



**Осередок Спілки Української Молоді (СУМ)-.....**

**Ukrainian Youth Association -**

**Третий Испит Молодшого Юнацтва**

**Third Badge Test (part 4) for Junior CYM members**

**Звідун - Zvidun**



**ІМ'Я і ПРИЗВИЩЕ/NAME: \_\_\_\_\_**

**Date:**

Інформація про початки СУМ-у можна знайти при кінці цього документа  
Background material about the history of the beginnings of CYM can be found at the end of this document.

**1. В якому році започаткований СУМ в Україні/What year was 'CYM' started in Ukraine? Зазначи правильну відповідь/Tick the correct answer✓**

- (a) 1925✓
- (b) 1926
- (c) 1935
- (d) 1936

**2. Хто був першим головою СУМ/Who was the first head of CYM? Микола Павлушков/Mykola Pavlushkov**



Микола Павлушков

М \_\_\_\_ о \_\_\_\_ а

\_\_\_\_ а в л у \_\_\_\_ о \_\_\_\_

М \_\_\_\_ О \_\_\_\_ А

\_\_\_\_ А V \_\_\_\_ U \_\_\_\_ О \_\_\_\_

**3. Скільки років мав він коли став головою /How old was he when he became the first head of СУМ? Зазначи правильну відповідь/Tick the correct answer✓**

- (a) 20 years of age
- (b) 21 years of age✓
- (c) 22 years of age

**4. Як називалася організація яку заіснували комуністи в опозиції до СУМ-у/What was the name of the youth organisation established by the Bolsheviks in Ukraine in opposition to 'СУМ'? КОМСОМОЛ/КОМСОМОЛ**

**К** \_\_\_\_\_ **Л**

**К** \_\_\_\_\_ **Л**

**5. Що сталося в Україні в 1929/What happened in Ukraine in 1929**



**6. Що сталося в Харкові в 1930? What happened in Kharkiv  
Ukraine in 1930? Чому Харків/Why Kharkiv?**



**7.Що сталося з Миколою Павлушком після 1930/What  
happened to Mykola Pavlushkov after 1930?**



**8. Хто є головою СУМ Австралії/Who is the 'CYM' President for Australia?**

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**9. Хто є головою СУМ твого Осередка / Who is the 'CYM' President in your Oseredok/Branch?**

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**10.Зложи організаційну структуру в правильному порядку/ Put together the 'CYM' organisational chart using the following pieces. Glue them onto your page in the proper order.**

Sumeniata(4-6yrs) Molodshe Junatsvo (7-12yrs) Starshe Junatstvo(13-17yrs)  
Yellow Green tie Red tie

CYM NATIONAL EXECUTIVE

AUSTRALIA

KRAJOVA UPRAVA

President 20.....:

CYM AUSTRALIA BRANCH(OSEREDKY)EXECUTIVES

Geelong Adelaide Sydney Melbourne Newcastle Brisbane Perth

CYM WORLD EXECUTIVE

SVITOVA UPRAVA

CYM World President 20..... : Andrij Bihun

Canada America England Ukraine Australia Germany France Belgium Estonia

ROJI YOUTH GROUPS(7-17 years of age)

Druzyynyky(18 -49) Seniory(50+) Bulava(Youth activity) Vykhovnyky(Youth Leaders)

**11. Прошу подати прикладів зі свого життя відносно наступних Законів Молодшого Юнацтва СУМ/Please provide an example of how you demonstrate each of the following 'CYM' rules in your own life**

**(i)ЗАКОН (10) Любити і шанувати природу.  
*Respect and care for the natural environment.***

Про що ви думаєте коли чуєте слово природа? Переважно це слова як море, небо, хмари, дерева, квіти, ярина, гори, трави, тварини, погода, сонце, місяць, і зірки. Але часто усі забувають ще одну істоту яка належить до природи - це людина.

What do you think about when you hear the word 'nature'? Usually they are words like sea, sky, clouds, trees, flowers, vegetables, hills, grasses, animals, weather, sun, moon and stars. However, often we forget another being which is also part of nature – this is people.

Господь Бог сотворив людину й кругом неї природу. Люди і природа діють разом як одна система -тобто вони залежуть один від одного.

