Haznedar

Italy Chiara Milani from Germany Gunther Meyer, Michael Schwarz, Damian Hötger, From Norway Marius Manole, from America, India, Spain.

We are supported by the entire world. I am writing and posting photos with evidence. You are now under fire, my dear. I did not plan to write about the war in my book about the Wild West. Everything looks like a scary movie. But I love my Wild West friends so much. Thank you all. See you on Sunday at 3 o'clock. We will be making a presentation of the NGO Intellectual Leadership. Exhibition of paintings and discuss the plan of action to help Ukraine.

Every day you need to act within your limit. Take a step. Test for humanity. I am able to communicate with people. My friends are all over the world. Today



I helped with legal advice on asylum in Spain. IF ANYONE NEEDS LEGAL SUPPORT WITH THESE ISSUES, PLEASE CONTACT US. There are lawyers in Tarragona and Barcelona, and there are my friends who will help.

Today I made a direct connection with my german friend and JCI brother Michael Schwarz.

The guys are ready to help in Germany, the Czech Republic, Poland and accept our people. They are ready to shelter at home for a few weeks. If you are abroad and you need help, I am ready to help you through my friends and contacts.

My friends are rallying in the center of Paris. You can see it live. God is with us! We will win!

February 27

It's done. You need to help specifically, to those people who need it. Thanks to Michael Schwarz and all the guys from JCI Germany and JCI Moldova. My friends Alexei Trifonov and his family of 5 children arrived safely from Kharkiv to Moldova. JCI Moldova organized sandwiches and hot drinks for Ukrainian refugees on the road. Everyone helps as much as they can. If you need help please contact me.

I am preparing for an action and an exhibition. We are very worried. Hold on. The whole world is with you.

#IntellectualLeadership — leadership through service.





Ukrainian couple Olena Yaremchuk and Vladimir Koshevoy of Durango march Sunday in downtown Durango to show support for the Ukrainian people during the Russian invasion. (Nicholas Johnson/Durango Herald)

Durango







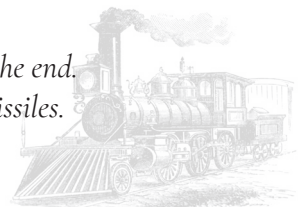


MARCH 2022

March 2

*It's my birthday.
I am 42.
And the head thinks I'm alive.
Mother native Ukraine,
Where and what is burning.
When relatives congratulate.
And they scream and burn.
When a friend is early.
Congratulations, I'm alive.
When people are among themselves
Just asking like that.
You are alive, so I am alive.
I am 42.
Could I for a moment.
Think. I'm alive
Is the best gift.
A word from relatives.
I'm alive! Long live my country!
That's now on fire.*

*It's scary when dad says
And today I saw a missile flying.
So fast that only a moment, and it's the end.
How scary Kharkiv is being hit by missiles.*



*There is Misha, his close friend.
And you, close your mouth with your fist and roar softly
that you have no more strength.
Will see your folks again.
Oh god. or maybe not.
You try to entertain yourself somehow,
then maybe eat dinner.
And a bath, relax, but not now.
The brain just boils, it boils.
Russia, why? You are for us.
Friends just don't ask.
You can't get in.
Russia, Europe and USA.
And you're far away. And you're only dreaming.
See your parents.
And the voice. In the receiver, became completely
inactive.
And the voice changed to the sounds of love.
What a pity that at such moments, we appreciate
How we love our family.
And you can't cry. You just need to fight.
With their pieces, hearts in the chest.
Sympathy, it's a gift from heaven.
You need to call for him, believe in a dream.
That the sun will rise and we can play.
All together to become close, forgetting about
melancholy.
The world needs to act now.
I love you and will do everything with you at once.*



March 3

Today my dear father, mother and brother went to the bomb shelter and helped the people of Kyiv.

Our American Organization #IL #Intellectual-Leadership

<https://www.instagram.com/p/CakgkoYONTX/>.

together with our Ukrainian organization ILYSA made a campaign #UkraineForever.

In this action, we held an exhibition of paintings by Ukrainian and American artists, held a rally in support, distributed cans for donations to Durango shops and cafes.

Part of the remedy went personally specifically to people from Ukraine from different cities.

My relatives bought blankets and food and went to the nearest bomb shelter near our house to support. Small steps towards the Freedom of Ukraine.

Two biggest missile strikes were in Brovary and Kharkiv. It's night now. My relatives are in the cellars, someone is in the hallways. The head is exploding. Americans offer their support. Radio Durango aired this morning with our appeal. All my friends try to help.

It's my birthday. The biggest gift for me, make a donation in support of Ukraine.

With our Doctor Online team, we help with a free medical consultation through the application. We are looking for doctors from Ukraine and other countries.

Friends of Ukraine!



Everyone knows that there is a war in Ukraine now. Russia ruthlessly fires rockets at civilians. People cannot leave the house. Many need medical care that they cannot get.

Doctor Online, a telemedicine platform that unites over a million Ukrainians, launches a FREE consultation with doctors.

If you are a doctor and speak Ukrainian or Russian, please join the consultation on the platform. Just fill out the application and we will add you to the system:

Essential:

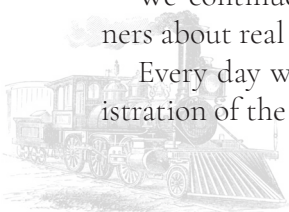
- *Family doctors*
- *Pediatricians*
- *Cardiologists*
- *Gynecologists*
- *Psychologists*
- *Nutritionists*
- *Dermatovenerologists*

Even half an hour of a doctor's work online at any time will be useful! There is also an opportunity to support Ukrainian doctors by making donations. Thanks in advance for the repost! Glory to Ukraine! Dear Friends of Ukraine!

March 4

We continue to inform foreign friends and partners about real truthful news from Ukraine.

Every day we send press releases from the administration of the president of Ukraine in 10 languages.



If you live in America, Spain, Turkey, Japan, Czech Republic, Holland, Germany, Poland, Italy, China.

Please download videos in your languages, send them to local media.

Post in your groups.

Many are not in Ukraine now, but we can be warriors of light and bring the truth to the world.

There are media emails in your countries. Please connect.

March 5

Today there are a lot of events for joy.

In order. Today we found a home for Galina Zhurzenko. She is a refugee from Kyiv, a journalist. Her niece, my close friend, asked for help with the house. We sent a photo, and wrote down her occupation and age. Dear Erin Bowen, within a day found her a Dutch family who took her in. On the video you see these wonderful people. This post is for people who are afraid to leave, who are scared. Those who have an internal state that they are not needed and will not be helped. Knock. They will help you. But you need to be brave. And dive into this European ocean, with a different culture and language.

I was very nervous. Last month we raised more than \$3,500 in donations and they all went to Ukraine. I started writing Facebook to my friends, sending out GoFundMe to different countries as much as possible.



But there was no result. And there is more people in need every day. Today we went to see the boxes that we put in the shops. To my great surprise, the donation box we put in Durango Rug Company, owned by an incredibly kind hearted Nadeem Mull, collected the most donations. God bless. Thanks to him and all his customers. He organized our flag ribbons and a lot of advertising. It opened my heart again. Many said that the wave of donations would pass and people would forget, the war would be protracted, it would not be relevant. Every American we met sympathized with us. We went to the store and the sales guys gave us three dollars, in another store the owner gave 20 dollars. Collecting charitable contributions is hard work. Motivating people, reporting. But I'm happy that there is a result.

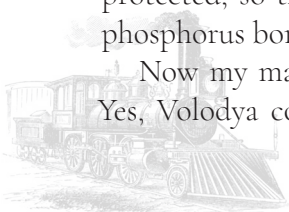
We collect reviews on the site

<https://www.intellectualleadership.com/projects-6>

People are afraid to show their grief and need. But it is necessary to help others.

I am writing this, and maybe it will be useful to someone, will inspire you in another country. And you can lay out the boxes in your small town and people will help. After all, for each of them, this is an opportunity to earn good karma. To help you so that this does not happen in their country, so that their child has shelter and food, so that their parents are protected, so that their cities are not bombed with phosphorus bombs.

Now my main task is to help my granddaughter. Yes, Volodya cousin's granddaughter. Little Kirochka,



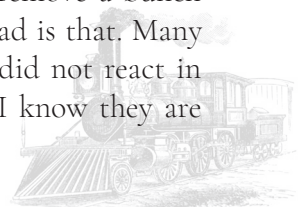
with her mother and grandmother, left the war ridden city of Izyum, Kharkiv region. They fled these bombings and now are in Ternopil. Volunteers help them there. My heart bleeds, they are on mattresses without beds in a common room with all the refugees. God, they had absolutely no complaints or negative things to say about it. Just thank you, we feel good. This once again speaks of decency and understanding of the terrible situation. We are actively looking for a house for them in Holland, but have not found it yet. In any case, there are volunteer hotels and Red Cross helps to accommodate refugees. We found a bus to give them a ride. The diaspora of Ukrainians in the Netherlands helped. I describe all of this in such detail so that people would understand the path. And if necessary, contact me. Only with full responsibility and understanding of what they exactly need. And everyone has their own reasons. I'm just an instrument of God, and I just do what I can in this madness.

Another gratitude in the group and happy people together.

Look at the beautiful and noble faces. I want to draw them.

Also today I saw a post by Iryna Popadyn. They managed to raise money for the treatment of the child. Thanks a lot to everyone who helped.

I have a lot of friends on my Facebook, and new people appear who I want to be friends with. Therefore, I will have to do a purge and remove a bunch of inactive Facebook friends. How sad is that. Many people who I contacted personally, did not react in any way. This is life. I don't judge. I know they are



leaders. Thanks to Edson A. Kodama for the personal response and support of the Ukrainians. For many years you have been an example of decency, responsibility and kindness for me. Thanks to all JCI friends who support and help.

Tomorrow my husband and I are going to Las Vegas for the “Grammy” ceremony, as a support team for Siuzanna Iglidan. Our charity concerts will be held and we will represent Ukraine during the ceremony. We will take action in support of Ukraine. I have always loved creative people. I am happy that life gives me the opportunity to be in this special environment in America.

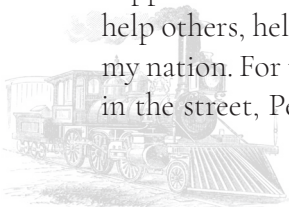
I will describe all the details.

And it is imperative to make the most of the largest platforms in order to talk about what is happening in Ukraine and ask for help.

Thanks everyone. Love you!!! Take care of yourself.

March 7

Something incredible happened today. I didn't expect such a result. Small steps towards a big goal. We watched a film about the life and friendship of Dalai Lama and Archbishop Desmond Tutu “Mission: Joy, find happiness in difficult times.” He was asked what happiness is. He answered that happiness is when you help others, help your family. I will offer more help to my nation. For the first time in my life, I did an action in the street, Peace Walk in support of Ukraine. It is



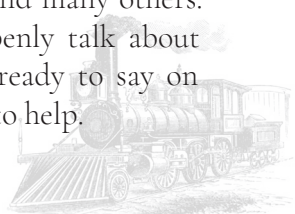
impossible to do anything on your own. My beloved husband, born in Lithuania, who lived in America for 20 years, Vladimir Koshevoy, fully supported my aspiration. We created the public organization “Intellectual Leadership”, whose mission is: Leadership through service.

The first action was in the fencing club with the support of our friend and artist Stacy Eileen, who brought a lot of artwork for our silent auction from local artists. Then a performance on the radio and acquaintance with an incredible person — announcer, presenter, showman Dustin Nolen. With his support, every half an hour they advertised the action of Peace and assistance to Ukraine throughout the week. He brought in yellow and blue balloons, pizza, food, drinks, people. I honestly don't know how it happened. In my life, I have done so many events. But in another country in another language without Ukrainians and we did it together. Many thanks to Nadim and his wonderful store, his friends.

We spoke with people. We talked about what we had done in a week.

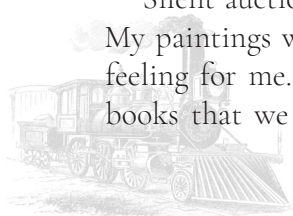
Helping specific family members, aunts and uncles, sisters and brothers in Kharkiv, relatives in Kyiv, friends, relatives in Ukraine in general. In our situation, more than 200 people are blood relatives. The people we love.

My dear friends who left Ukraine: Aleksey Trifonov with his wife and five children, and many others. After all, not everyone wants to openly talk about their grief. Just as not everyone is ready to say on camera that they need help or ready to help.



Then the people themselves offered to make a peace move in support of Ukraine, along a snow-covered street. Wind, snow. They gave me a mouthpiece in my hands. I never used it. My hands stiffened in an instant. The great energy of the crowd. We began to move. There was confusion in my head. What to say, what to shout. The heart knew what to say immediately: stop the war, help Ukraine. In some places my hands were shaking, I could not understand how this thing works, the wind and snow in my face. But there were people behind me. My voice was trembling. I was crying sobbing, my voice broke. At the beginning it was quiet. And then at the top of my voice everything, all the people that were repeating after me. It was a choir with some incredible connections. Unity of love. An incredibly common one organism. #PlanetEarthUnited art in support of peace. Strong, bright people. So completely different. And so dear to me now. I was emotional. Everyone shone with light. We walked along the main street, walked around it and returned to Nadim's store. Then everyone communicated in unison. My beloved Charlotte Lenssen united all people and did a meditation for peace. Everyone, everyone joined hands and, under her voice, went into the beauty of the planet. In understanding that we are one. That each of us is a country: Ukraine, Afghanistan, Pakistan, Syria. Each of us is all. It was so strong. Such a flow of energy.

Silent auction. Volunteers worked like clockwork. My paintings were sold. To be honest, this is a new feeling for me. People appreciate my paintings and books that we sold. Many of the paintings I paint-



ed before. From my exhibition “Colorado, my love”. So every customer was appreciated. It’s such a feeling when you like your painting with your peonies and people want them. I gave away some paintings. Since people made donations, and I wanted to leave them a piece of myself. Part of my heart. Part of my beloved Ukraine. Beautiful, beautiful. I brought our Ukrainian wreaths. Who knows me, well, knows that I love the style. Photo in the newspaper of a face, a wreath that has fallen, but an appeal to people. But I have nothing to do now. Now I just want peace. People came and came. They laughed, smiled and chose work. We wrote down everything, took a few minutes. Beautiful decorations. A lot of neighboring galleries. Nadim did his best, presented a wonderful carpet. A lot of works went away, for small amounts, but each of them was valuable. Since this is an opportunity to help people who run away under the bombs. And became refugees with children in their arms. Most of all I want peace.

We want to make a master class for the children of Durango and draw pictures about peace in support of the children of Ukraine. A meeting is also scheduled at the Bar Association.

Also, the Chamber of Commerce and Industry is ready for a meeting.

The most valuable thing is that this project is associated with the support of Ukrainian doctors and the organization of free consultations for Ukrainians and the organization of online concerts. Together with Stacy’s children, with her two beautiful children, teenagers aged 14 and 15, we went shopping and cafes

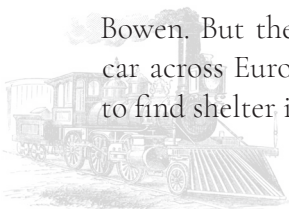


on the main street and distributed boxes for donation. A small step every day, but with a specific goal. Helping people. A lot of fatigue, but also a lot of happiness. Warm and sincere. There were a lot of hugs. To make a person happy, you need thirty hugs a day. Every day, it seems to me that I am not doing enough, that it is not enough, more can be. My relatives, hold on. Here the Ukrainian nation is waking up. And today every American has felt it.

I love you all and thank you.

