

20

ANNUAL
REPORT

help us help

19

Our Mission

We provide the tools and training that allow disadvantaged children to realize their dreams; that allow war-torn families to live their lives free of scars; that afford war-affected veterans the opportunity to again become fully contributing members of society. Our camps for disadvantaged children and rehabilitation sessions for war-affected families and veterans are run jointly by Canadians and Ukrainians to allow the bilateral transfer of skills, knowledge, and experience, and to strengthen the historical bonds between our nations.

Our Values

Courage and Compassion: The courage to shape a better future through compassion.

Leadership and Learning: Leading assertively and respectfully, with an everlasting thirst for development.

Adventure and Accountability: Seeking growth through adventure and remaining ultimately accountable.

Our Vision

Our organization aspires to be the trusted charity of choice for individuals in Canada and abroad who are passionate about delivering Ukraine humanitarian aid and education to ensure a prosperous future. We aim to deliver our donors consistent returns in the form of improvements in the state of Ukraine humanitarian affairs and to build awareness in Canada. We envision a Ukraine free from institutionalized children, free from the wounds of war, and free to develop its own path to prosperity. In Canada we envision a strong and prosperous multicultural federation that is committed to strengthening the future of a great country in need.

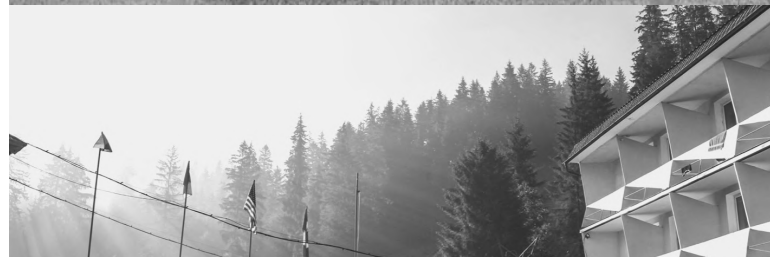


Table of Contents

2 *A Note from Our Founder*

3 *Our People*

6 *Activities & Projects*

15 *Achievements*

20 *2019 Donors*

24 *Financials*



A Note From Our Founder



Thank you for taking the time to read about our organization, *Help Us Help*. Our staff and volunteers are passionate about improving the quality-of-life of vulnerable populations across Ukraine.

The adoption of a child in 1992 sparked the creation of our organization and the establishment of on-going humanitarian projects including: Summer and Winter Camps, Scholarships, and "The Return" for Veterans.

Since 1996, over 12,000 children have attended our camps. In 2019, 89 children attended our Annual Winter Camp and 187 children attended our Annual Summer Camp. For volunteers, it is a lesson in service and humility, and can be life-changing. For the children, it is an incredibly impactful moment in their lives to spend time with role-models from the other side of the world who truly care about them.

Too many children with great promise fall through the cracks and end up on the street, in prison or in the sex trade. Our Scholarship Program gives some of them the opportunity to pursue a post-secondary education without the worry of earning an income. In 2019, our Scholarship Program supported 28 students and provided them with the opportunity to partake in both of our leadership and life-skills building retreats throughout the year.

Help Us Help additionally supports veterans of the war in Eastern Ukraine and their families through the project "The Return". In 2019, hundreds of veterans and their families attended on-going weekly support group meetings that were focused on promoting growth and development of individuals suffering from trauma.

These were just a few of our major successes in 2019 thanks to the generosity of people like you. Please read on to learn more about the work we have done over the last year. We will always be grateful to everyone who has helped us make such a big impact in Ukraine over the years. Together we are changing the lives of so many!

A handwritten signature in blue ink that reads "R. Wrzesnewska". The signature is fluid and cursive, with a large initial "R" and a stylized "W".

RUSLANA WRZESNEWSKYJ
FOUNDER, HELP US HELP

Our People

Previously a volunteer-led organization, *Help Us Help* has grown to involve the collaborative efforts of its tireless volunteers, partners, donors, community, and Board of Directors with an administrative staff to continue its ongoing efforts to support Ukraine's vulnerable populations.