God created human beings and nature which surrounds humankind. People and nature work together as one system – that is, they rely on one another.

Коли ми в будь яку пору року вийдемо в город або лісову природу бачимо море рослин і кольорів яких ніхто не малював. Ми чуємо музику, яку ніхто не пише а творять пташки й шум річки, вітер який свище чи гуде, море з бурхливим хвилями які ховаються аж в мушлях. А птахи і тварини також подають свої цікаві звуки та кольори крил чи шерсть. Природа може людей навчити про життя, красу і гармонію.

When we go outside to our garden on anywhere in nature, we will see a huge array of plants and colours which no one has coloured in. We hear music that no-one has written but is created by birds, the bubbling of rivers, wind which whistles and groans, the sea with its boisterous waves which hide their music in seashells. Birds and animals also provide colour in their feathers and fur and give out their interesting sounds. Nature can teach us about life, beauty and harmony.

Людина на відміну від інших явищ та істот в природі, отримала душу, можливість думати, вибирати, робити рішення й діяти свідомо.

Unlike other phenomenon or beings in nature, God gave humans a soul, ability to think, make choices and decisions and then to act with knowledge and understanding.

Люди мають певну перевагу над іншими істотами через наш розум і тому маємо й більшу відповідальність перед ними. Тому в юнацькому віці треба розвивати своє знання про природу й вчитися як її любити щоб разом створювати таке природне середовище в якому відчувалася б насолода і бажання до життя для всіх.

The ability to use our brain gives humans an advantage over other beings and this is why we have even a bigger responsibility before them. This is also why in our younger years we should be developing our knowledge about how nature works and developing our love for it so that together we can create a better world for everyone.

Everywhere on the planet, species live together and depend on one another. Every living thing, including man, is involved in these complex networks of interdependent relationships, which are called ecosystems.

Healthy ecosystems clean our water, purify our air, maintain our soil, regulate the climate, recycle nutrients and provide us with food. They provide raw materials and resources for medicines and other purposes. They are at the foundation of all civilisation and sustain our economies. It's that simple: we could not live without these "ecosystem services". They are what we call our natural capital.

It is necessary to keep our environment clean because we get fresh air, reduce pollution etc. An unclean environment leads to a bad condition of a society, arrival of diseases and many more. We are all protected and governed by nature. A healthy environment provides nutrients that flow up the food chain, from plants to animals, to provide energy. The nutrients are then recycled to repeat the process. By preserving nature, the planet and all its inhabitants are guaranteed a constant supply of clean water and fresh air.

We very often go against nature. We depend too much on artificial things. We want air-conditioned rooms. We do not like to walk. We do not like to prepare our meals. We want everything readymade.

Trees produce the oxygen that humans and other animals need to breathe and absorb the carbon dioxide that they exhale. Trees absorb airborne pollutants such as carbon monoxide, sulphur dioxide and nitrogen dioxide. They also remove toxins from the soil and help to reduce noise pollution.

We do not realise the importance of nature. We try to destroy nature. See the man-elephant conflict. See how many water collecting areas we have filled and constructed concrete structures; how many trees we are destroying daily. How many are planting trees. Is not this a very tragic situation?

Clean water is necessary for all living things. All animals and plants are made mostly of water and require a constant supply of clean water to remain healthy.

Water falls to Earth as rain to water plants, provide drinking water for animals, and maintain rivers, lakes and oceans. It evaporates and forms the clouds that then release rain to repeat the water cycle.

We must understand this process or the cycle and preserve the nature. We must protect the environment. Nature has given us rivers, canals, lakes, oceans and forests. There are various types of birds and animals. We must protect wildlife.

Overbuilt environments disrupt and overwhelm nature's processes by removing trees and polluting the water and air, which leads to decreased biodiversity and overall natural health.

Let us think about nature more seriously. Let us respect nature. Let us live close to nature. Let us protect wildlife.





**(ii) ЗАКОН 11. Зберігати лад і чистоту.  
Keep everything tidy and clean.**



Через лад і чистоту ми затримуємо добре здоров'я і вони творить позитивну і приємну атмосферу. А безладдя, чи то в кімнаті чи в хаті, змучує нас і доводить до непереборного почуття.