March 9

I want to report. What we have already done since the last promotion and what we plan to do next. But I need your help. We supported the mother, whose son was killed and the house near Kyiv was struck by a missile. He was an actor, a young guy of 20 years old. We helped a family whose father was killed, he was a stuntman. We gave donations to people in Kharkiv who have a bedridden mother, they will definitely not leave the city where the shelling is taking place. We helped a mother and her son, who left Kharkiv and are now with my relatives in Sambir, Lviv region. We helped a mother with two children aged 3 and 15, with a grandmother and a dog, to find a house in Holland for free. Thanks to Senator of JCI Holland Erin Bowen. But they still have to travel by train, bus or car across Europe. We helped two girls, 18 years old, to find shelter in Holland. They are from Kyiv, still in



Uzhgorod, they need to cross the border. Then they need to leave their dog with people in Poland, then the dog will go to Riga. And they themselves will be able to get to Holland by train. We helped a family in Portugal find friends and a home. Thanks to JCI Senator Filipe Carrera. We have planned concerts of classical music every Thursday to help Ukrainians and refugees get free medical help. Collecting donations to pay for Ukrainian doctors. We found 300 doctors from Europe, who are Russian-speaking, from the Baltic States who are ready to advise Ukrainians for free. And much, much more.

But it seems to me that this is not enough.

I need help. Especially those who want to help and don't know how. I'll definitely give you a task. And maybe you can even earn a little bit of money. But I need help.

1) people in Durango will help organize a concert in support of Ukrainians on Sunday. in any bar in Durango, any musicians.

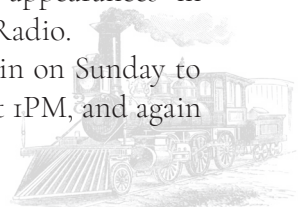
2) Help in organizing a drawing master class for children — Durango Children for peace.

3) I need a lawyer, an accountant who will help with the registration of a public organization. Specifically, filling out documents on non-profit status.

4) I need to arrange a meeting with the leader of an indigenous tribe. I have a request for him. Help arrange a meeting.

5) I need radio and television appearances in America. Magazine articles. College Radio.

6) Let us know. We are ready again on Sunday to do another exhibition of paintings at iPM, and again



a march for freedom. Will you help me do this please? Every day I receive reports on war casualties. Are we ready to offer shelter to at least one family in this town? Help them come here? This is just one day of my work. Please. I need feedback and your work suggestions.

7) I need someone who will post photos and news on Instagram and Facebook.

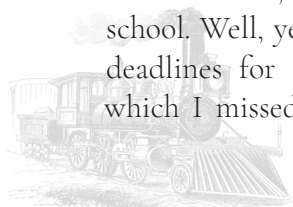
Ukrainian people who have used the online medical consultation from our application and are ready to publicly share this with others so that others also know how it works.

9) I am looking for an Aikido association if they want help from America.

10) My friend Zoe Barker Moss helps animals and horses in Ukraine. Perhaps in Durango, someone will want to help Ukrainian horses with food. There are a lot of unattended animals. They are left at train stations. People travel for nine hours standing up on trains. With animals it is not possible to get on the train from Kharkiv or Kyiv. And they remain alone, abandoned in cities where bombing and shelling is taking place.

March 12

Remember, I said that I started Harvard business school. Well, yes, it was all before the war. They had deadlines for submitting home work assignments which I missed because of slight misunderstanding



but mostly because of the multitude of tasks that I took on. I still finished and submitted all the required assignments but they penalized me by refusing to issue a Certificate of Completion of the course. I tried to appeal to their humanity but hit a wall there. They said they are very sorry about the war in Ukraine but refused to accept my excuses for not meeting a deadline as valid.

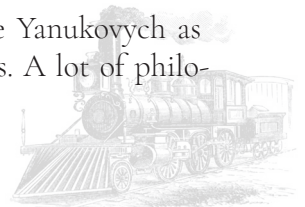
Now, some good news. My friend Lily finally reached Holland, and she was met and housed in a good family who will be taking care of her.

Also today Volodya's cousin from Kharkiv Natalya, said that she is already in Germany, and will arrive at destination in three hours. We also found out, she will spend a week in Germany with our German friends and then will leave for Netherlands. I am so grateful to my German friends.

But there is another side. I don't know how to approach a topic of helping a sick child who needs a surgery in the United States and that the cost for it is \$20,000. How can I really help? Does someone know of any organization that has funds for situations like that in the United States?

We talked with my spiritual friend Charlotte here. Her relatives in Germany watch Russian media.

And they are asking: why won't Ukraine accept Russia's offer and give up some of its territory? When I heard this, I got really mad. And I had to take a deep breath. You see, Russia doesn't really care about what we want. They want us to recognize Yanukovych as president and give up our territories. A lot of philosophy and crap follows.



But the Ukrainians will not give up. Further I will try to explain.

Well, imagine that France would simultaneously start bombing Germany, and call the entire territory of Germany, France.

No. Well, it's different with Ukraine and Russia

How is it different? Well, you speak Russian with him.

I'm yelling all over the floor. I speak Ukrainian.

My husband who has Ukrainian and Polish roots, was born in Lithuania in the USSR. Fully perceives himself as Russian and lived for 20 years in America.

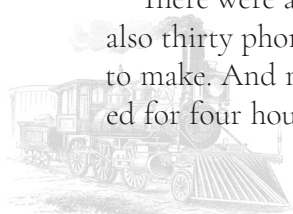
His relatives are all exposed to Russian state propaganda through Russian TV media.

Lots of empty talk. They don't want to share territories. I only have swear words here to express what I think about it. Today we talked for a long time with Oksana Baiul. She says, well, you are so intelligent without obscenities

And all I really have are obscene words. Because I'm furious now. I can't see how people can be indifferent toward other people's suffering.

How can you be indifferent? It's crazy. My liver started hurting from being angry as much as I was. But there are also very good news. Operation "Cousin" in Germany was a huge success. We were able to find free accommodation in Berlin for Volodya's cousin and her friend 3 hours before their arrival.

There were a couple of options to choose from but also thirty phone calls between continents that I had to make. And most importantly, a man, a hero, waited for four hours to pick them up at the bus station.



And I really love people. My friends who are like a family for me — Michael Schwarz Jonas Kehrbaum. How special they are. And they are Germans. Why does TV distort people's minds so much? Why! We are so divided.

When I planned the book “Wild West and Me”, I was worried about what kind of conflict would be included in the book. And the conflict is huge, the division by propaganda.

My friends are so dear to me. I want to go to Europe. I really want to go home. I want to go to my family. I'm with you, my relatives. A post about what breaks us psychologically. I would be happy to have your psychological support. I want to destroy all around.

I am neutral in this story. — some people in Durango say.

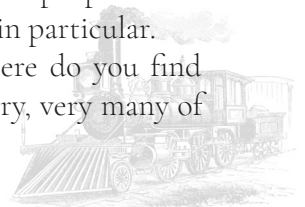
I mean. You come to football, you are either rooting for one team or another. There is no neutrality. Well, then help neutrally if you can.

It's just indifference that hurts the most.

What is Russia, a spiritual teacher? What spiritual lesson does Putin have to teach us?

And that's what my soul came to receive. What's the lesson? It's scary and it hurts. At Harvard, there are a lot of business cases. I had to swallow everything quickly. There are stories about the creation of different companies, formulas, investments. Very interesting. but all my mind can think about is people's lives. It can only think about some people in particular.

It's funny. They ask me here, where do you find people who need help? Yes, I have very, very many of



them. Because I personally know so many people and have so many friends who need help. Hold on my dear Cities of Kyiv and Kharkiv.

After my husband used word neutrality, mentally I filed for a divorce.

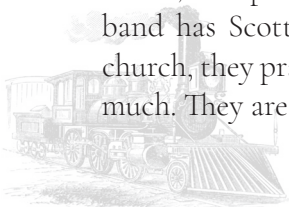
I told him, well, you are Ukrainian. And he said: Look, I love you, even though you're Russian. And we hugged each other. And I'm one-fourth Russian. We're building the website for our new NGO organization Intellectual Leadership. I'm doing a newsletter about a sick child, it turned out he is the child of my sister's classmate. I need access to this Clinic. Does someone know anybody from Ukrainian diaspora in Ohio?

<https://www.nationwidechildrens.org/.stephen-g-kale>

March 17

Today they sold my painting for \$600. This money will be used to support relatives in Ukraine. I did not expect it at all. I presented the painting "Ballerina" for 2 shares. People made a donation. From emotions, I wanted to give a piece of myself.

Erin, a beautiful soul, organized her own auction among her friends and relatives. She lives in Cortez, a town 40 minutes West from Durango. Erin, a local writer, still paints. She has Irish roots while her husband has Scottish heritage. Now every day in their church, they pray for Ukraine. I love these people very much. They are incredible.

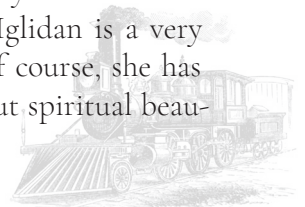


We sat, drank some coffee and had an exciting conversation. They are very beautiful. The Irish. With the same hot blood as us.

Thanks for the help.

The book needs to be published and edited. I conceived it as a story of a person going through the path of immigration. WORRIED THAT THERE IS NO OBVIOUS CONFLICT. Now there is so much conflict. Is this the beginning of World War 3? On the first day when it all started. We went with Volodya to a hardware store to buy planks that he uses to make frames for my paintings. I understood that money is needed to support people in need. We need to help. We got out of Home Depot and I asked: Volodya, is this really the beginning of World War 3?

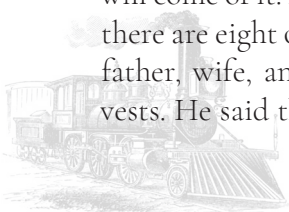
As a young girl, I adored Remarque. How deliciously he described life in the war. Beauty and horror. Boris Akunin, with his stories. And now you have a moment when you can be a hero. In the dark, bright people are easy to see. A hero is anyone who survived in Kharkiv, Kyiv, Mariupol. Over the last day I got sick. So much tension. My head was just splitting. Nervous exhaustion has made itself felt. Constantly the brain is trying to figure out what to do. My environment is very far away. In Durango, only Volodya is among allies. You know, this is a great happiness. That my husband supports me. Another good think, I have my associates and friend. I have always been friends with very special people. Siuzanna Iglidan is a very beautiful person, a human being. Of course, she has external beauty. But I'm talking about spiritual beau-



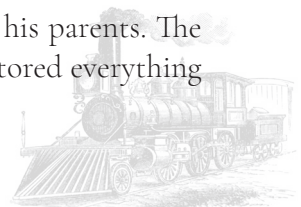
ty now. Singers, opera singers, musicians. This world worried me for a long time. A special beautiful world. We have reduced our efforts. A series of online concerts of classical music, raising funds specifically to help and support Ukrainian doctors via Doctor On-line platform.

On zoom, you can join our online concerts and listen to music. Pure, lively, true classics. Music that cleanses the soul. Musicians from all over the world decided to support the project. Today we went to the office of Social Security administration to receive my social security number finally.

We went in. The police guard was so respectful and kind. So warm. My eyes filled with tears. We came to the window. There was a guy in a hooded sweat-shirt sitting there. So athletic. I also thought that a representative of state bodies would never have been dressed like that. He looked, at our paperwork and ID's doing his job. And then very delicately asked how I'm doing. I told him how I feel. He said that he also fought in U.S. army. We started talking, he said that he is an athlete. I started showing him our Olya Lyaschuk, the strongest woman in the world. Next he promised that he would talk to the base in Colorado Springs, there is an Olympic reserve school where Olga could be a coach. The guard at the entrance came to us. Guys, I'm rabbi's assistant at the local synagogue. We want to help. I don't know what will come of it. He comes from a line of police officers, there are eight of them in his family. Starting from his father, wife, and children. We discussed bulletproof vests. He said that he would find out. After all, Colo-



rado Springs police department donated bulletproof vests to the Ukrainian army. But so far I haven't met the chief of police of Durango. When I was little, the chief of police was always my father's friend. I grew up in this environment. Yesterday I told Volodya for the first time that I want to go to war. Even being so far away, the connection with my homeland is huge. I always tried to suppress my militant energies. I did a lot of spiritual work to embrace my tenderness. So I am not as hard as metal. Sharp. But life knows what tests to give. As if all past experience was necessary specifically for this time. Challenge yourselves every second. Guys, join us for our online concert on Zoom. Donation is an opportunity to get good karma so that there is no war. And I know that now there is a huge amount of fundraising and donations. But this is still not enough. The genocide of the nation continues. We, as Ukrainians, have to defend ourselves in other countries as well. And we have our own war. Informational war, including. There is an attack on the Ukrainians, by Russian media that they are bad and ungrateful refugees. Guys, Russians pay bloggers systematically for videos that portray Ukrainians in a negative light. We need to share our true stories. And I'll tell you, since this is exactly what I do. I helped two women to get settled with a German. A young guy. They came and prepared food for him, dumplings, borscht, pancakes, cutlets. They became such good friends that he wants them to stay and take care of his parents. The girls cooked a lot of great food and stored everything in the freezer.



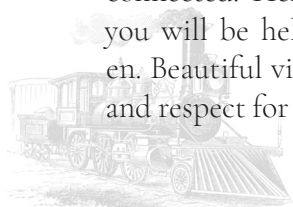
These are the refugees from Ukraine that represent true Ukraine.

THIS IS HOW THEY DO IT. We have always been generous, decent, hardworking and very beautiful people. If you come to visit, you are most welcome. Prepare some homemade dish yourself. Show your beautiful culture in the house where you are received. You can even make a flash mob. We know how to be grateful guests and gracious hosts.

On Thursday, for me, this is the first action with a concert organized by our American organization Intellectual Leadership. I am very proud and admire Volodya who built the website for us.

<https://www.intellectualleadership.com/>

Previously, I would have needed to involve so many people. And now in a couple of hours, everything is ready. Being a team is very cool. Tomorrow there will be the first Zoom call with the guys we helped escape from the bombings and settled with friends in Europe. There is some unearthly connection with Erin Bowen. I feel such gratitude for what she does. I love to work well with people and then make friends. People flee from Ukraine. But then they need organizational help. It's not easy to start life completely from the beginning. But when your house is on fire you have no choice. The soul takes a new path. I realized how people especially now need my experience of adaptation in emigration. Hold on, darlings. Get connected. Help each other, earn this karma. And you will be helped too. With this war, love has risen. Beautiful vibrations of love. There is also nobility and respect for men. And love and respect for women.



War is a great teacher. I invite everyone to the concert tomorrow. With pain, with your soul.

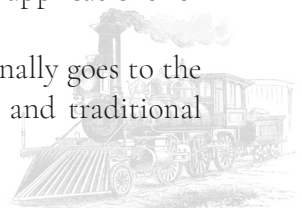
<https://www.globalmusicalbridges.com/ukraine>

March 18

Today is Saint Patrick's Day. This holiday is traditionally celebrated in America and all over the world. In the morning I woke up and the day usually begins with calls to Ukraine and consultations. Then negotiations on how to develop Doctor Online platform. My husband and I went to dinner. We ate and went back to his car. For the first time during the war, I went to get a manicure. Blue and yellow nails. Linda, invited us to celebrate St. Patrick's day. How cool it is when we have friends who care about you. She put green garlands on us and green sequins on me. Honestly, green is not my favorite color. But in America on this day everything is green, and my heart is beating. A big smile is on my face. We need to smile no matter what. Today I spoke with my aunt from Sambir. And I just burst into tears. How I love my loved ones.

But you need to live. And smile and do something positive. My dear family is Alexei Trifonov in Holland, in warmth and comfort. We helped them with our team. Today there are two more applications for settlement.

On St. Patrick's everyone traditionally goes to the bar. And they drink Irish cocktails and traditional



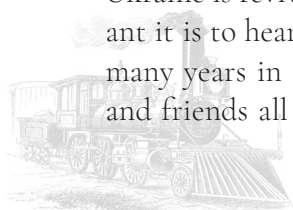
food. Chicken pot pie, as it turned out, is puree on top, and goulash with vegetables at the bottom. I like the Irish. They are very similar to us. The owner of the bar is Irish. Such great music. The bar we were in ranks 19th in America. Its name is literally a derailed house on tap.

After dinner, we went to visit the guys and listened to a concert. We have eight online concerts planned to support Ukrainian doctors. I went on the air and called for peace. And also did a lot of reposts on all kinds of social media, more than 70 shares.