Board of Directors

The *Help Us Help* Board of Directors is comprised of Canadians with significant on-the-ground experience in Ukraine, a passion for charitable work, and a dedicated and responsible mindset.

- RUSLANA WRZESNEWSKYJ
- JOHN W. MOSKALYK
- PETRA WRZESNEWSKYJ-COTTRELL
- MARK KELLER
- ANDREW POTICHNYJ
- DANYLO SPOLSKY

EXITING BOARD MEMBERS:

ALLA GALYCH AND ANKA WRZESNEWSKYJ-COTTRELL

Our Staff

Help Us Help Staff - Canada



Krystina Waler
Interim Executive Director



Anka Wrzesnewskyj
Senior Program Coordinator



Kira Antonyshyn
PART-TIME
Communications & Development Officer

At the end of 2019, *Help Us Help* brought-in an Interim Executive Director, a Senior Program Coordinator, and a Part-time Communications & Development Officer to address some of the new governance and program changes the organization was planning.

New Generation ICF Staff (МБФ Нове Покоління) - Ukraine



Tanya Bednarczyk
Country Director



Viacheslav Povsha
Executive Director



Ihor Paterus
Program Assistant

The office of our sister charity, New Generation International Charitable Fund, in Ukraine is comprised of both Canadian and Ukrainian staff. This team plans and implements projects on the ground while establishing and maintaining relationships with our Ukrainian stakeholders.

Volunteers

Volunteers are the lifeblood of our charity and the reason for the continued success of *Help Us Help* projects. Our volunteers have impacted the lives of vulnerable populations in Ukraine by providing mentorship, compassion and a listening ear. In Canada, they work hard to raise awareness and funds for the programs that provide these populations with the skills they need to lead a successful life.



Help Us Help 2019 Volunteers

Kira Antonyshyn
 Maria Antoniv
 Christina Arsenault
 Nick Badiwsky
 Tanya Bednarczyk
 Jacob Binnema
 Uliana Bilash
 Tamara Bolotenko
 Katerina Brusentsova
 Larysa Campbell
 Daniel Centore
 Alexa Chartchenko
 John Chepesiuk
 Olena Darewych
 Ali Daschko
 Diana Derhak
 Max Derhak
 Chrystia Diaczun
 Bohdan Dolban
 Maxym Dubczak
 Dmytro Dutka
 Kaitlyn Dryden
 Viktoria Dzuryk
 Alla Galych
 Oleh Gula
 Mariya Haponenko
 Larisa Hayduk
 Alexa Hecht
 Renata Hewryk
 Jillian Higgins
 Oksana Hrycyna
 Talya Inbar
 Slava Iwasykiw
 Andrew James
 Anya Jacyniak
 Roman Kalyniuk

Yohan Kim
 Mark Keller
 Anya Kobylansky
 Emmy Lebed
 Martin Lebed
 Tamara Lebed
 Sonya Lovell
 Victor Malarek
 Vittorio Masellis
 Marichka Marczyk
 Mark Marczyk
 Alyssa Martschenko
 Sofia Maruschak-Love
 Marta Masnyj
 Oresta Masnyj
 Tatianna McHardy
 Konstantine Men
 John Moskalyk
 Taisa Mysakowec
 Ksenia Paliczak
 Natalia Pankiv
 Alexa Pavliuc
 Areta Pawlynsky
 Marta Perehinets
 Sonya Potichnyj
 Andrew Potichnyj
 Lily Potoczny
 Alexander Reay
 Lydia Ruzycky
 Nika Ruzycky
 Oksana Sawras
 Liam Schalomon
 Sandra Sciangula
 Tuscia Shmorhun
 Arianna Silecky
 Danylo Spolsky

Ola Sturik
 Eric Stratechuk
 Uliana Tomiuk
 Christine Turenko
 Stephanie Turenko
 Anya Tylko
 Markian Waler
 Tania Waschuk
 Christina Wertelecky
 David Wilkinson
 Marta Witer
 Zorianna Workun
 Hope Wright
 Alex Wrzesnewski
 Tamara Wrzesnewski
 Ruslana Wrzesnewskij
 Anka Wrzesnewskij-Cottrell
 Petra Wrzesnewskij-Cottrell
 Vasyly Voronovsky
 Cassandra Wysochanskyj
 Danusia Wysochanskyj
 Julian Wysochanskyj

Special mention: Operation Unifier
 Canada - Canadian Armed Forces



Thank you !