Ти напевно чуєш часто від старших накази: поспрятай книжки, помий руки, вичисти черевики, прибери свою кімнату - вічне роблення порядків. Але нема що сердитися, бо треба пам'ятати що безладдя і брак чистоти можуть стати гніздом в яких виростають і множаться всілякі мікроби які можуть пошкодити здоров'я.

Не забувайти мити руки, купатися, чистити зуби, міняти білизну та одержу і тримати порядок.

Everyone likes neat and clean surroundings as it keeps us healthy and creates a positive and happy environment. However, cleaning a cluttered and messy room/ house makes everyone feel tired and overwhelmed.

Cleanliness is both the abstract state of being clean and free from germs, dirt, trash, or waste, and the habit of achieving and maintaining that state. Cleanliness is often achieved through cleaning either yourself or surroundings.

Maintaining cleanliness for yourself and your surroundings is an essential part of healthy living because it will help you stay healthy, ward off illnesses, and build better self-awareness. It is everybody's responsibility.

Describe mess: dirty, untidy, disordered, embarrassing

Think as to how you describe cleanliness: fresh, pure, sanitized, sterile, unsoiled

Think how you describe order: neat, immaculate, tidy



**(iii) ЗАКОН 12. Дбати про здоров'я і силу.**

## ***Look after your health and well-being and strength***



**Гартуйсь повинно бути для нас не тільки способом вітання, але постійною пригадкою що найкраща підготовка до життя це зміцнення власних фізичних сил - дбати про здоров'я, робити руханку, добре їсти, нічого ненадуживати, особливо речі які будуть отруювати ваше тіло як алкоголь, тютюн, наркотики.**

Hartuis is not only a CYM greeting but should also remind us that the best preparation for life involves strengthening our body- caring for our health, doing exercise, eating well and not abusing our bodies with things that might be detrimental to it such as alcohol, tobacco and drugs.

**Зміцнення і тренування тіла і мускулів є важними засобами зросту сили та доброго здоров'я. Руханка зміцнює серцеву систему, рух та перехід крові, улекшення праці серця та легенів і допомагає витратити непотрібні речовини у тілі.**

Physical training is important for strength and good health. Exercise assists your heart, circulation, lung capacity and helps to expel foreign matter from your body.

**Здорове тіло впливає на психічне здоров'я людини і впливає на рівновагу духа.**

A healthy body influences your psychological state and balances your emotional and spiritual state.

### **Further information on Health and Strength**

A dictionary might say that health is the state of being free from illness or injury. But others think it is more. The American Academy of Family Physicians (AAFP) says health is more than the absence of disease. "Health is a state of physical, mental, and social well-being and not merely the absence of disease or infirmity," it says. It is the key to living a productive and satisfying life.

### **Path to improved health**

Health and physical wellbeing are the basis for all learning and development. Such areas as eating habits, attitudes towards exercise and self-care routines build from your earliest experiences.

The emotional, social and physical development of young children has a direct effect on overall development and on the adult you will become. Young children need to develop healthy eating and physical activity habits early on. Parents and caregivers usually understand the importance of nutrition to a child's physical and mental development to grow and develop. However, they also need to be good role models. Meal and snack times teach sharing and socializing skill.

Learning about healthy lifestyles contributes to a sense of wellbeing ... modelled positively and enthusiastically by the important people in children and young people's lives.

High levels of wellbeing especially in teenage years, can help you flourish in life, as well as act as a protective factor against some of the challenges that may arise during the teenage years. Teenagers with strong mental wellbeing are able to: manage their emotions. enjoy positive relationships with friends and family.

The concept of health can be broken down into different categories. These could include physical, mental, emotional, and behavioural health. There are things any person can do to stay healthy in these areas. But as a teenager, there are some things teenagers should pay special attention to.