The wonderful sound of the bandura, opera singing, piano compositions. Today was a very good day. Enjoying life. That's what war teaches us. And I know that it exists. But our task is to smile and rejoice and believe in victory. To love everything around. Strongly and deeply. — at Derailed Pour House.

March 21

I choose life. Today we walked around the spring city. It's still cool here, but spring takes its toll. I started to paint flowers. A completely new look for me — magnolias. In Kyiv, in the botanical garden, they are special. Today is the first call from clients regarding the registration of an international trademark. Ukraine is reviving. I really believe in it. How important it is to hear that my friends are doing well. After many years in JCI, there are so many acquaintances and friends all over the world. People find each oth-



er. They smile. I am happy that they are helping each other all over the world. Pictures can help someone close. I love everyone.

March 22

Every day, it's stressful. When you don't understand what's going on and just do it automatically. Remember, I wrote that I sent 270 letters to classmates at Harvard. Four answered me. Still, I hope that there will be more.

Terrible news, my beloved Podol, Vinogradar were bombed. I lived in both of these towns. I rented apartments in Kyiv for many years after my life in Kharkiv, where I studied.

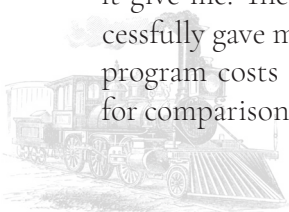
There are a lot of friends. In every centimeter of Ukraine. And when you go crazy, you do mechanical actions. The main thing is to see the result. Now there are some good news. Today we walked around the city collecting donations. Some places only had two dollars in small change, but some had ten dollars or more. The donation bin in Nadeem Mull's store had 300 dollars today. All the money will be directed to help people from Ukraine. He helped us so much and continues to help. I am amazed at his generosity and his open mind. He is from Pakistan, and he owns a carpet store. It was in his store that we did a rally and an exhibition of paintings. If someone wants to see the reviews of people, as well as learn about our activities or wants to join, visit our website



<https://www.intellectuallleadership.com/>

Volodya is working on updating our website all evening. And I tried to bake a Lviv cheesecake. We prepared everything but will finish it tomorrow. My mind is not in it at all tonight. For this, special inspiration is needed. Some good things happened in a day. The main thing is that a few more lives have been saved by our team of Michael Schwarz and Erin Bowen.

Volodya's cousin Natalia Kochubey safely arrived in Holland from Germany. I want to talk about this, as this is an example of high-quality, human relations. They became friends with Jonas Kehrbaum. The girls cooked borscht, dumplings, meatballs, and brought comfort into the house. They even stored some food they cooked in the freezer. And the guys took such good care of the women. God, the first day a complete stranger waited at the bus station for five hours. He waited for them at night in the rain. And now they're in Holland. In Amsterdam, they were also met at the train station, taken by car to the house. There are many children there, everything is homely. A huge amount of emotions. It is important to know that there is mutual care. I am falling in love with Holland more and more. We decided to make a film. I found an American director. The book needs to be finished. And offered to help people adapt. Today I was asked about Harvard. How much did I pay, and what did it give me. The cost is \$1400. And completing it successfully gave me some confidence. Massage Therapist program costs around \$10,000. I'm sharing this info for comparison. Everyone chooses their own path. My



class was about entrepreneurial activities. It was very structured. And I really enjoyed studying interesting business cases.

Creating a business with the goal of selling it to a large corporation in time, funding rounds, formulas and mathematics, motivation, intuition in business. It is not possible to teach this feeling. But you can be inspired by many things. I still don't know if I will get a diploma or not.

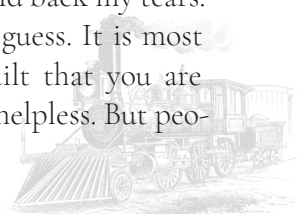
Therefore, every day one small step. Getting ready for the concert on Thursday online

The goal is to raise funds for Ukrainian doctors through the telemedicine platform Doctor Online. We invite musicians and American companies and corporations to become a part of these charity events. Every day we make small steps towards victory, each on his own level. It is important to smile genuinely and wish everyone happiness. Because we need to endure. For the sake of our loved ones. Hold on dear ones, we are with you. We are close, but very far.

March 23

Today is the 28th day of the war. We had a meeting with the Durango Chamber of Commerce. I told them what's going on in Ukraine.

Honestly. I'm crying. I couldn't hold back my tears. I'm probably having a breakdown. I guess. It is most likely a survivor's syndrome, the guilt that you are alive and you don't do enough. I feel helpless. But peo-



ple want to help. I talked with a nice woman from Texas. She's also recently here. How do you save yourself? I went to see my friend from Moldova who lives here and runs a consignment store on 2nd Avenue. People donated some money to help Ukrainians in need even without a donation box. Getting ready for the concert tomorrow. All will be well.

And you know, another Facebook joke. They banned me for 20 days and didn't tell me. Since I previously posted information about a murdered American journalist in my story. And this is a scene of violence. This is the kind of democracy we have on Facebook, also in America. Don't spend a lot of time on Facebook.

March 25

Today my friend from Austria Agnese Kūliņa Stomere called me in the morning, she helps Ukrainians to adapt in Austria. There are twenty two Ukrainians in their village now. She told me how people help them. Today she helped with the arrangements for a school and a music school. Her friend is ready to host three people at her house. Once we were presidents of JCI. Now we cried together. We are not presidents, but our connection and spiritual connection survived through the years.

We walked by the river. Such views. I try to communicate with Volodya in Ukrainian. I really liked the movie "Black Raven".



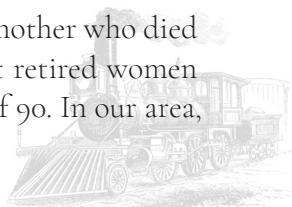
<https://youtu.be/uoEt3egoDSo>

Volodya is watching it now. The issues are relevant and important, especially today. I was in the monastery where it was filmed. It was a discovery for me that there was such a fierce struggle in those days. I thought that it was in Western Ukraine.

I was presented with a birthday certificate to the restaurant "Yellow Carrot". And just today we decided to go. Owner is a 3rd generation Ukrainian. We became friends. They have all the decor in yellow and blue. They congratulated me very well and gave me a desert. I burst into tears. I was painting today. It helps. Thanks for the present. I am looking for the information about helping people get an asylum in Germany. If someone knows how it's done, please let me know. For the first time in many days I went to the gym and swam. Active exercises are simply necessary. I saw a ladybug. Although there is still snow, I feel the breath of spring. I love you. Hold on!

March 28

Remember, I was talking about the woman Erin who auctioned my painting and donated all the proceeds to our Help Ukrainians in Need fund. Today I received a huge package from her. She shared the most intimate thing, her writing. She is a writer. She sent me her article and a story about her mother who died over 30 years ago. Also a story about retired women who go to the mountains at the age of 90. In our area,

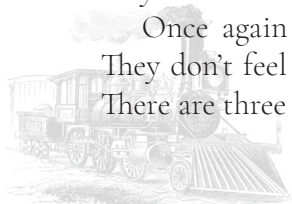


it is very popular. A whole book with photographs and stories of these women. She also sent her children's book that she wrote which she dedicated to her mother-in-law. She also admitted that she draws on Thursdays and sent photographs of her paintings. She also prays for Ukraine with her church. Every morning they read a prayer in support of Ukraine. She lives in the city of Cortez. Everything is written with such love and permeated with their very special Colorado culture. She sent me a magazine with stories of what women do: they knit, sew, do crafts. She wants to support us as much as possible. It's something incredible. This is how they love and support Ukraine. It's how American people sympathize and feel.

Today for the first time I wanted to shoot. Ilona Nesterova inspired me to organize a shooting practice. Chris Bartlett, our friend, served in the airforce and he taught me how to shoot a rifle and pistols. For the first time in my life I was shooting. My hands can heal. With these same hands I pulled the trigger. World War III has begun. I felt that I wanted to at least understand what it means to shoot weapons.

Today I watched the Oscars. How they disappointed me. They wore small ribbons in the buttonholes. And that's all. And shared a link to the donation for the American Red Cross. There is a crisis in Ukraine. Are you serious? How is it possible? They spoke about Ukraine once when they celebrated the 50th anniversary of "The Godfather".

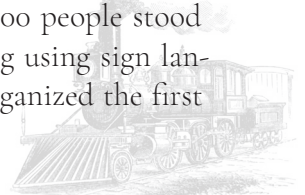
Once again I understand the mood in America. They don't feel the war. This does not concern them. There are three million Ukrainian refugees. While the



United States offered to accept the total of 125,000 refugees a year. And this number includes not just Ukrainians. They are not ready to close the sky in Ukraine. Even on TV they are not allowed to talk about it. They discuss weapons. I communicate with my relatives. Those who have now left everything, are trying to continue to live in foreign countries. Immigration is a complex process. Hold on, my dear Ukraine. We will persevere. Victory awaits its heroes. And yet, I feel the support of the Americans: friends, people. Unfortunately, people and countries are not the same thing. So it was, so it is. And how will it be? Everywhere they talk about scriptures in which Ukraine will be reborn and will show a spiritual example to other countries. I believe in it.

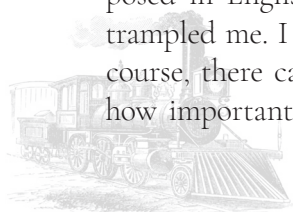
March 30

Yesterday I watched the movie “Coda”. A story about a girl who can hear but is born in a deaf family. The film touched me deeply. It should be shown at schools. For the first time I met deaf-mutes in a sports camp KOLOS when I was a child. Then I saw beautiful athletes. I was 11 years old. We watched them. Their gestures. I even learned a couple of their signs. At JCI world congress I was really impressed with deaf-mute singer who used sign language to perform rap. The whole hall of more than 3000 people stood up and we raised our hands clapping using sign language. It was in my 30s, in 2010. I organized the first



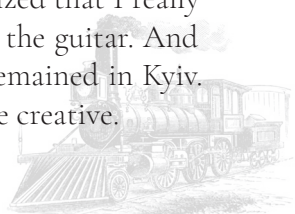
exhibition of paintings by deaf-mute artists in my office in Kyiv. Reporters from nine different TV channels arrived to cover this story. Artists were so grateful. They said that for the first time I made a bridge between their closed and isolated world and a large audience. It was very pleasant to work with them. We became friends. Furthermore, after the classes with Elena Tararina and a deep study of karmic management, I joined a group that gives donations to deaf-mute families systematically. In karmic management, this is the accumulation of good karma, so that you can be heard and listened to. What is most interesting, here in America, is one of the first friends that I made is Charlotte. She can't hear very well and has a hearing aid, but it was she who helped me to find clients who require my healing skills. I think that this is accumulated karma. This film touched on a lot of topics about true unconditional love within the family. There were some funny moments. The strength of love and devotion to the daughter, sacrifice, and the fear of losing the child to adulthood and getting out of the comfort zone. Not many dare taking a chance without fear of change and follow their dream of singing.

I really loved to sing. I sang all the time. As a child, it was my natural state. Singing in a choir. Taking vocal and music lessons. The teachers adored me. They really believed in me. I even had an experience singing in a rock band. But I showed my song, which I composed in English to the wrong person. And he just trampled me. I stopped singing and writing. Then, of course, there came other ways of self-expression. But how important it is to have faith in yourself and in



what you are doing. And the right teachers. My step-daughter is a very talented singer who has self-doubts and sometimes lacks self-confidence. At a young age support is especially needed to gain self-confidence. I love music. I love creative people. That's why I love my profession, protecting the copyrights of musicians. In the film, a girl fights with her complexes, and defeats them. How important is diligence and responsibility. Incredible humor. I recommend this film to everyone.

We continue to fight. But music is a balm for the soul. The film will fill you with warmth and love, as well as faith. I continue watching all the Oscar nominated films. The film very accurately conveys the American style of life in a small town. This is how teenagers dress here. This is how they buy household items in a second-hand store. This is how people build relationships. Living in a multicultural country. A lot of people in America live below the poverty line. And not everyone, certainly not every child can afford college education. It's very expensive. And colossal strength and desire are needed to get it. One needs Angels, guides, teachers. Teachers from God. It is one of the most important professions. A true teacher can see and inspire and nurture a talent. I still remember the devotion of my first music teacher in a vocal ensemble. How much soul he put into me. How he believed in me. Our first songs in Bershad Art Center. I was holding a microphone in my hand, my high and strong soprano. After the film, I realized that I really want to sing. And I want to pick up the guitar. And touch piano keys. The instruments remained in Kyiv. My dear ones, I inspire everyone to be creative.



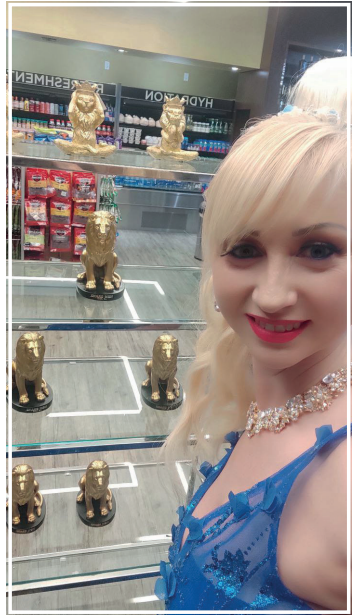
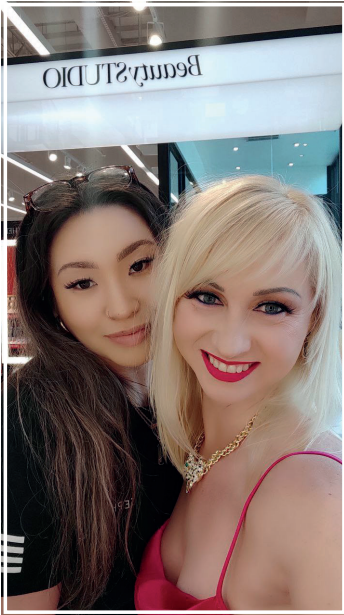


*Las-Vegas
The Grammy
Award*









APRIL 2022

April 2

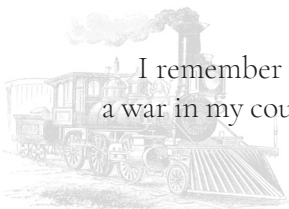
Today I want to share some good news. We found a home for Galina Zhurzhenko. She is a refugee from Kyiv, a journalist. Her niece, my close friend, asked for help with the house. We sent a photo, and wrote down her occupation and age. Dear Erin Bowen, within a day found her a Dutch family who took her in. On the video you see these wonderful people. This post is for people who are afraid to leave, who are scared. Those who have an internal state that they are not needed and will not be helped. Knock on the door and it will open. They will help you. But you need to be brave. And dive into this European ocean, with a different culture and language.

I was very nervous. Last month we collected more than \$3,500 in donations and they all went to Ukraine. I started writing Facebook to friends, sending GoFundMe as much as possible to different countries

<https://gofund.me/7fc49ab3>

April 4

I remember every minute and I know that there is a war in my country. From the first days we organized

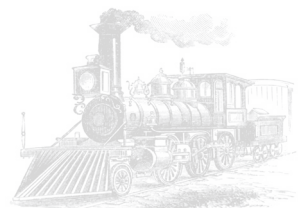


online concerts with Siuzanna Iglidan, Global Musical Bridges and Doctor Online platform in support of Ukrainian doctors. There were a lot of reposts and our concert was seen by the Grammy producers. Today Susanna represented Ukraine and played Bandura with John Legend and Mika Newton at #Grammys. My husband and I came to support the Ukrainian delegation. Our ILYSA Intellectual Leadership team supports the leadership initiation of creative projects. I ask all my friends to support the project. You can donate here:

<https://www.gofundme.com/f/help-ukrainians-in-dire-need>.

I am overwhelmed with incredible feelings of respect for the producers of the project and for the team, for incredible artists and creative personalities. Since the establishment of the Legal Consulting Group “Yaremchuk and Partners”, my team and I have been protecting the copyrights of artists and performers for more than 19 years. Our dear customers are performers in Ukraine, America, Europe, Asia. We always rejoice in their victories and are always in the support team. Happy for Siuzanna. Happy to be a part of her team. Thanks to all the performers who support Ukraine with us in such a difficult time. We are with you Bucha, Irpen, Beloved Kyiv and all the cities. Victory is near! Glory to Ukraine!!! Glory to the heroes!