Activities & Projects

Winter Camp - January 2019



Our Annual Winter Camp took place in Vorokhta, Ukraine from January 2-12, 2019, where we welcomed 89 children from residential institutions across Ukraine. Our staff and volunteers provided a safe learning environment and a magical atmosphere, as campers experienced many activities for the very first time --- Ukrainian Christmas, carolling, skiing and snowboarding at the Bukovel Ski Resort, Malanka, and a variety of traditional workshops.

**A huge thank you to Bukovel Ski Resort who welcomed all of our campers to their incredible facilities free of charge.*

Camp Name: Sky and Ground

Назва: Небо і Земля

Camp Slogan: (In Ukrainian).

Гасло: Різдвяна зірка в небі сяє,
Нове Покоління колядку співає.

Небо і земля а Карпатах лунає,
Це Україна Різдво зустрічає!

25th Anniversary Gala - May 2019

On May 3rd, 2019, at the Berkeley Church in Toronto, we celebrated our 25-year milestone with a gala featuring interactive and informative installations about our work in Ukraine. Our special guests from Ukraine - graduates of the residential institution system - spoke about the impact the organization has had on their lives, and our partners from the veteran NGO 'Pobratymy' spoke about our collaborative work. In total, \$80,000 CAD was raised to support *Help Us Help Summer Camp 2019*.



Activities & Projects

Scholarship Students in Canada - May 2019



Throughout our Summer and Winter Camps, we encourage the most promising and motivated youth to apply to be part of our Scholarship Program. All applicants go through a competitive process and are selected based on specific criteria. To date, over 300 children have been given the opportunity to pursue a higher education with the support of *Help Us Help*.

In May 2019, *Help Us Help* had the pleasure of welcoming eight deserving scholarship students and alumni to Canada to attend our 25th Anniversary Gala, share their stories, and experience Canada for the first time. This was an unforgettable experience for both our students and for the donors that make this Scholarship Program possible.

"A big thank you for welcoming us in Toronto. I never imagined that I would get to visit Canada, however, a small dream of mine came true, and I was able to celebrate the organization's 25th anniversary. I am very lucky that I was able to meet with friends new and old and experience Canada. I am very thankful to everyone who made this visit possible for us scholarship students and alumni."

- Anataloii Marchenko, Donetsk, Ukraine



Activities & Projects

The Veteran Program

NGO Pobratymy in Canada - May 2019



In May 2019, as part of our 25th-Anniversary Celebration, *Help Us Help* hosted representatives of the Ukrainian *NGO Pobratymy* in Toronto and Ottawa.

Ukrainian combat veterans and trainers Andriy Kozinchuk and Igor Kholodylo travelled to Canada as part of the delegation for the Gala Celebration where our joint re-integration and adaptation program for Ukrainian war veterans and their families *The Return/Povernennya* was showcased.

Later that week, in an opportunity organized by the Ukrainian Canadian Congress, the group travelled to Ottawa, where they met with the Ministry of Veterans Affairs of Canada, the National Headquarters of the Royal Canadian Legion, the Military Family Services Organization, numerous Members of Parliament and other NGOs that assist veterans in their transition from active duty to civilian life. The group exchanged information with Canadian experts and explained the situation concerning veterans in Ukraine. Canadian contacts were made that offered to advise on programming for veterans in Ukraine.

Help Us Help also had the pleasure of hosting a very well-attended community meeting in Toronto, where *Help Us Help* and *NGO Pobratymy* presented our joint project.



Activities & Projects

Summer Camp -July/August



July 31-4: Pre-Camp Training /Vyshkil

Vyshkil took place for the five days prior to the camp. New and old volunteers, as well as new caregivers from residential institutions, orphanages and group homes attended the training (39 people in total). Various team-building sessions were held, and the camp program was discussed extensively, in order to create a cohesive group of leaders to carry out the program for the next two weeks. Simultaneously, a group of volunteers was building and setting-up the tent camp. In 2019, roughly 35% of adults were new to our camp and program so the pre-camp training component was critical for both understanding and team-building.