### **Physical health – Taking care of your body**

- **Exercise regularly.** Teens should be physically active at least 60 minutes of every day.
- **Eat a healthy diet.** Healthy eating is an important part of your growth and development. Eat plenty of fruits and vegetables, whole grains, a variety of protein foods, and low-fat dairy products.
- **Maintain a healthy weight.** Children and teenagers with obesity are more likely to have obesity as an adult. They are also at higher risk for other chronic illnesses, depression, and bullying.
- **Get enough sleep.** Most teens need between 9 and 9 ½ hours of sleep every night. Many average only 7 hours. Sleep has a strong effect on your ability to concentrate and do well at school.
- **Keep up with vaccinations.** Get a flu shot every year. If you haven't gotten the HPV vaccine, ask your parents and doctor about it. It can prevent you from getting HPV and some kinds of cancer, including cervical cancer.
- **Brush and floss your teeth.** Make it a habit now, and prevent tooth and gum problems in adulthood.
- **Wear sunscreen.** Getting just one bad sunburn as a child or teenager increases your risk of getting skin cancer as an adult.
- **Be careful with loud music.** This can damage your hearing for the rest of your life.

### **Mental health – Taking care of your mind**

- **Learn ways to manage stress.** You can't avoid stress, so you need to learn how to manage it. This will help you stay calm and be able to function in stressful situations.
- **Study and do your best in school.** There is a strong link between health and academic success.
- **Try to maintain a good relationship with your parents.** Remember that they want what is best for you. Try to see where they are coming from when they set rules.
- **Develop a good balance between school, work, and social life.**
- **Don't try to take on too much.** Limit your activities to the most important ones and give those 100%. Overextending yourself can lead to stress, frustration, or exhaustion

### **Emotional health – Taking care of your feelings**

- **Know the signs of mental illness.** These include:  
anxiety  
depression  
excessive tiredness  
loss of self-esteem  
loss of interest in things you used to like  
loss of appetite  
weight gain or loss out-of-character personality changes.
- **Pay attention to your moods and feelings.** Don't assume your negative thoughts or feelings are just part of being a teenager. If you're worried about something, ask for help.
- **Don't be afraid to ask for help if you need it.** If you can't talk to your parents, talk to a favourite teacher or counsellor at school. Find an adult you can trust. If you're feeling really sad or are thinking about harming yourself, get help right away.
- **Accept yourself.** If you feel like you have low self-esteem or a poor body image, talk to someone about it. Even just talking to a friend can help.



## СКОРОЧЕНА ІСТОРІЯ СУМУ

1. Ми знаємо про початки СУМу та її діяльність найбільше від архівів НКВД/КГБ і показово суду в Харкові в 1930. Також ми багато дізналися від членів СУМу та СВУ котрі залишилися як і також від сестри Павлушкова, Наталі.

2. Роки 1917-1920, це час розпаду царської Росії та Большевицької Революції.

3. Використавши цю нагоду, Український Нарід проголосив свою Незалежність у 1918 та почав відбудову держави. Дуже активними у відбудові були учні середніх шкіл. Вони найбільше помагали урядові у проведенні освідомної праці серед народу.

4. На жаль український уряд мав членів соціалістів котрі уважали Москалів братами. Вони впливали на уряд позбутися української армії, заявляючи що старший брат Росія оборонить Україну коли буде потрібно.

5. Даючи большевикам доступ до наших людей, вони баламутили нарід з кличками про хліборобську перемогу та обіцяли хліб і ковбасу для всіх.

6. В опозиції, патріотичні українські студенти роздавали литючки і вели розмови про українську самостійність; також малювали афіші які закликали колишнім вояків і молодих чоловіків голоситися до українського війська і воювати в обороні рідної держави замість комуністичного ідеалу.

7. У січні 1918 на Київ поступили большевики, і 29-ого січня під Крутами, 120 км на північний схід Києва, 250 юнаків та 300 чоловік стали протів 6000 большевицького війська. Лиш 27 залишилося і вони були на другій день розстрілені - один 12-ти літний юнак співаючи український Гимн.

8. Для того щоб вплинути на українську молодь большевики створили КОМСОМОЛ - Комуністичну Спільку Молоді. КОМСОМОЛ впоював у молодь страшну ненависть до всього українського, особли те що не підлягало під комуністичними ідеалами. Вони зневажували усе Християнське. У школах члени мали завдання відшукати усю патріотичну укаїнську молодь та відстрашити їх від будь якої патріотичної дії. І ще також без рекомендацій КОМСОМОЛУ переважно неможна було дістатися до вищої школи чи здобут доброї роботи.