Our mission has been accomplished!



April 5

*You can't convey that pain
When a mother talks about violence against children, in
front of mothers, about violence against women, in front of
children who have dead gray hair.*

*When the sister wants to kill everyone. And you under-
stand her rage.*

When relatives can't even cry anymore.

That's what in Ukraine.

Do you have the strength to speak?

With who ?

*"Friends" from Russia like my photo in a dress. And
there is silence on their pages.*

I want it to end.

I want to hug everyone.

I want to let all the grief into me.

To make a huge Tong-Len for the planet.

Rework those, all horrors.

And give warmth.

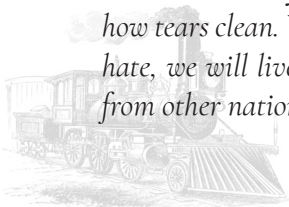
Huge, burning heat.

What will warm

Give light.

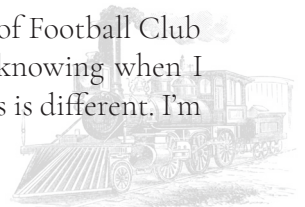
Washed by the ocean of water.

*Go into the soil of our land, clean it of corpses and grief.
To come out of the underground with a clear, crystal source.
Let all the people of my suffering land get drunk. Rise like
steam into the sky and come out with abundant rain. What,
how tears clean. We will live. Do you hear We will not be in
hate, we will live for love. This is what makes us different
from other nations. I love you my dears.*



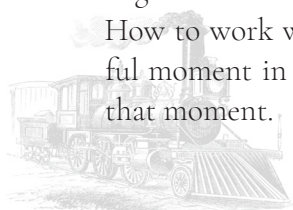
I got married late by all Ukrainian standards, but to a real man who supports me in everything I do. America, immigration knocks you out of the normal rhythm of life. I was waiting for our anniversary. It's been a year since our wedding. But on February 24, everything turned upside down. Apart from the war, we could not think about anything. Our action with "Ukraine Forever" online concerts were absolutely sincere. And we realized that donations may not be great.

Historically, I was always surrounded by artists like my grandmother who was a painter and so many other people around me. When Siuzanna said that she was invited to the Grammy Awards 2022, we were in such a shock!!!! After all, from the first Online Concert, I made seventy reposts and that captured the attention of Grammys producers. It was so important. It was as if Heaven heard us. I really wanted to go and be at Grammys and my husband supported me in this crazy idea. So we decided to make this trip as our wedding anniversary and my birthday celebration in Las Vegas. Yet every second I am aware of what is happening in my country. Peace is possible. Filled with sunshine. The the peace be with you. This is my first time in Las Vegas. We even saw Mike Tyson. But it was kind of scary when a huge crowd was running after him in the lobby of MGM Grand Hotel that was hosting this year's Grammys. It reminded me of Vlad Vashchuk, Ukrainian soccer star, who has a huge following and everyone wants to meet him and shake his hand. Or Joan Laporta, ex President of Football Club Barcelona who I had a privilege of knowing when I lived in Spain. The world of Las Vegas is different. I'm



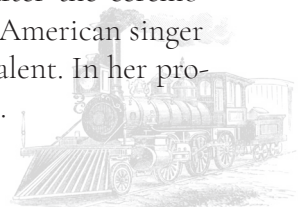
glad that we had a wedding at Cozy Broadmore Hotel in Colorado Springs thanks to Siuzanna. Vegas is huge. Slot machines are on the first floor of every hotel. The architecture is beautiful and very diverse. We moved from one hotel to another. To check into the room, we were looking for the reception desk for an hour at night, along the huge corridors, after sunset. But the weather was beautiful. There are a lot of beautiful restaurants, playgrounds. Americans know what is happening in Ukraines. They showed their sympathy, hugged me.

I cannot convey the pain that is now in my chest. Bucha, Irpin, Gostomel, Vorzel, Mariupol, Kharkiv. I communicate with my family, women of my family. My family wants to cry, to let it out. It's just a part of me. But I also deeply sympathize with every family. These stories that I share on Facebook are real and horrifying but Facebook censors believe people shouldn't know about this. They blocked me for another six days. The only thing I know is that you need to talk with your relatives, you need to ask them how they feel. It is necessary to heal. Anyone who wants to receive Reiki initiation, I am ready to give it to you, to give healing sessions. I am here if you need me. Just text me. We're getting ready for a charity dinner. I'm putting together my book. I have a lot of photos. Las Vegas. I want to fill you with moments of positivity. How to work with hate. Remember the most beautiful moment in your life and try to enter the state of that moment.



Talk about everything. I am open and ready to listen. The main thing, remember, dividing conversations, criticism, anger affects your liver. You destroy your body, and you need to live, for the sake of love for your husband, children, mom, dad, dog. I talked with my family all night. The horrors of explosions, hatred, pain, agony. Bucha, where many friends lived is in ruins. We are ready to help take people to Holland. Today I have negotiations with volunteers from Japan who are willing to help. Contact us. Our team will help.

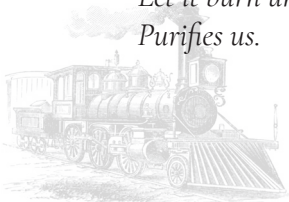
I brought my paintings to #Grammy2022. “Spring of Ukraine”, with the same name, the painting that I gave Siuzanna, in memory of this moment. Each of us is heartbroken with sadness and anxiety. Magnolia flowers are blooming in the botanical garden in Kyiv. It was they that inspired me. Siuzanna Iglidan gave us a gift of her music. I wanted this moment to be as close as possible. Talented people need special treatment. I am happy that life brought us together. We are creating the project “Ukraine Forever” together. Join. Listen to amazing music from talented classical artists from all over the world. Support financially if you can. Share among your friends. I believe that beauty will save the world. Siuzanna became the ambassador of Ukrainian culture in America. Through classical music, through the sound of bandura, she touches the hearts of Americans. After the ceremony, we met with the producer of the American singer John Legend. I really believe in her talent. In her professionalism, great soul and diligence.



Get inspired. Join our creative army of light.

April 6

*A hundred years in the eyes of the depths.
Each of us became
clear sky
What brings in the eyes.
A heart burning with rage
Has a choice once.
Become a burning heart.
That the fire would not go out.
That blazing fire
It can warm everyone.
Can melt the heart
From these bitter tears.
In those eyes, horrors, horrors,
Everything lives like that.
It is necessary to live, continue to live
Forever.
Music that plays in the heart
Strong echo.
And the big ones will light up
The rest are all hearts.
Only tenderness
Eternal, pure.
And love in the hearts.
Let it burn until dawn,
Purifies us.*



April 7

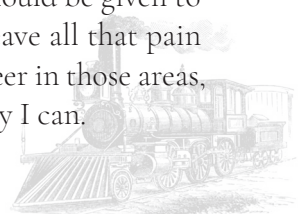
The horrors that I hear from people from Bucha should be in my book. Since Facebook is blocking my posts about it. I will write and expose it in the world press. When they asked journalists from America to show what was going on. They were brought to a young dead guy, whose ears, nose, hands and eyes were cut out. There was a helmet on his head, on which was written "Warrior of Light". The journalists, who had seen a lot, sobbed. There are groups on Facebook where neighbors ask if their house is still standing, but they find it difficult to answer, their house is no longer there.

There are children with gray hair whose mothers were raped in front of them.

They went into houses and started looting, stealing anything worth having or selling including washing machines that they sent back to Russia. There was no medicine, no doctors for the Ukrainian people who spent two weeks in the occupation of Bucha. My heart breaks when you talk about the pit in which the bodies of people are dumped.

People were killed in the streets while riding a bike, eating.

How are all of these horrors possible in our day and age? I don't understand. And what can we do to help? How much love and warmth should be given to these people who survived this. To leave all that pain behind. If you are in Kyiv and volunteer in those areas, write to me, I want to help in any way I can.



The Japanese have joined us.

Families who want to go to Germany or Holland from Bucha, write to me personally.

There are no words. Only one huge sympathy. I am ready to give Reiki initiation, healing sessions to everyone in need. Let me know.

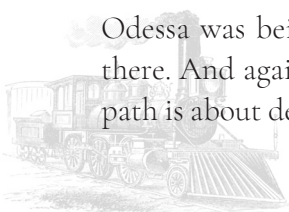
April 9

Today I met an incredible person, thanks to Julia Gonchar from <https://www.facebook.com/dianna.golde>. The author of the song “Flower of the Soul”.

<https://youtu.be/hc7ye6DYYBo>

Diana got in touch with me. And we had a chat online. She was in Bucha during the occupation. Her famous saying: “Devil roller-skating.” It’s about orcs, on tanks. Thirty four days in together with her brother and grandmothers. They survived without electricity and water. They cooked food with the whole house on the pit fire. And had to find a way to gather firewood and feed people. Some were killed when they were looking for a way to replenish water supplies. Here is her article with more details: <https://vesti.ua/.by-lo-oshhushhenie-hto-cherti-v-ping>.

At some point, I realized that I don’t feel pain from horrors. Later I found out that my beautiful Odessa was being shelled. And my dear friends live there. And again my heart sunk, tears hailed. But my path is about development and that includes business.

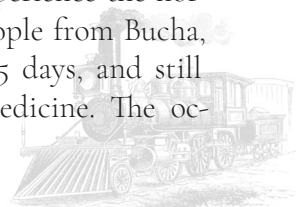


We are getting ready to travel again to Startup Grind in San Francisco.

On a positive note, we found another home for a teacher from Vinnitsa. My dear friends, a mother with two daughters are already in Germany, and their relatives from Bucha came to Prague. We found the support of musicians in Holland. We are looking for Bandura in Holland. Life is getting better.

Here is a photo, with our super radio host partner Dustin Nolen who contributed so much to our fundraising campaigns by airing free interviews with us and ads about our events. One big event is coming up at Himalayan Kitchen. We are organizing a Charity Dinner in Support of Ukraine for seventy people on Monday. And I am also painting a lot, every day. New ideas constantly come to me. Creativity is my weapon. Ukraine, we will get through this with love. Now there are a lot of low vibrations and we need to raise them. I grit my teeth in a smile and wish everyone happiness. I wish everyone happiness. It helps you and others. Do not take it out on loved ones. I am falling asleep. Take care of yourselves and your loved ones. Big hug.

Dear friends, please invite as many friends as possible. We already helped a lot of people thanks to you. Each of you makes good karma. By helping Ukrainians, you plant the seeds of peace in your country. I am praying so that no children experience the horrors of war. Now we are helping people from Bucha, who have been in occupation for 35 days, and still have no electricity, water, food, medicine. The oc-

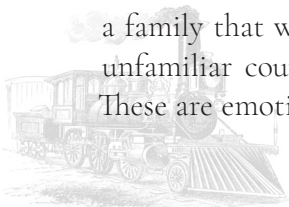


cupants left mines everywhere. Volunteers are not allowed into the city. Last night we managed to buy and bring a new smart phone for the writer Diana Golde and batteries for her radio. Where she is now, she can be contacted now by everyone who seeks communication with her. She already recorded video clips using her phone thanking us for this wonderful gift. People in town still do not have any electricity and water. They say it will take a couple of weeks to clear this area of mines. Our Volunteers had to make a trip there which took four hours. Diana takes care of the remaining forty elderly women. She has to cook food on fire pits and helps doctors to take care of the elderly women. People do not have the very basic essentials. Please support our charity dinner.

April 10

Every night I have a special operation with Ukraine. There is a lot of logistics, discussion of details, bringing together different friends and acquaintances. Working with fears, faith. Keeping the energy field. In lines, these are just a couple of phrases. People decide to leave their homes, pack their suitcases, take a train, go to Ternopil. Live with volunteers there, take a bus, go to the Netherlands.

In the Netherlands, before that, find a home and a family that will accept. And start a new life in an unfamiliar country, without a language. But in life. These are emotions, fears, difficulties, situations. Not



everyone, even if he wants to decide. How will relations with the new family be built. This road.

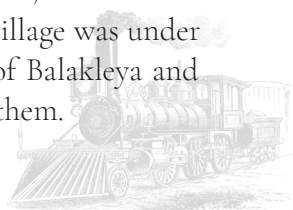
From America, I knew every centimeter of the way. I knew about the pies that were baked on the road. About the train. We were constantly in touch. With a difference in American time. These are my nights. But there is still a huge amount of joy in all this !!!! When people are alive. Thank you Alexey Trifonov, you reacted very quickly and found a home. I am happy that people help each other already in place. It is difficult for a person to make a review in the first days. But I understand that in We give faith to others that they are needed. You will return. Now it is important to get the children out. They will help you. We and the team will do everything for this.

Natalya Miroshnichenko Natalya Vetrova Good afternoon!

I, Natalya Miroshnichenko, lived in Kharkiv until March 30, 2022, together with my family — mother, husband, son, daughter-in-law, granddaughter, sister and her husband, I had to leave my native, beloved city, in which I lived from birth, saving his 2-year-old granddaughter Kirochka and his daughter-in-law Yulia.

My granddaughter turned 2 years old on February 21, 2022.

We took the children to the village to the match-makers, nothing foreshadowed trouble, and on February 24, 2022, the war began, their village was under heavy shelling, this is the direction of Balakleya and Izyum, they were 40/40 km between them.



Fighting is still going on in Izyum. All our relatives were forced to hide in cellars.

My son, his wife, my 2-year-old granddaughter lived in the basement for a month, if they left the cellar for 30-40 minutes, and ran back, they started bombing. That fear and fear for the life of their 2-year-old child, in words is very difficult to convey and tell, they had no electricity, no gas, no heat, no communication, the food was running out, the shops were looted by Russian soldiers, there was no gasoline, no gas to leave, half of the houses were destroyed, roads, bridges were all blown up, there was nowhere to wait for food, local residents brought food for my granddaughter who could feed the child, it's impossible to convey this, this fear was in the eyes of my children, when we managed to snatch them out of there, we took them out through the mined road, through the fields, my husband and I drove to pick them up. When I saw them alive with my own eyes, I thought that my heart would stop. Over this month, they have become differently scared, Kirochka hears explosions, shooting cries, in a dream, she is afraid to sleep, everyone has a broken psyche. And in order to save the child, we are forced to leave and leave all the st They are at home. We are safe — but my soul is there with my family and my family, there is no such moment that I do not have tears.

With all our heart and soul, we want to express our gratitude to the people who gave us

in difficult times, a helping hand, they helped in everything: with relocation, with financial assistance, with housing, these are Alena Yaremchuk and Alex-

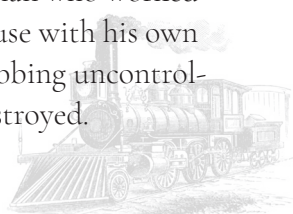


ey Trifonov, the guys from our whole family bow to you, for helping us save the most precious thing we have — this our child, our granddaughter, thank you for your kind heart, for understanding, for support in difficult times, we have very few such people left. I wish you health, prosperity, well-being, confidence in everything and always!

Now we are in the Netherlands, Holland, the city of Dalfsen, there is silence, fresh air, very kind people with whom we live and whom we have already met, but the soul and heart with my family remained there for 2200 km!

April 11

My God.Great grief. My dear and close friend. One of the most intelligent personalities that I knew in Ukraine. We did actions together. He directed the Kozaki Characterniki. Denis had a TV channel. He suggested that I do my first TV program. Denis has always helped people. He is a healer, physician, and has written many books on healing. He was also one of the most successful political scientists. Every meeting with him is an amazing world of inventions. He supported my film festival. He has 2 wonderful children and a wife. my heart bleeds. Why. a man who worked so hard and built such a beautiful house with his own labor. Why? and How to help. I'm sobbing uncontrollably. We will help. His house was destroyed.