August 4-18, 2019: Camp

Camp Theme: Unforgettable Times/
Незабутні Часи

Camp Slogan: Нове Покоління
вивчає минуле – крокує вперед і
майбутнє буде!

Camp Participants: 187 including one
displaced Crimean Tatar, four children
of fallen soldiers, 20 children of a
parent currently serving in the ATO.

The 24th Annual Summer Camp was held at the Avanhard Sports Base in Vorokhta and in "Pihy" Tatariv, both in the Ivano-Frankivsk region of Ukraine.



Activities & Projects



The majority of the children (112) were located in the secluded Pihy tent camp. The remainder of the children (75) were at the Avanhard base camp. The program at Pihy continued its tradition of intensive leadership skill-building activities. *Help Us Help* strives to attain a balance in all aspects. This means mixing-up children from Ukrainian and Russian speaking orphanages, group homes and residential institutions, children from different regions in Ukraine, new and past campers, and children with different abilities and strengths into smaller groups for the duration of camp.

Second Eye Care Mission - Summer Camp 2019



For the second time, students from the Volunteer Optometric Services to Humanity (VOSH) - Waterloo Chapter under the guidance of Dr. David Wilkinson, attended camp to examine the eyes of children and their caregivers. As approximately 25% of campers are returning from previous years, some children had been examined previously. Almost 50 pairs of glasses were distributed by the end of their mission. Canadian VOSH Students: Jacob Binnema, Alexa Hecht, and Christina Arsenault.



Activities & Projects



MacEwan University Summer Camp 2019

Since 2016, *Help Us Help* has been in partnership with *MacEwan University's* "International Community Service Learning Course" in Edmonton, Alberta. This collaboration involves eight university students, led by professor Larysa Hadyuk, travelling to Ukraine to act as counsellors and workshop leaders at our annual *Help Us Help* Summer Camp. This summer, some of the workshops they ran included: line-dancing, predator and prey, yoga, shelter-building and coding.



Upon arrival in Ukraine, the *MacEwan* team spent a week learning the Ukrainian language and culture at the *Ukrainian Catholic University (UCU)* in Lviv. Two UCU interpreters then travelled with the group to our Summer Camp to alleviate the language barrier between the *MacEwan* students and our campers.



In total, 16 *MacEwan University* students have participated in *Help Us Help* Summer Camp Programs and we look forward to having many more.

Activities & Projects

Scholarship Students' Meeting - October 2019

Help Us Help's Scholarship Program assists orphaned children, children of fallen soldiers and disadvantaged children in obtaining a post-secondary education in Ukraine. The program eases financial burdens for students and organizes annual mentorship and life-skills building seminars to assist in their development.

Prospective students apply to *Help Us Help* and undergo a competitive screening process. Scholarship students are chosen based on leadership, scholastic merit, extracurricular activities, and their commitment to a positive lifestyle.

The first scholarship gathering of the 2019/2020 academic year took place at the beginning of October in Kyiv, Ukraine. Twenty-eight candidates (nine of whom were returning scholarship students) were present at the day-long seminar.



The program consisted of opening remarks from *Help Us Help* President Ruslana Wrzesnewskyj and Scholarship Alumnus Kostya Halak, followed by an introduction and overview of the program by current Scholarship Coordinator, Viacheslav Povsha (also an alumnus of the program). The new Scholarship ATO fund was also introduced to the audience.

Candidates participated in various activities to get to know each other better and to better understand their role as a potential scholarship recipient. The day was filled with different workshops including career planning, time management, setting goals and self realization. By the end of the evening, 28 students signed a contract to become scholarship recipients including four children of fallen Ukrainian servicemen.

Activities & Projects

Scholarship Students Retreat - November, 2019



Our second scholarship students' retreat of the 2019-2020 academic year took place in Vorokhta, Ukraine between November 7-11, 2019. 23 out of the 28 students were present, along with 5 alumni of the program, 3 Kyiv staff members (2 of whom are also alumni of the program), a Kyiv-based psychologist, and a life coach from the United States.