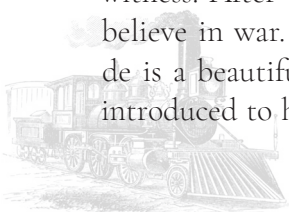


April 12th

Unique American experience. After studying at Harvard, I gained confidence in the direction of attracting investments for IT projects. Moreover, during the first month of work, in one of the projects, I attracted 2 investors. But the war changed everything. This is agony. Pain, suffering. But I clenched my teeth and understand that business will give me the freedom and opportunity to help people more. This exhibition turned out spontaneously. My constant help to settle people for free is bearing fruit. For several years, I gave donations to homeless people. This is how the good karma of the settlement is worked out. Horror when I see the broken houses of my friends. And today they sent me my house, a bomb hit the other entrance, the windows were shattered.

It's a completely different life here. I recorded a video and share contacts, in case someone needs it. this is the karma of connecting conversations. It affects the world. Maximum actions for connection. The meeting was intense and interesting. We are going to meet an old friend :)). And tomorrow is an active working day. Are you interested ? A year to adapt in exile. Much is still needed, but the path is clear.

I was asked to post a photo and video with an eyewitness. After all, there are still people who do not believe in war. They need eyewitnesses. Dianna Golde is a beautiful, talented writer and poetess. I was introduced to her by Yulia Gonchar. The horrors she



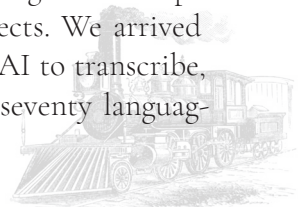
told me can't even be described. She took care of the grandmothers who lived in her house. They cooked food in the street, there was no bread, they collected flour and took it to a woman who was baking bread. Buildings got destroyed. Phones were confiscated. She decided to stay in Bucha to help taking care of older people. The whole city is mined, my friend drove for five hours to bring her phone and batteries. They have no light or water. They need food. They need basic things that would help them survive. Please help any way you can. Who knows any volunteers who are already going to Bucha? There don't even have elementary medical supplies.

April 13

First day of Startup Grind conference and meetings with startups and investors. An active world of IT business in San Francisco.

I am very glad to meet Dmytro Kushneruk and Denys Martynenko from the Ukrainian consulate in San Francisco.

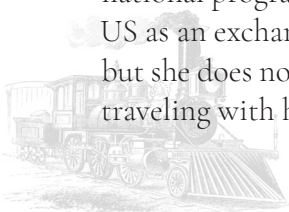
San Francisco, Silicon Valley welcomed us with strong winds. The car was just blown away. It seemed that we, like Ellie and Totoshka, would fly. The wind pierced to the bone, for them it is just the usual weather. It was one of the first live meetings of startups after covid. A huge number of projects. We arrived with Vidby IT technology that uses AI to transcribe, translate and dubb video files into seventy languag-



es. Everyone was looking for investors, asking about our projects, looking for partners. There were about 200 people at the exhibition. We became friends with Ukrainian startups. Met with friends. On the second day there was a reception in support of Ukraine. The ambassador spoke and there were a lot of people. Let me tell you right now, the place is quite pompous. I met a lot of different people. There were also quite nice and interesting people. War is war, but you need to work and continue doing business. Our technology is quite unique. Vidby technology is used to dub press conferences of the Ukrainian President into 10 languages and then they go to embassies in different countries. This is very important in the information war. And now, it plays a huge role. The people are divided. That is why unbiased truth is so important.

April 17

We came from a startup exhibition from San Francisco. My husband is a hero. I was in bed for a day after spending eighteen hours riding in a car from San Francisco to Durango. Lost my voice. A little later I will write conclusions and analyze everything we did at the conference. Today, I met some amazing people. The girl Dasha Skochenko is from the international program of talented leaders who came to the US as an exchange student. The program ends in May, but she does not get to go home and will stay. She was traveling with her host family when they saw our pro-



motional poster about our Charity Dinner we were planning on Monday. I painted a lot. After all, this is an opportunity to help our people. And something needs to be done everyday. I am preparing a video series, from clips. I want to make a photo exhibition of what is happening. Fundraising is a very delicate thing. Emotionally, people need to get something back for helping. I'm happy that I have American friends who help every day. It is always easier to deal with small shops and local businesses. Unfortunately, large companies are not allowed to place advertisements and information inside their stores. Who in America wants to support the initiative, we invite you. You can treat our volunteers and artists. We decided to cooperate with Dasha and her American host family. She will be Vice President of Student Affairs at our Intellectual Leadership NGO Organization. If you would like to contribute in any way, please let us know.

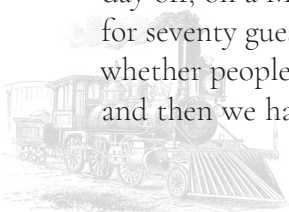
Today Volodya, my husband, mastered the Ukrainian alphabet. It was his personal initiative, which makes me very happy. We also painted the blue sky together. He became an artist. I shared my experience with Dasha. Everyone can create a foundation, every Ukrainian knows personally people who need help. Everyone can paint. It's not difficult, and it's art which you can digitize, and make an auction among your American friends. If someone wants to join you and be in the team of the public NGO organization "Intellectual Leadership" on their territory, we will be happy to support you. There are many projects. We need people and volunteers. And it's finally Spring



in Durango. There are a lot of flowers everywhere. It brings a lot of hope. I wish you so much happiness. Today I finished eighteen paintings. This war taught me to paint very quickly. It would take one year for my grandmother to finish one painting. She diligently divided the canvas into squares. I painted images, flowers, a field, a village and the face of my relatives. I really like to draw faces, but this requires calmness. Now I have an image of our flag. And a coat of arms. I will call this exposition "Ukrainian Spring". I want people to take with them a piece of our sun, flowers, sky, fields. The beauty of Ukraine.

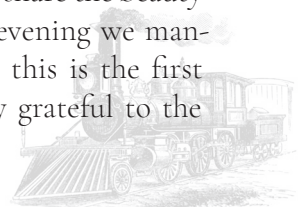
April 20

I don't know how I deserved all this, but we received huge support and love of the American people, the people of Durango. I would like to thank our team of Intellectual Leadership and our president, my husband Vladimir Koshevoy. I have excellent teachers, friends and mentors. Since the war started, Karma Bhotia fed Volodya and me for free. He listened to my crying and hysteria, came to all events and supported us in everything. I saw how he did a charity event in support of Nepalese children. I asked him to make a charity dinner for us and he agreed. On his day off, on a Monday, he and his family cooked food for seventy guests free of charge. We are very worried whether people will come. First five tickets were sold and then we had to travel to San Francisco. Our vol-



unteers made posters and pasted them around the city. And people started buying tickets. Now we are worried if we are going to have enough room for everyone. In two days I painted twenty three paintings. Eleven paintings are small size with the image of our flag, but in different variations. Some people came from other towns around Durango. Since there is no Ukrainian community here. Stacy Eileen helped me a lot, she also painted paintings. The evening started. I spoke English and sometimes my voice trembled, turning to crying because it is impossible to talk about it without pain. People listened very carefully and some women cried. Among the guests there was a girl wearing a wreath. Her father was a professional Ukrainian gymnast, he died a few years ago. Her mother is American, she left her grandmother and sisters, now they are Ukrainian refugees in Germany. She spoke a little Russian. I gave her my picture. During the event, she came out and sang "Red Kalina". We showed and listened to some Ukrainian music. It is horrible how peaceful and beautiful life turned into this mess. People were very sympathetic. We showed a video with gratitude to the people of Durango, from those people whom we helped. They told their stories. Scary stories from Kharkiv, Kyiv, Bucha.

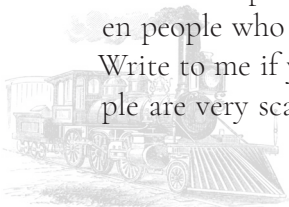
On the same day, we transferred money to a family fleeing Kharkiv. People bought paintings, bought my collection of poems in English. I told the story of Ukraine as much as possible. Tried to share the beauty of my country. In total, during the evening we managed to raise about \$8,000. For me, this is the first time having such a result. I am very grateful to the



people of Durango for their help and support. Now we are preparing a big concert. If you in need of some help, especially if you are a mother with small children, message me in private. I am happy there is an emotional bridge between America and Ukraine. Ukrainians, the American people support you. Another great news is that an American family is ready to host a Ukrainian family. Now we have a new wave to help with moving already a specific large family to America.

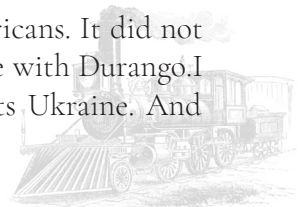
April 21

I took a breath. I just spent my entire day in bed because my head was splitting. When I finally got up our apartment looked like it was after a pogrom. I think women will understand me. I cleaned the house, bathed and combed Lukas. I began to analyze what is happening and where we are going next. The book, which I want to present on May 13, will have instructions for adaptation to immigration. I will also tell you what you need to do quickly to help others. This is really the only way to personal development. Karma taught me a lot by his example. He always supports all charitable initiatives. Now we are saving one family from Kharkiv. We are also looking for children from Mariupol who need help. I am looking for seven people who would like to go to Japan as refugees. Write to me if you're interested and ready to go. People are very scared and don't know where to go. My



biggest stress with immigration was in Spain. America reacts differently to immigrants. Everyone here is an immigrant in some generation and each family has its own story. It is now very difficult for me to navigate how to join American grant programs. Unfortunately, I don't know who to ask. This is one of the tasks, psychological support for women and children who are now in Ukraine, also help for children. There are a lot of American families that are ready to help children and adopt. I don't know much about it. But the families here have resources and can make some children very happy. Everyone here who says "Glory to Ukraine" with me, wholeheartedly wants to help Ukrainians.

How grateful I am to my husband for his great support, initiative, and maximum involvement in the process. We are preparing a new action on May 13 — Siuzanna's performance in Durango in the best Concert Hall in Durango that can seat six hundred people. We need to find partners, sponsors, and more musicians who are willing to perform on that day. Unfortunately, I have not met the mayor and the city leadership yet. The former member of the City Council was at our charity dinner. Durango has a lot of retirees who come from Texas or California. My husband and I are watching the "The Resident Alien" show on SyFy. And the whole story is happening in a small town in Colorado. Just like ours with very beautiful nature. Even the way people are dressed there is typical here. I fell in love with Americans. It did not happen right away. And I fell in love with Durango. I know that the whole world supports Ukraine. And



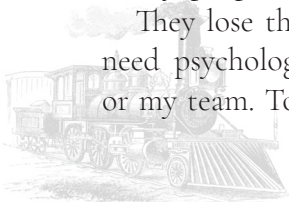
our work is a small part. Thank you all for your support.

April 22

When people say that you save our lives. It's not clear. But today my whole body just got cold, as I read a couple of lines. Two days ago Volodia's cousin Natalia asked to help her friend with the children and provide assistance with their trip to the Netherlands. At 3 AM I transferred the money for the trip to her. In Holland we found a host family who were willing to take them in. The woman was worried if her children would need an international passport to cross the border. But I knew that everything is going to be ok. They got on the train at 8:30 AM. A lot of people were still scared to leave their homes. And I am writing this so it can help people make a decision quickly. I have this energy and strength for international travel. And I want to share it with you. At 10 AM their house was hit by a missile. This is Kharkiv. I read this information when I was at a dinner with friends. They are from Moldova. Before that, we discussed the war. And at some point he said. Let's change the subject. It's just too much.

But the topic does not change. It exists. Unfortunately, people are losing their homes.

They lose their lives. If you need to leave, if you need psychological support, contact me personally, or my team. Today I also found out that on the JCI



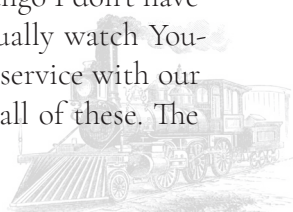
Ukraine website they erased the entire history of the activities in which I was involved. More than 13 years. For me, this is a karmic lesson with an asterisk. How do I feel about the history of other people? How much separation does now exist in people's minds?

The everyday life of a volunteer, a leader is analysis, actions, discussion and team work. The ability to create a team. I feel like I aged significantly in these few months. Take good care of yourselves.

April 25

I congratulate everyone on Easter. Christ is risen! Truly Risen.

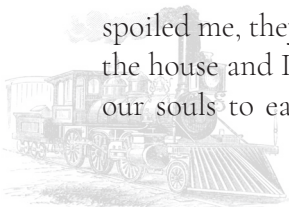
I baked Easter cake with candied oranges, raisins and orange juice. We invited friends to a picnic. I drove around and gave small cakes to all my friends. To Karma, my Moldovan friends, Charlotte. What I want most is to go home. These days we always celebrate in the Vinnitsa region. We would traditionally go to the cemetery to my great-grandfather Pavel and great-grandmother Ksenya's grave with a lot of relatives. My whole extended family worked on the land. They are farmers. Large fields, orchards. Everything is in bloom. I miss Ukraine so much, I really want to go to Bershad. I know that there are a lot of Ukrainians who are refugees now. Living in Durango I don't have a Ukrainian church to go to. We usually watch YouTube videos with Ukrainian Church service with our music, our language. I really missed all of these. The



national code is changing. I congratulate everyone on the holiday. Now there is a lot of hatred, but we need love. Jesus taught us how to love. I congratulate everyone on this joyful day. How I love this holiday. And how terrible it is that our cities are being bombed. Let each of us come to life, resurrect. Christ is Risen, Ukraine will Resurrect!!!!

April 26

I used to come here to visit my friend. She lived in a beautiful house on the lake. In the morning, I would swim in the lake, pick tomatoes from her garden. My beloved Kharkiv. We have a special relationship. The heart is being torn to pieces. I have always been welcome there. The city that I loved. The city where I was happy. Where I sang, danced, did sports. My political career, scientific, public, creative paths all started here. Here I started my School of Leadership Development and had my first experience writing grant projects. My beauty pageants, singing in a rock group, body paint theater all started here. I had my first apartment on Kholodnaya Gora. I'm crying. I'm crying. It's not my girlfriend's house that's been smashed. The life of my lovely friend was shattered. A house with three floors that contained her photos, her emotions. I remember how they accepted me. They spoiled me, they trusted me. They gave me the keys to the house and I would bring friends here. We opened our souls to each other. We were gentle and caring



with each other. And now they have to go through so much pain. Only three people close to me lost their homes, and then I understand, I really empathize with you. My parents had to move at least seven times. And I myself — fourteen times.

Today I spoke with relatives. Moving is a small death. I am here with my beloved husband. He supports me and we communicate in the same language. But I remember Poland, I remember Barcelona. It's strange. You have the stress of losing your home.

There are five stages of immigration. And depression, especially in our case, is guaranteed. From a karmic point of view, in order to save the house, move, earn the karma by helping others. Relocate, help the homeless. I fed the homeless on Saturdays in Podil. Everyone has property and our usual life. It is our collective karma.

Why? We are all looking for answers. Suffering gives birth to new people. Love and help each other. In a couple of days I will go into retreat. Purity and meditation will make it possible to be able to accept everything as is. The body goes through pain and breaking, tears, headache and hysteria. Take good care of yourself.

April 28

Today, I have the first negotiations since the war started about the registration of TM in Ukraine!! We



Olena Yaremchuk

continue to build Ukrainian business!!!! I believe in our victory! Glory to the heroes!

April 29

Something was going on with me from Sunday evening to Thursday. The psyche couldn't take it. I know that it wasn't only me. I don't like to show pain and tears. But I was in a lot of pain. Now I am going through dry fasting during a spiritual retreat. There are very difficult processes going on. My head aches terribly. Essential oils help me. It seems that our nation is going through an even more important stage. Reading about the dissidents. I study the history of Stepan Bandera. I remember my childhood in Sambir. I remember when I was 6, I was shown a Ukrainian flag and what kind of meaning it had behind yellow and blue colors. Ukrainian flag was banned in the USSR. My grandmother always spoke Ukrainian. I love everyone very much. It's Spring here. I want to smile and inspire you. Love.





Durango







*San-Francisco,
Startup Grind
Global*





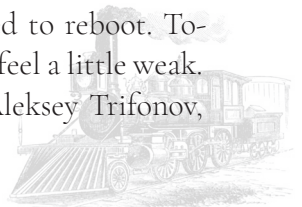
MAY 2022

May 1

Happy birthday to my mommy Olga Yaremchuk. It was she who taught me to love Ukrainian culture, language, art, dance. It was she who has always been the most elegant and fashionable, always very kind to people, a good friend. She always made the most delicious dishes, read curious books, sang interesting songs, watch interesting films. Her love for cinema, for astrology and feng shui, her interest in mathematics, and in business. I can discuss everything with my mother. She is the only one who always knows the other side of my smile. It was she who taught me to always smile, no matter how hard it was in my soul. I wish you happiness and most importantly I wish you the peaceful sky. We'll walk on red carpets again. I really dream of taking her for a coffee and ice cream at our favorite cafe "Skazka" in Sambir.

May 3

I started dry fast because I needed to reboot. Today is day three. I'm holding on but I feel a little weak. We have a team of Vice President Aleksey Trifonov,

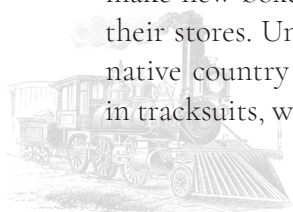


Holland, V.P. Yuliya Gonchar, Latvia, V.P. Anna Demyanova, Germany and V.P. Natali Ross, Poland.

I have known each of them for many years, with each one we did a lot of good things. Now the concentration is on helping children through online math tutoring using animated video clips. If anyone wants to join, I can send you all the details via email. We have very smart children and teachers. My grandmother was a teacher. There are a lot of teachers in my family. This is one of the most important jobs. Our children need attention and help. Every Ukrainian can use the material for learn math in Ukrainian, Russian and English for free.

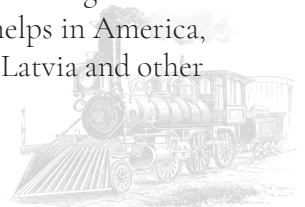
May 6

I haven't written anything for a long time. I feel really bad. I am still doing the reboot — two days of dry fasting, then warm water with honey and meditation twice a day. Today is day six. I am sitting next to a tree on the ground looking at the green crowns. When you yourself are not effective, you cannot give anything to people. And I see this state not only in myself. Today we walked around the city, collecting donations. At some locations there were pennies, at others — a couple of dollars. Many boxes have disappeared. But I will make new boxes and will ask people to put them in their stores. Unfortunately, the war is destroying my native country even more mercilessly. People escape in tracksuits, without any clothing. I am very grateful



to my friends who help. Here is a small example in Holland. My dear friend Victoria Grishko who with care and love was helping dress our little Kirochka, Volodya's cousin's granddaughter. She wanted to stay anonymous. But I think everyone knows what she did.

I am writing this so that you, mothers with children, are not afraid to leave Ukraine. You will find help. Please get in contact with us. Tiny joys of our granddaughter Kirochka who was in a house in Izyum, for fifteen days in the basement while it was being shelled by the Russians. And now she is safety in Holland with her mother and grandmother. The life of refugees is difficult, there is no security, no guarantees, sometimes no food, no home and no clothes. But you are safe from airstrikes. And little by little everything is getting better. Now my goal is to help people relocate and to help those who we already helped relocate. To help people with psychological and legal assistance. We all need it. We are working on a photo exhibition called "Dreams of Ukrainian Children". Now I'm preparing everything. I was torn from tasks. I'm starting to systematize a little. Fasting is also a mind cleanse. It helps reformat your brain and get a new start. How to support children in a new country. Believe me, I know what it is about — there were four different countries that I lived in previously. I know in Ukraine right now there is a scarcity of gasoline. Many roads and areas are mined. That it is not easy being a volunteer in Ukraine. And you must live there. Together we are strong. Thanks to everyone who helps in America, Ukraine, Poland, Germany, Holland, Latvia and other countries.

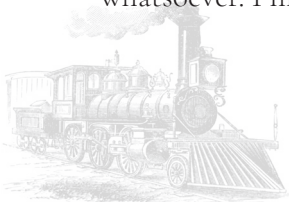


Today we collected \$180 dollars from the donation boxes that we distributed among downtown businesses. I am writing this so that anyone abroad also would be able to set up donation boxes and raise donations. Ask and you shall be given. Thanks everyone.

May 8

Happy family moments. Ballet Durango dance recital at the end of the year, the biggest Concert Hall in town, overflowing with parents with flowers. Children and adults dancing ballet, tap, contemporary, jazz, hip hop. You could see so much joy and happiness on their faces. Diana danced in ten dances. She is so beautiful, with sensitive flexibility and strength, calm and confident. Everything is different in America. I remembered my childhood in Bershad. We had many school concerts. In America, these are bright costumes, classic pointe shoes, and a large staff of teachers.

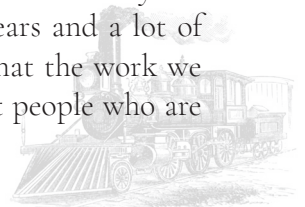
I did gymnastics. My special life. Thank you, Beloved Lida Grigorievna, my first teacher, for all the love that you put into me. And of course to my mom. It is interesting to observe your reaction in a new position. I decided that I would soon be on stage here. I do not know in what capacity and how. But I'm definitely going to. People seemed to have no stage fright whatsoever. I like their approach.



May 9

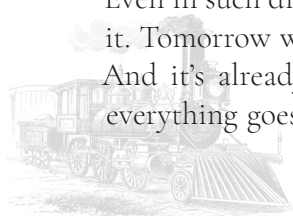
Kharkiv. My beloved Kharkiv again. Now I have 5 families from Kharkiv whom we are helping. Some people are from Lviv. Some are from Kyiv. Everyone has different problems to solve. One that I don't even know how to approach. In Dnepropetrovsk, there is a bedridden patient. We need to find a clinic in Germany and think about how to take her out of Dnepropetrovsk. Who dealt with a problem like this? Are there trains to Poland and then to Germany, is there an escort? Are there medical trains? Like any person, I understand my psyche is not unlimited. I try not to take on more than I can handle. But my still eye twitches. My eyesight is getting worse.

Today with Volodya for the first time since the war, I cooked borscht and we had lunch. Vegetarian Red Borscht with prunes, garlic, parsley. I even baked a fresh Easter Cake. Then we went to Durango Hot Springs to hang out and relax. We continue working on our website. I systematize all the work. A long time ago, I was successful in grant work, but there are still a lot of things, details to figure out. I am a little worried. Before submitting projects, it is important that there is reliable and updated information. The website of a public organization, PR, reports, it's like a piece of jewelry. Everything is interconnected. It's hard for people to give feedback. There are many reasons for this. People have a lot of fears and a lot of doubts. But reviews are needed so that the work we do is visible and transparent, so that people who are



afraid to leave the country could see that somebody is waiting for them and they will be helped. In our case, this is Volodya's sister's friend. She called. She needed help. I didn't even ask for details. I didn't have much sleep, maybe two or three hours total. I asked for her card number and transferred the money for the trip. They left their house at 8AM in the morning to get on the train and at 11AM a missile hit their house. I may have already written about this.

After they arrived in Poland. The owner of the house in Netherlands where Volodya's sister lives, drove all the way to Poland to pick them up and brought them back to Netherlands. He had a nice mobile home that they now live in. Each family has a different story. I love Kharkiv residents. I used to be a Kharkiv resident. Kholodnaya Gora is the place where I had an apartment as a student. That is why I feel so much pain and such empathy for Kharkiv and its residents. We are all somewhat enlightened in Ukraine. Today Volodya said that after the war there will be a lot of enlightened people in Ukraine. I don't know. I want people to enjoy their ordinary and extraordinary life. I am now looking for the maximum amount of positivity. I am looking for psychologists for a joint project, to provide psychological assistance to refugees. All of us need this kind of assistance to some degree. Lots of love to everyone. You know, people from Kharkiv have a very special sense of humor. Even in such difficult times they manage to maintain it. Tomorrow will be May 9. It's still night time here. And it's already morning in Ukraine. I really hope everything goes smoothly. We are living another day

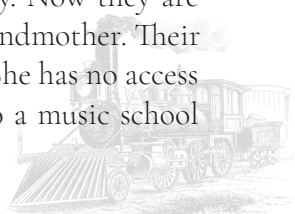


that will bring us closer to Victory. My hero today is Anastasia. Not everyone has enough strength to leave. If you need help, please write to me. It is harder to find help now but it is still possible.

May 11

I am preparing grant projects. I had a lot of different training and experience in my life but everyday, I am learning something new, something special. So many details you put together, like painting a picture or putting together a puzzle. And I like doing projects. Although we need to build relationships again, assemble a team of volunteers. Provide proof of activity. I always think, well, what's so special about it? And then you add one to another, you look at how everything is directed. There is a line. I invite you to visit our website. www.intellecualleadership.com

Keep your fingers crossed for us. We're working on introducing a new project "Summer math camps for Ukrainian children." And I'm also working on a couple other projects. Thanks to all those involved and those who are interested in supporting Ukrainians. Today I talked for a long time with a friend from Latvia, but she lives in Austria now. She spoke about a talented girl from Mariupol, who is a musician and dreams of studying at a conservatory. Now they are in Austria with their mother and grandmother. Their house was destroyed in an airstrike. She has no access to a musical instrument. She goes to a music school



Olena Yaremchuk

and was only allowed to play once a week for an hour. If someone wants to help this child, write to Agnese Kūliņa Stomer.

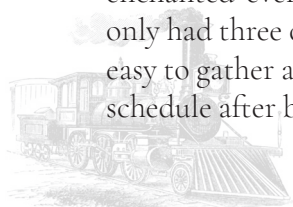
Each of my JCI senator friends has a huge heart. Thanks to everyone who helps Ukrainians.

May 12

Our morning on the radio. 92.9 We talk about the situation in Ukraine, what we have already done and invited everyone to a new action in support of Ukraine, a concert by dear Siuzanna.

May 16

Thank you, Siuzanna, for a wonderful evening in support of Ukraine. The fabulous and magical music of Bandura sounded for the first time in the Wild West. Wonderful melodies, familiar to me from childhood, sounded so amazing for everyone who attended this event. Yes, a person always shares what he has. When there is Love for Ukraine in one's heart, he shares the music of his soul. We listened to the sound of Siuzanna's soul through the music of the bandura. The very high vibrations of the bandura absolutely enchanted everyone. We had a special meeting. We only had three days to advertise this event and it's not easy to gather an audience, but Susana has a very busy schedule after being on stage at Grammys, so this con-

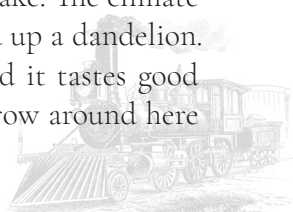


cert was especially valuable and sincere. My emphasis was on the situation in Mariupol. We showed twenty minutes of the documentary about Mariupol, filmed by my friends. The audience reacted very emotionally to the film, it is necessary to organize a screening wherever possible. People must know the truth. There was a new exhibition of my paintings. The total of twenty nine paintings were prepared for the silent auction. Two paintings got sold: "Ukraine on fire" and "Ukrainian".

During the meeting, we saw video clips of Siuzanna performing a composition in her amazing opera voice. All guests and friends were delighted. We spent our evening in a warm and friendly atmosphere. Thanks to everyone who joined. To be continued.

May 17

I feel like a solar eclipse affects me. I feel completely powerless. I feel apathy. Yesterday I was in the sun for too long and my white skin turned crimson red. After the dentist visit, I felt especially weak and my head was splitting. Completely unproductive. Volodya came home and took me for a walk to our lake. What beautiful nature we have here. Lakes, mountains, forests. You listen to the sounds of the forest. Immerse yourself in the freshness of a crystal lake. The climate is different in the highlands. I picked up a dandelion. It has a lot of healing properties and it tastes good too. Many plants and flowers that grow around here



are unfamiliar to me. It's strange when you are in the forest and you don't know what kind of grass it is and what it is responsible for. Dandelion is an absolute for a first aid kit. I collected a lot, mixed it in a blender with cool boiled water. This drink is good to drink. Honey is also added to it and poured with vegetable oil. I love flowers. On a walk we found a flowering willow. It was fragrant and very beautiful. Today I studied NFT pictures. Technology is moving forward. These photos can greatly enrich the virtual world. I believe in technology. But I also believe in the Earth and the beauty of nature. I feel that my soul has already lived here. I was a shaman in another life, I know that I am connected with this place.

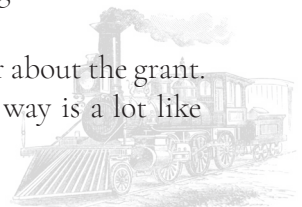
The book on adaptation should be finished. Perhaps the first part. Everyone who is now an immigrant or a refugee is experiencing different levels of confusion and breakdown. Just concentrate on love. Dissolve in silence and recharge. Drink a glass of coffee or water. I immersed my feet in the water and felt the power and energy of the water as it passed through the earth, various rocks, through clay and sand. Because of the red earth. Here the soil is red. To love a new land is like to love another soul. Sometimes love arises immediately, and sometimes everything happens gradually. I feel gratitude for peace, for warmth, for the sun, wind, song of a bird. Look around and see the beauty. All we need right now is beauty very, very, very much. And if it doesn't help, increase the dose.



May 20

Today I held talks with an agency that converts artwork into NFT. With help, you need to pay for the service quite significant amounts in thousands of dollars. My task is to sell my art as NFT and help Ukrainian women and children. I'm looking for professionals with experience in this field. I want to donate my work. Today I put together donation boxes. I did total of thirty boxes that I distributed along main avenue business. Each box can collect anywhere between \$5 to \$300 which is great. While I was distributing the boxes, I was talking to people. Some people were very open and would give me a hug. Some aggressively would refuse to assist in any way, which also happens from time to time. Russian propaganda is a powerful medium. And it definitely works. Volodya noted that a lot of people who saw pandemic as a fake, were also more prone to believe that the war in Ukraine is a fake as well and therefore were opposed to helping Ukraine in any way. They were also against the financial burden in the form of financial help that the US offered to provide to war-ridden Ukraine. But in general, I feel more support. I brought the donation box to the gym. Volodya says they won't take it. This is a municipal building. But I said that I could not be refused. And so. I spoke with the manager and he was very open to that, just wanting to find a better place for it.

So far, I haven't received an answer about the grant. I read somewhere that business in a way is a lot like



a child, like a public association. It is impossible for the child to run right away, first he must crawl. The processes are gradual. I am very happy about the new volunteers on our team. New partners, new opportunities. We are preparing a photo exhibition. Beautiful Kyiv, mutilated by airstrikes, the dreams of Ukrainian children. Looking for more photographers who want to join in.

Today we saw an amazing fashion show at Durango High School where our most talented Diana, President of the Durango school's fashion club, presented her collection. You have seen this footage. Very cool! Bold, creative, shocking. And very sexy. I really liked it.

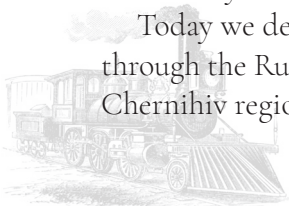
It was such an active, creative day. I love everyone. Tomorrow, according to the weather forecast, it will be snowing. Such is the Wild West.

May 23

When a friend is not just beautiful like Ilona Neseterova but also has a huge heart. Today she explained at the beauty pageant what Ukraine is and what kind of help we need.

At that time, under her leadership and financial contribution, support was organized in Ukraine, with Anna Vorontsova and with the active organizational work of Iryna Nykorak.

Today we delivered food to the children that lived through the Russian Occupation of the villages in the Chernihiv region.



We also provided help through the headquarters in Kyiv to women with children and pregnant women from Mariupol, Kramatorsk, Severodonetsk, Volnovakha,

Irpin, Buchi, Borodyanka.

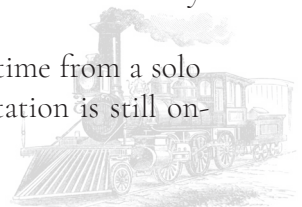
Women's friendship and cooperation is always with a big heart and responsibility.

We are glad to be ILYSA part of an important project to help families and women in Ukraine.