The main goals of the retreat were:

- To collect data and statistics about our new scholarship students for our stakeholders by carrying out assessments prepared by Olena Darewych, PhD. A full report will be completed and shared in 2020.
- To identify psychological, emotional, and behavioural issues and provide recommendations on how to address these issues.
- To strengthen support networks and friendships by providing a safe, inclusive retreat environment.
- To encourage teamwork through group activities.
- To empower our students and encourage responsibility and independence through student-run programs and by the presence of scholarship alumni.



Activities & Projects

Winter Camp Fundraiser - November 2019

Our Annual *Help Us Help* Winter Fundraiser took place on Saturday November 30, 2019 in Etobicoke, Ontario in support of sending a child to Winter Camp in 2020. Nineteen *Help Us Help* volunteers donated their time to making sure the event was a big success. Thanks to the 145 people who attended and to those who donated to our Annual Fundraiser, we were able to raise \$14,000 CAD. These generous donations helped to grant the holiday wishes of 91 vulnerable children in Ukraine.



Baby Care Initiative



Help Us Help's Baby Care Initiative supports our program participants not only while they are living in Ukraine's orphanages or residential institutions, but also in their transition to adult life.

Many past campers and scholarship students contacted *Help Us Help* when they were starting families of their own to ask for help. As a result of the demand, *Help Us Help* packaged and mailed gently used baby items donated in Canada to families in-need to help curb some of the large expenses that come with having a child.

In total, 65 packages were mailed last year with a value of approximately \$13,000 CAD.

Achievements 2019

HELP US HELP REBRANDED!



New Name. New Logo. The same commitment to our values.

Our team and volunteers have gathered and packed a lot of boxes of supplies to send to Ukraine over the years. The tape on the box is what held it all together. It continues to be a symbol of the community's strength and ongoing effort to support Ukraine.

Achievements 2019

HELP US HELP X BALAKLAVA BLUES MUSIC VIDEO

Mark and Marichka Marczyk are the voices of Lemon Bucket Orkestra and Balaklava Blues. They have won countless international awards (Doras, Canadian Folk Music Awards, Amnesty International Freedom of Expression Award, etc.) and accolades (New York Times, Globe and Mail, Toronto Star, etc.) for their work, particularly Counting Sheep, an immersive guerrilla-folk opera that tells the story of how they met and fell in love during the 2014 Revolution of Dignity in Kyiv, Ukraine.

To mark the milestone of 25 years of *Help Us Help*, Mark and Marichka Marczyk travelled to *Help Us Help's* Summer Camp 2019 with their band, Balaklava Blues, to offer a series of workshops for the campers that culminated in a surprise performance at the Arena Stadium in Lviv as part of the Ukrainian Song Project. The event itself had an audience of ~20,000 people and was televised internationally by Телеканал України to an audience of over 1 million people.

While in Ukraine, they captured many of these memorable moments on film. They have since worked hard at editing and preparing a music video that will maximize the effect of this single performance and will be used globally in the promotion of the new *Help Us Help* brand.

The video will be launched on social media and promoted with a global publicity campaign that focuses on Canada and Ukraine.

The goal was to create a memorable experience for the campers that teaches them to dream big and work hard while simultaneously teaching them that pride in their Ukrainian heritage can be cool, modern, and rewarding. By giving these kids their "15 minutes," we are instilling in them the confidence, pride, and determination to work through any obstacle they may come up against in their everyday lives. - Mark Marczyk

Achievements 2019

ANNOUNCEMENT OF THE SILVER LINING PROJECT

In 2019, *Help Us Help* launched *The Silver Lining Project* in hopes of significantly expanding the impact it is making in Ukraine. *The Silver Lining Project* has a goal of building a \$20 million endowment that will create a dependable source of funding for programs for orphaned and institutionalized children and veterans from the on-going conflict in Ukraine.

The Silver Lining Project was started on the belief that innocent children and veterans deserve a chance at a better life, and that effective reform within the these sectors is attainable. *Help Us Help* has already been successful in creating a lasting, positive impact for the past participants of their programs: graduates of the programs have attended university and college, earned degrees and gone on to hold meaningful jobs and veterans have found coping mechanisms to reintegrate back into civilian life. *Help Us Help* has witnessed, over the course of more than 25 years, that with dependable support, it becomes possible for vulnerable populations to contribute positively to Ukrainian society.