May 25

I was invited by Siuzanna to come to an event organized by the Hollywood City Council in support of Ukrainian refugees in Los Angeles. I had such a great time. Siuzanna and I had a wonderful time before the event. First, I myself flew on an airplane, with a stop in Denver. Los Angeles received me very well. We were in a wonderful place, a gallery. Incredible exhibited work that portrayed life and death of Jesus. Paintings' sized were really huge. The place is located near Los Angeles Cemetery. There is also a wonderful church, inside there is a huge mosaic, paintings by Da Vinci. Beautiful statues and a modern gallery, where the paintings were made of velvet on silk, iron, wasps, and a lot of unusual things, but all incredibly beautiful. Then we went to see the ocean. Incredibly beautiful and majestic.

Today I'm returning for the first time from a solo trip from Hollywood. But the adaptation is still on-



going and I am still waiting for the green card. The year is over, they say the second year is easier.

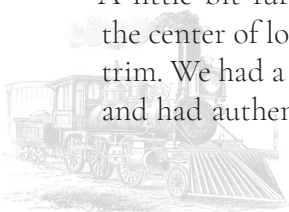
I also had the most Incredible meeting of Bershad residents in Hollywood. My friends from Krasnoarmeiskaya Street in Bershad, invoked a lot of childhood memories, joy and warmth. Thank you. Support for Ukraine is coming from every corner of the world. With Ukraine in the heart, I thank organizers of the event, the City Hall of Hollywood.

16 hours on the road. We decided to go to Vegas.

Everything that was in Vegas stays in Vegas.

It's an incredible city for me right now. Americans are amazing people. I try to understand the desert beauty. This time Suzanna Iglidan showed me Venice in the heart of Las Vegas. Honestly, I was so delighted with the beauty. I have always dreamed of going to Venice. Ride the gondola, hear the singing of the gondoliers. When we got to the hotel "Venice", in which the sky and all the decoration of the city of Venice is just something incredible. Real little streets, it reminded me a bit of Spain when I saw small bridges, houses and shops. The whole atmosphere was reminiscent of a small evening in Italy. Beautiful people, singing, music, shops with clothes and sweets. All located around the Casino. I usually do not gamble.

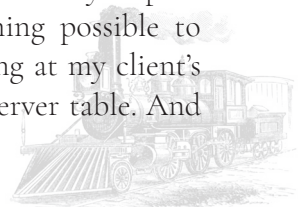
Venice makes one fall in love again. Then we went to another hotel, and there was a huge waterfall. A little bit further I saw capital letters "Love". Yes, the center of love. Antique black gondolier with gold trim. We had a delicious meal at an Italian restaurant and had authentic Italian pear pizza. Tomatoes with



buffalo cheese and tomato and eggplant spaghetti. In America, you can visit another part of Italy. Of course, this is not real. But it's something that I can see and in enjoy in this majestic city of Las Vegas. Bad or good. I try to take it the way it is. This made me want to travel to actual Venice for the Venetian carnival. On this wave, I disconnected from the war even though for just couple of minutes. A call to my mother brought me back to reality. There is no gasoline, people are getting killed and the country is being destroyed. But they are alive and so is my whole country. This trip helped me reboot and I am not actively working on new projects in support of Ukraine.

May 27

Life before and after. I dreamed of publishing a book, *The Wild West and Me*. Knowing that the first year of immigration is always difficult, I wanted to offer support to those who are just starting the path of immigration. A year has passed. The book needs to be finished. To be honest, I was worried that there would be no conflict, and then the war started. To edit the first month of the war, it's like touching something that still hurts and going into the very heart of pain. Yes, this is my own therapy, like paintings, like creative ideas and concerts. Wednesday is very important. My beloved man does everything possible to reduce my stress. Today I was looking at my client's Instagram. I saw sommelier on the server table. And



I really wanted this beauty at home. It is the beauty that feel like I am filled with. Volodya came for dinner and brought beautiful flowers. We started cooking together while listening to music. He is responsible for our musical content and I for the visual representation. Borscht came out so delicious. I used a beautiful china set, a gift from my dear Tatyana Logush. After all, during the war, you understand the value of life. The importance of enjoying life, a trip to Vegas, smiles, joy. Many of my friends are now in Cannes, representing Ukraine with dignity. Every trip, every action is permeated with love for Ukraine. I will continue to demonstrate my smiles and hide my tears. Each of us has suffered. But we must move on. Maybe you, my dear readers, will be inspired by this too.

I am not a typical blogger. I can't even identify myself with being a blogger. I do this for my soul. Unfortunately, my audience does not communicate with me much. There isn't always feedback, but I really want a reaction. Maybe I don't ask enough questions. But I have you, over 10,000 people.

Durango has become my little corner of paradise. That's how I understood it, on my return from Los Angeles. It was quite a challenge spending sixteen hours in the car. I was sick for two days afterwards.

How strong did Siuzanna Iglidan have to be to drive the car for sixteen hours. This journey was our expression of love for Ukraine.



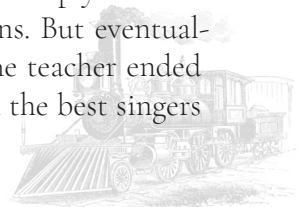
May 29

I did not pretend as if there was no war but there are still moments that we enjoy in life, my wonderful moments during the Cannes Film Festival earlier. You need to fill up with beauty to think and then have strength to move on. I am happy for my dear friends who are now in Cannes. Enjoy your every moment with movies, conversations, communication, intelligence and beauty. Do not feel guilty about smiling.

May 30

We took a trip to Telluride and what an incredible journey it was. How important it is to seize the moment. My friends are very talented. Now they are in Cannes. By communicating with talented composers, singers, you become a part of the magic. And now I want to sing.

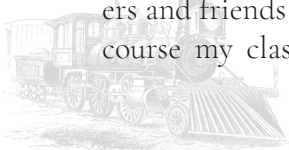
I sang all my life. As a child, this was my constant state. At home, I always sang. It is a big part of our Ukrainian culture. In Bershad, in the 3rd grade, we were selected to sing in a choir. Many kids never really wanted to be a part of the choir but not me. I really wanted to. Unfortunately, you don't have a musical ear, choir director told me. You can try singing with us for the next two months and I will help you. Each lesson caused me a storm of emotions. But eventually I became a soloist in the choir. The teacher ended up creating a folklore ensemble with the best singers



in the class. I loved our classes. My school classroom looked like a museum, in the style of a Ukrainian house. My music teacher Anatoly Mikhailovich Baranovsky loved me very much, believed in me. He tutored us, and I felt like I was flying in his classes. I also was taking piano lessons at a music school. I started it in the 7th grade, too late. Then we moved from Bershad and in the 11th grade, I took guitar lessons.

I even sang as backup vocal at music ensemble that I was selected to sing in for my vocal abilities. We performed at all concerts dedicated to the day of the prosecutor's office and the Ukrainian police. I couldn't say goodbye to the stage. During my 1st year at the law school, I even sang in a rock group. I love to sing. I really love the process of preparation for the performance. After I moved to Kyiv after graduating from a law school, I began to write songs. Poems always just poured through me. I even showed some of my work to a producer who completely discouraged me from pursuing this kind of career.

I cried for a week and just stopped working in this direction. But still chose to go to a film school to study to be a film producer. One day I will perform. I will sing. Where there is an opportunity, I will sing because my soul cannot live without singing. This is part of my Ukrainian culture, and I want to popularize Ukrainian culture in the Wild West. Therefore, there will be many songs today. I haven't sung in a very long time. I have not sung for more than 18 years. Thanks to all my teachers. Perhaps my student teachers and friends will remember our repertoire. And of course my classmates and neighbors from Bershad.



And now, I invite you to watch photos and videos from Telluride.

I have always dreamed a lot.

In 2002, I won the USAID scholarship program “Assistant to the Chairman of the Committee of the Verkhovna Rada of Ukraine.”

My first job was in the Committee for Science and Education. At that time I studied at two universities in different cities and worked at two jobs. Slept on the train. I was 22. Kyiv was majestic. I moved from Kharkiv and really wanted to live in this wonderful city. I fell in love with Kyiv. I love my friends, I love the Dnieper river, beautiful architecture, theatres, cinema, music, coffee houses, restaurants of Ukrainian cuisine, galleries. I love evening and night Kyiv, our clubs, music, beautiful girls. Everything is always made with such taste. I love my creative clients. Photo shoots are always such a creative experiment. Social, public life is so important. I even enjoyed our purity hours. I love all my spiritual friends very much and beautiful golden temples, Kiev-Pechersk Lavra. I am happy that I lived in Kiev for 18 years now. My family lives in Kyiv. And although I often travel, in my heart Kyiv is the most magical place. Kyiv, you are invincible. I believe in our victory! Happy Birthday !!!

May 31

It's already midnight. And I am again in an active phase, when I think a lot, plan, read, teach.



New technologies I was always interested in, especially when I moved to the USA, and married an IT specialist. Before the war, my husband and I opened a company <https://www.lotus-innovations.net/>

The mission of the company is to help with the development of Ukrainian and European startups in America.

I am very pleased that one of my first clients was Alexander Konovalov with his very important and unique technology for transcribing, translating and dubbing video content into 69 languages.

The war changed everything. The first step was to save people and help. But no one canceled the business tasks.

Management of Vidby project took an uncompromising public position and refused to provide service to the Russian market.

A lot of work has been done to support Ukrainians in the information war.

On our website we have created a separate area for international information support.

I invite everyone, especially the leaders of public associations, who are looking for international funding, who want to convey to other emerging countries to use the technology.

Also everyone who is abroad, my dear blogger friends, popular personalities, your news, posts, video appeals can be quickly and efficiently translated and dubbed into any language. You will be able to open a new market. I had my share of language related misunderstanding in my life. Life in Poland, life in Barcelona, Spain, Catalonia, Poland. Now my life is in

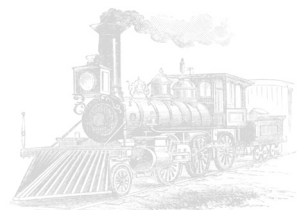


Wild West and I

the US. To everyone who is looking for an interesting team and work, we are looking for sales people in different countries. Let me know if you are interested. Also write to me personally, I will share the details with you.

If you like this project and want to become a shareholder of the company, let us know.

<https://vidby.com/ref/lotus-innovations>

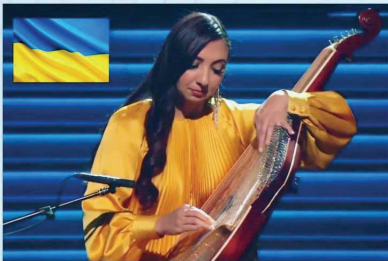




Durango



Siuzanna Iglidan



**You're
Invited**

To : Meet and Greet with Grammy
Performing Artist, Siuzanna Iglidan
for
Live performance preview of four of
her songs from her upcoming album,
"Expressions of the World"

at Himalayan Kitchen

Event Room, Saturday, May 14th @ 6:30 PM

Siuzanna Iglidan will perform a few of her songs to share her love of Ukraine and Ukrainian national instrument Bandura. As a part of the fundraising event, audience can participate in a silent auction and bid on art pieces by local artists. Admittance is free. Donations are welcome. The event is sponsored and organized by Intellectual Leadership, 92.9 The Point, Himalayan Kitchen and Global Musical Bridges. (For more details go to www.intellectualleadership.com)



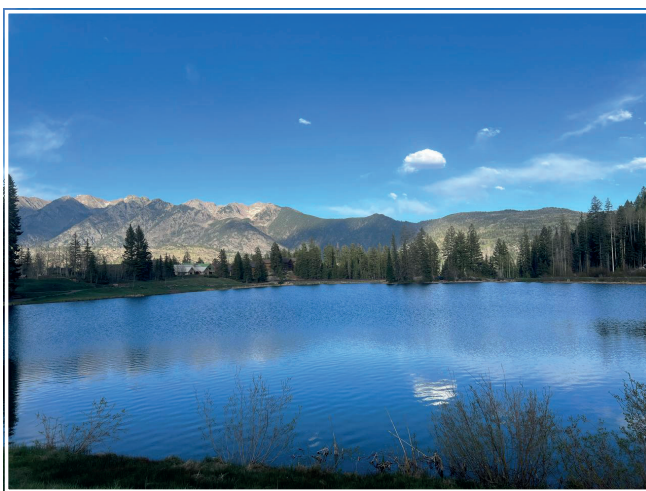


Purgatory





Durango



Purgatory



JUNE 2022

June 1

I invite you to my YouTube channel. I am very happy that I had the opportunity to interview the legends of Odessa. Musicians @Siuzanna Iglidan and Pavel Vayman. All my dear Odesites who love jazz and good music, of course you remember him. I am happy that communication with legends is possible. I love interesting people. If you want to send him greetings, or a tribute, we are ready to help with this. And yet, there is such Buddhist wisdom, pay attention to older people, with this, you sow good seeds in your love and family life. Help single people, men, women, it works. An example of this is my relationship with my husband.

June 2

20 years of legal practice. Is it a lot or a little?

It includes immigration to Spain and remote management of my law firm, establishing legal partnerships with Spanish legal partners. Satisfied customers in Spain.

Now there is a new stage in my life. I am in the US for two years already. Of course, the legal business is

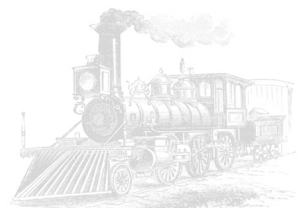


very specific, not many things can be said. Privacy is part of the business. But I want to share partnerships. Dennis Pivniak and I met when I was lecturing at our Law Academy. ELSA, the organization that I founded back in 2010, organized a conference. My lecture was about copyright in co-production, filming by teams from different countries.

Then we became friends. We even worked together on a case trying to protect a Ukrainian software engineer in conflict with Facebook. My client was seriously threatened. But we were to win the argument without taking this case to court. Denis is now a lawyer. He helped me with my immigration paperwork. I can always turn to him for help. We have a common love for trademark and copyright. But the main thing is love for customers, mutual respect.

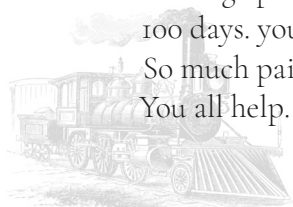
I am very happy that I can find cool partners and a cool team. Siuzanna Iglidan is a very special person for me. I am very happy that I can qualitatively help my friends in legal matters in America. Please contact me if anyone needs it. The Ukrainian office is open.

It is important to mention that we still offer accounting services, our accountants continue working during the war. The legal body of a business is a very fragile and important thing. We always treat our clients with understanding. We are waiting for you at the live broadcast with Denis.



June 4

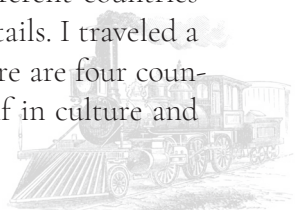
100 days of war
it's a lot or a little.
Seems like the heart of the earth
Broken and shrunken.
No, not pity, but sadness.
What's up, blackcurrant.
All squeezes only you
And hunger is everywhere.
You live, the soul sings
In a moment the soul cries
And the fire that so warmed everyone,
burns you all.
And there is no strength to write about the pain.
Mariupol. Babe.
Even in scary movies you
Creepy candy.
You do need to live. You live,
Only a dream, as if in locks.
Is not coming,
You do not sleep, even though it is necessary,
sweetly.
You live, you eat, you swim,
But the Soul cries.
Instantly and the heart, like a string,
Everything plays like that.
Tearing apart and hurting.
100 days. you don't know.
So much pain on earth.
You all help.



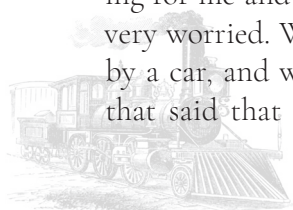
And I want to dream.
About the earth, about the sun,
About beautiful cities
What is visible from the window.
I know she will come.
Ours is only victory.
I believe it's all a game.
Between darkness and light.
You too, I'll tell you.
Happiness in every breath.
You live! And that means you!
The part that is only from God.
Maximum, go shine
You can't hear.
If God said go.
So you will hear.
You freeze with me now
And feel God.
There is only love in the heart.
Happiness, not anxiety.