The Silver Lining Project is crucial to ensure that vulnerable children and veterans in Ukraine continue to have the opportunity to participate in programs offered by *Help Us Help*.



Achievements 2019

JIM AND LOUISE TEMERTY PLEDGE FIRST \$10 MILLION TO THE SILVER LINING PROJECT

The Ukrainian community's generous and visionary patrons, Jim and Louise Temerty, were first to announce their commitment of \$10 million dollars from the Temerty Foundation to *The Silver Lining Project* at the *Help Us Help* 25th Anniversary Gala. Thanks to their generosity, whatever winds may blow in Ukraine, the loving family of *Help Us Help* is well on it's way to being able to continue to help and serve for as long as necessary, so that no one in Ukraine is left to feel marginalized, isolated or helpless.

Throughout the years, year after year, decade after decade, Jim and Louise have always encouraged, constructively critiqued, and pushed us to go further. They have always believed in Help Us Help and the difference it did, does and could make. They are a huge part of our Help Us Help family whose caring, gentle and benevolent ways led us through all of the good and difficult times. I will never forget their kindness or generosity. I am so truly humbled, as this endowment fund will allow Help Us Help to continue its work and grow to the next level. - Ruslana Wrzesnewskyj



Top Left: Ruslana Wrzesnewskyj and Jim Temerty in Ukraine in at Help Us Help Summer Camp 2003



Bottom Left: Jim and Louise Temerty at Help Us Help Summer Camp 2003.



Right: Ruslana Wrzesnewskyj and Jim Temerty at the Help Us Help tent at the Bloor west Village Toronto Ukrainian Festival in 2019.

Achievements 2019

ESTABLISHMENT OF YOURY BILAK SCHOLARSHIP FUND

In 2017, French artist Youry Bilak and his partner Gaby published *Maidan-Donbas: History of the Future* - a captivating photobook which showcases his photography from the Revolution of Dignity and conflict in Eastern Ukraine. Proceeds from this 500-page album were reserved to provide scholarships to children orphaned by war. In 2019, we welcomed four new scholarship student to our program thanks to Mr. Bilak's fund. Each scholarship was valued at \$1800 CAD per year, over the course of four years.

"Our humanitarian work in Ukraine, over several generations, is fuelled by our desire to help our neighbours in need, in the country that our ancestors once called home. Faith, hard work and love are the ingredients of an everlasting good deed. In this case, helping Ukrainian orphans and those most vulnerable is a service to the Ukrainian people. It is our desire to try to do everything that is in our power to make the world a better place. No matter where we live, these principles are a symbol of the maturity and generosity of the Ukrainian nation.

Responding to the challenges we face in these historic times, we take responsibility in the education of future generations—Ukrainian children who have lost a parent in the war. We will also direct our attention and efforts for the proper upbringing of the younger generation by including them in public work programs, maintaining their interests and always remembering the role of the youth in spiritual and civic endeavours. Showing the new generation that working towards something will not only develop a conscious Ukrainian identity but will assure that their nation is respected all around the world. They will better understand themselves and their people!"

Ruslana Wrzesnewskyj

Help Us Help 2019 Donors

Individual Contributions:

Martha Aksim
Dr. Oleh and Anna Antonyshyn
Jeremy Antonyshyn
Anna Ardan-Steciw
Halina Arsenault
Dr. Lesia Babiak
George and Joan Babiychuk
Nick Badiwsky
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Youry Bilak
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Alexa Chartchenko
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Vera Chmilenko
Thor Ihor Choptiany
Dr. Marta Martiuk and Bohdan Chorny
Galyna Choumylo
Melania and Roman Chwyl
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Marta Chyczij
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Oksana Demchyshyn
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Orest Diakiw
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Gloria Hrabowy
Kathy Hrabowy
Bozena Hrycyna
Matthew Hrycyna
Roman and Maria Hrycyna

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Mir Huculak
Roma Lydia Huculak
John Huczysken
Larysa Hwozdulych
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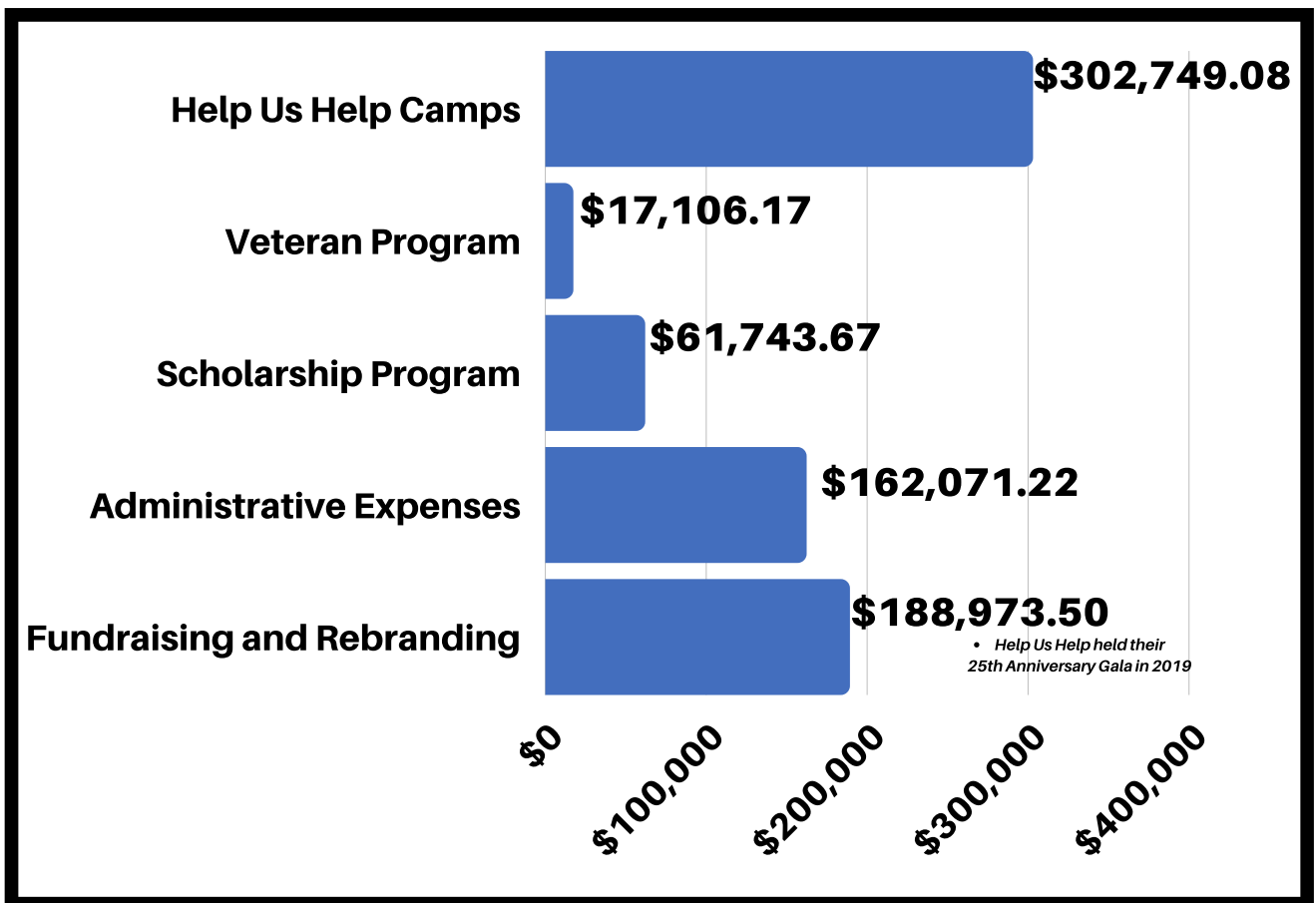
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Financials

Total Income 2019:
\$1,084,991.31

Total Expenses 2019:
\$732,660.64



Net Income:
\$352,330

**Total Assets as of
December 31, 2019:**
\$445,479.06

*Please note some large donations were directed for administrative set-up

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