June 8

I did not think that the direction that I chose for myself as a coach and expert, assistance in adapting to immigration, would be in such demand now. I planned to make broadcasts in different countries with my loved ones to discuss the details. I traveled a lot, to a more than 70 countries. There are four countries where I deeply immersed myself in culture and

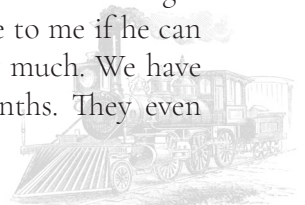


built personal and business relationships. We will discuss the general difficulties and ways of finding solutions, as well as individual ones. Let's start with a very interesting country, by the way, according to my observations, it helps refugees the most — Germany. I first came to Germany at the age of 20. Birthday gift for parents. A trip to Uncle Sasha and Aunt Tamara, cousin Yulechka. I love them. My dad's second cousin. It was so cool. Keep in mind that this was in 2000. My first long trip abroad, over a month. New culture. Firstly, my mother and I flew to Berlin, and our friend met us at the airport and invited us for a coffee. At that time I didn't understand this drink at all. I thought it was disgusting. And asked for a tea instead. I found out in Europe, people drink coffee with a pastry in the morning. Then we went to the train station, they bought a ticket for us, and my mother and I sped off on the train. I was still indignant why we were not met by car. We arrived at our destination but no one meets us there. No one had mobile phones then. And neither I or my mother spoke German. We find some people who spoke Polish and my mother speaks Polish since she was a child. They were able to understand us and explained that arrived at a wrong Zarbrucken. Apparently there is more than one city called Zarbrucken in Germany. There was a silence and shock. We called Aunt Tamara, who already informed police about us missing. And they were looking for me and my mother at all train stations. I was very worried. We arrived late at night. We were met by a car, and what struck me, there was a road sign that said that frogs should not be run over. Here's



a sign. My aunt explained to us that there is a time when frogs cross the road and at this time you need to be careful and watch out for frogs. Our town was on the border with France. And of course, France has a special attitude toward frogs.

I had many more adventures in Zarbrucken. Even going with my sister to her German school. Where, shockingly to me, students climbed over the desks, with their shoes on. Julia is a smart girl. My aunt asked me to tell my sister, a student at school, what kind of books they read in literature class. Julia happily told the topic of the essay that she was asked: "relationship when dad raped daughter." Mom and I were in shock. Aunt kept silent meaningfully. These are the topics they read about and discuss in literature classes at German schools. I was also struck by the appearance of women. They mostly had short haircuts and tattoos. Lots, lots and lots of tattoos. Now, I perceive it as part of the culture of Europe. But all this was very different from Kharkiv and Bershad, where I am from. Of course, we thought about immigration to Germany and even had opportunities to do it. But I had such amazing prospects in Ukraine. Mom flatly refused any kind of immigration. And I realized that I want to live only in Kyiv. Did I travel to Germany again? Did I travel to Paris, where we were robbed. I will tell you about this in the story about France. During the outbreak of the war, a member of the JCI Germany Michael Schwarz helped me a lot. He even brought me back to JCI. He constantly wrote to me if he can help me in any way. I love him very much. We have become so close in these three months. They even



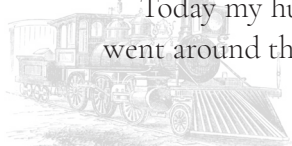
created a WhatsApp group, that now has more than two hundred people. A lot of people passed through his and my hands, whom we helped settle in different countries. When I could sleep one night, I contacted friends in Europe and we coordinated transportation of people from Ukraine to safe locations in Europe.

June 9

Today, I once again remembered how important it is to share my experience and help. A lot of my close friends are depressed. I'm getting ready for the concert. I am singing again. After stressful business conversations, you switch to breathing and abs, to chanting. It is my island of happiness. My voice coach Sasha told me about a guy from her group who is on the front line. A kilometer away, a tank fires at them. He says goodbye to life, and says that they will not survive. Then, we begin to sing. How can one stay sane in the middle of all this. He is a musician, he is not a military man. Why should the children of the earth die? And then, a friend says that her sister had just moved to Kyiv. She had just moved into a new apartment and her house was shelled. And there is no work and stench, ashes near the house.

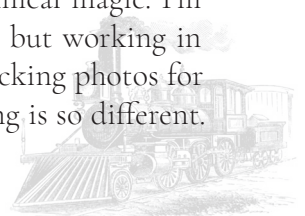
The European Congress of JCI has begun. There are now leaders, people who helped me.

Today my husband came home from work and we went around the city to distribute posters.



The heat was unbearable. The only thing they wanted was to go home. And then again writing emails, making calls, working on our website, painting. Yesterday I painted thirteen paintings — eight small ones, four medium ones, and one large one. Today I finished two big ones. Besides the fields and the sky, today there were a lot of red poppies. I don't know how my works will be perceived. I am in negotiations with the gallery in Telluride. For me now, this is very valuable. And also, the colors do not let me go crazy. I talked to a friend who is a victim of domestic violence. She is also not receiving child support payments from her ex-husband. It was so hard for me to even look in the direction of family law. Of course I want justice to be served. Everyone gets karma. But is this something that I want to do? I had empathy since I was a child. I wanted to hug and give hope, share healing methods. The musician will survive. I am sending good vibes and energy. They thought Ukraine will surrender completely in three days. There is also magic and faith. I painted poppies in some kind of chaos. Especially the sky. There was a feeling that my hands knew. And they have been doing something with their confident movements for a long time. You know, I'm happy. I, like in childhood, sing and paint.

Today we broadcast a video for my English speaking clients. Magic of Vidby — automatic video translation and dubbing. By the way, I am happy that I am a part of this team. I love technical magic. I'm not only about dresses and makeup, but working in the heat. Today I spent two hours picking photos for printing. Here in America, everything is so different.



Tomorrow we will put up an exposition. Yesterday we bought frames for the photographs for the exposition. Every photo is a little life, an art object. But will there be an auction? Will people want to buy photographs of the ruins?

That's why I paint very bright. You can buy them and have a piece of my sunny Ukraine.

And Volodya himself asked to teach him a Ukrainian song. I explained that he is Lithuanian. The Ukrainian language is surrounded, is only with me. He loves Varenichki so much. especially after the words "Whom will you live with my dear when I die? With your best friend, dear, my black-haired beauty"

In matters of adaptation, speech communication plays an important role. Especially if in your country you were a popular personality. With the change of a country, it is possible to be a famous blogger in a new market. And Vidby technology can help you dub your video content in a new language. Public activities in modern conditions in Ukraine needs international cooperation. Video has always been the best tool.

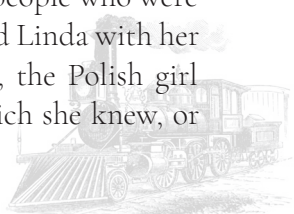
Therefore, I am glad to inform you that we are looking for public figures who need video translations for cooperation. For any questions write to me in private.



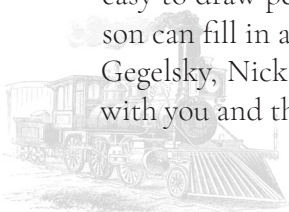
June 13

Exhausted but creatively content.

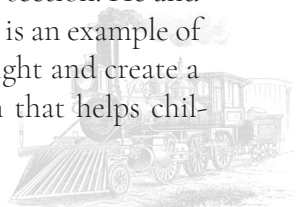
We did an event, a photo and art exhibition. I don't get more adrenaline than from general preparation, strategy, planning. You choose the day of the action, analyze and prepare. It seems that the date is ok, and the time, and the place, and radio advertising and then you get ready. You make a decision after decision. You communicate, and then the designer makes changes to the poster design like three times. And then you paint fifteen paintings in one day. And four more the next day. No, it's not difficult for me, but it is a lot of work for Volodya who has to make a stretching frames for canvas and I need to inspire him, after he comes back home from work. And every time I am grateful for everything he does. I love, respect and fall in love with him again and again. We prepared the exhibition in three days. I am the only Ukrainian in the city, together with my husband from Lithuania who has Ukrainian roots. I got up early. We had coffee and we hung photographs and paintings on the wall. At 11 AM everything was completed thanks to Volodechka. There were no people till 12 at all. A week of advertising on the radio and informational posters and no one showed up on time. Then people began to come in. My heart almost jumped out of my chest. I started talking to people who were coming into the store. Then my friend Linda with her Polish friend stopped by. You know, the Polish girl and I did not switch to Russian, which she knew, or



to Polish, instead I spoke English. On that same day, there was an event downtown involving gay rights and liberties. So we were also supported by gay people who made a donation in return for a few photographs from Ukraine. It is hard to describe that day. I honestly expected something different. Fundraising is such a delicate sensitive organism. Each action costs the organizer his mental state, his peace. Seven people took part in this project. For lunch, we went to eat at a Mexican restaurant with Dianochka. She recently graduated from Durango High School and was preparing to go on a trip to Mexico to the ocean. Here it's like going to Odessa. She prepared eight swimsuits. It is so nice being a carefree teenager. Then we got back and Kathleen Adams, our friend who already made a sizable contribution to our fundraising efforts, stopped by. We discussed a lot. She said that she was in the delegation that was in Russia in the early nineties and met a legendary Soviet cosmonaut Valentina Tereshkova. I was mesmerized by her eyes, piercingly blue and bright, and very kind. She filled me with so much gratitude today. She said that Russian people are good and that the leadership and political elite of Russia are to blame for the war. And she supported us. and that was honestly the climax of our event. She bought my painting for \$500. For me it is very important. We went home and I swam for two hours in the pool and spent an hour in the salt bath. It is not easy to draw people to your events. But even one person can fill in and help people. Great thanks to Taras Gegelsky, Nick Fedirko, Dmitro Kozatsky. We did it with you and thanks to you.

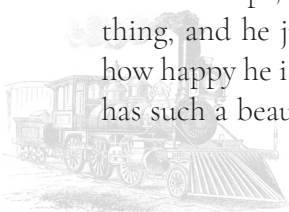


My friends, I really dreamed of moving from Durango to a bigger city. A year ago, I discussed it with my personal coach and I wrote this in my plan. And so it happened. We decided to move. The problem was with my man's work, but he agreed to work online. My close friend Oleg Maslov told me that an apartment is being rented under them and at the same time we filled out all the documents. Now we are going to live side by side. The apartment is on the 1st floor and Lucas is leaving with us. He will be comfortable on the grass near the house overlooking the canal. I worry. I'm leaving on July 28th. This is definitely not the last move in my life, but it is a beginning of a new life. Of course I loved the Wild West life. These kind, friendly people. These beautiful mountains and arid climate. Huge cups of coffee. You know, I really love my legal work. Meet your incredible clients. These are famous musicians, artists, film actors. A special line for me was coaches, psychologists, spiritual teachers — very wise and intelligent people. That's what I missed the most. Now there is a new period of my life starting. Durango taught me to get off the ground and not be attached to the place where I live. Expand to the maximum. But then I met Karma Bothia. This incredible person who helped me and Volodya so much. The way we met when I wanted to find a way to build a Buddhist stupa in Durango. Then he offered his incredible support my film festival. His film about his trip to Nepal participated in a documentary section. He and his wife Jaumu became my family. He is an example of the American dream for me. Travel light and create a business and community association that helps chil-



dren and schools in Nepal. He is a teacher, a friend, and a very creative person. He is a mentor and I will miss him very much. I have never in my life received such unconditional support in everything. Every time we visited him, he wanted to feed us. It helped especially in the first days of the war. It was very scary and painful. With his support, our first action was very successful. Tickets sold out and there were a lot of people.

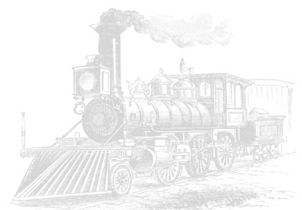
What has life in Colorado taught me. I love the mountains, the river, lake and our spring. I love the forest, mushroom hunting. I saw a new diversity of the planet. A different shade of life. Durango-Silverton railroad with its history and museum. I remember my first real mountain hiking without water with Tanya Nikitina and Ilona. When I saw this endless landscape, harsh nature. But it also has its own beauty. My place for romance and weddings is the Broadmoore Hotel. Most importantly I realized who I am here. I started to live differently, thanks to my husband. I love to paint. I just leave all the doubts and start creating. I felt a huge freedom from the fact that I decided to do my own concerts. My voice returned to me along with my husband's faith. When we change lives, we usually lose a lot. But at the same time, we gain something completely new. Scottish festivals, love and devotion of our dog of the Collie Lucas breed. When I know how he sleeps, and in the spring he dreams of something, and he jumps a little and his leg shakes. And how happy he is when we walk together with him. He has such a beautiful loving heart and tenderness and



Wild West and I

he likes to lick my hand or foot and he likes to sleep by my side of the bed. This is a special love.

The war continues. I will continue to make actions and look for ways to help and will continue looking for people who want to work with me. I know my friends will stay here in Colorado. I know that I can always come back here. The adaptation was successful. My message to you — if you are currently in a difficult situation in another country, appreciate the new beauty of your life and just try to fall in love with something completely new and incredible like I fell in love with Colorado.





Durango









www.intellectualleadership.com

INTELLECTUAL
LEADERSHIP

HELP UKRAINE

FUNDRAISING BUFFET SILENT AUCTION



🕒 June 25, 2022 at 06:00 PM

📍 Himalayan Kitchen
(Event Room)
992 Main Ave, Durango,
CO 81301

PHOTOGRAPHY BY:



Dmytro Kozatskyi
"Orest"
Eyes Azovstal



Taras Hehelskyi
Children's dreams



Nick Fedirko
Painful Loft · Terrible Art
Indomitable spirit
Childhood · Why?

UKRAINIAN FOLK SONGS
PERFORMED BY ALENA
AND VLADIMIR KOSHEVOY

BUFFET SERVED BY
HIMALAYAN KITCHEN

EXHIBITION OF PAINTINGS
AND PHOTOGRAPHS



& **Yaremchuk**
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Alena Yaremchuk-Koshevaya
Independent Ukraine in Colorado

PHOTO EXHIBITION / ART AUCTION

HELP UKRAINE!

📍 VAPE Durango
1019 Main Avenue
Durango, Colorado 81301

🕒 June 23, 2022 at 5:00 PM

PHOTOGRAPHY BY:



Dmytro Kozatskyi "Orest"
Eyes Azovstal



Taras Hehelskyi
Children's dreams



Nick Fedirko
Painful Loft • Terrible Art • Why?
Indomitable spirit • Childhood

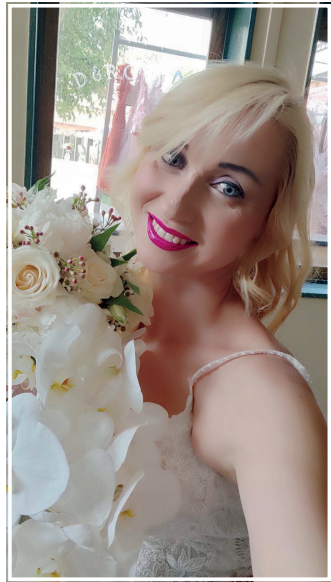
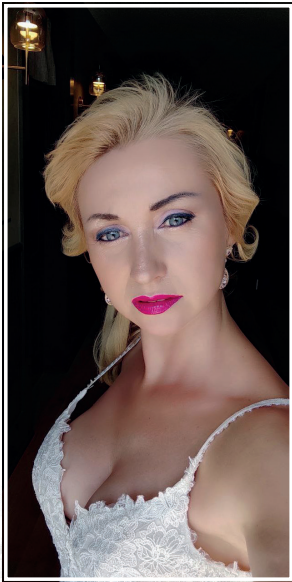


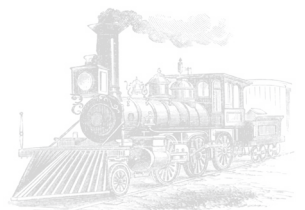














*Paintings of the series
«Independence of Ukraine from Colorado»*