9. Під керівництвом визначних і патріотичних науковців, та ширшої родини Павлушкова, Сергія Єфремова та Володимира Дурдуківського, 20-літний Микола Павлушков почав організувати молодь, з метою об'єднати усіх молодих Українців які визнавали самостійність України і які були готові боротися за цю справу.

10. У травні 1925, у Києві, Микола Павлушков оформив програму Спільки Української Молоді. Програма постановила добровільне об'єднання юнацтва на ґрунті спільної боротьби за волю України та виховання патріотичних українців та свідомих громадян.

11. Разом з Миколою Павлушком, першими членами СУМ-у були: Борис Матушевський, Діодор Бобрія, Григорій Слободяник, Петро Нечитайло і Юрко Виноградов.

12. Перша група стала Центральним Бюром СУМу. В першій році діяльність зосереджувалася на розвиток членства поза Києвом. Наталя Палушков у своїх спогадах від тих часів, оповідає в її книжці про організацію СУМу Павлушком в Донбасі та Кубані. Підпільні групи також були установлені в Казакстані та Центральні Азії.

13. Поза організування нових груп члени СУМ займалися пере та переписуванням падрукованям патріотичної літератури і розповсюдженням між молоддю та громадою. Вони також організували хори, та драматичні й освітні гуртки. На початку 1930-их роках члени були активні пртів колективізації.

14.Тому що большевики непринимали протилежної думки СУМ мусів бути зорганізований на таємні базі на системі п'ятірок. Кожен член одного гуртка мав зорганізувати другу таємну групу нових членів. Навіть у своїй п'ятірці члени мали працювати за псевдами і тим самим не знали справжнє ім'я других членів.

15. На весні 1929почалися масові арешти, та вбивство по всій Україні людей підозрілих у антибольшевицькій діяльності.. Арештовано також Павлушкова і Матушевського та інших ві СУМУ як і також Єфремова і Дурдуківського та інших від Спілки Визволення України (СВУ). У 1930 Українська Автокефальна Православна Церква була ліквідована

16. У 1930 у Харкові (що під Советами була столиця України), відбувся показовий суд над 45 членами СУМ-у і СВУ. Микола Павлушков був засуджений на смерть але змінено на сувору ізоляцію у північні Росії на Острові Соловки де його мучили і 3.11. 1937 на 20-ті річниці Жовтнеї большевицької Революції його з 299 іншими застрілили.

#### **SUMMARY EARLY HISTORY UKRAINIAN YOUTH ASSOCIATION – 'CYM'**

1. We know about the beginnings of CYM and its activities, mostly from the 1930 show trials & opened files of the NKVD/KGB. Further information was received from surviving members, including Mykola's sister Natalia who has written her memoirs about her brother and CYM.
2. 1917-20 – fall of tsarist Russia & the Bolshevik Revolution occurs.
3. Taking advantage of the chaos of this time, Ukraine declared its independence in January 1918 and started to rebuild the nation. Ukrainian students from high schools and universities were very active in the rebuilding especially in the education of the wider population about freedom for Ukraine.
4. The Bolsheviks came into Ukraine and spread the word of proletariat revolution and supposed equality for peasants. In opposition to their propaganda, patriotic Ukrainian students distributed pamphlets and ran discussion groups about independence for Ukraine. They also made up posters which called on previous army personnel and young men to join a Ukrainian army in aid of their nation's freedom rather than supporting communism.
5. Unfortunately, the Ukrainian government, which was mainly Socialist at the time, and identified strongly with their 'bolshevik brothers' in Russia, was convinced by the bolsheviks that it did not need its own army and that Russia would come and defend Ukraine if this was needed
6. In January 1918, not long after the proclamation of independence, the Bolsheviks started advancing on Kyiv resulting on 29 January in the battle of Kruty, 120 kms south east of Kyiv. 250 youth, as young as 12, and three hundred men valiantly defended the road to Kyiv against 6,000 well-armed Bolsheviks. All except 27 were killed, the 27 being taken prisoners and shot the next day.
7. In addition, in order to control the hearts and minds of Ukrainian youth, the Bolsheviks established a new youth organisation called KOMSOMOL – Communist Youth. This organisation worked at instilling in its young members hatred of anything anti-

communist or Ukrainian. They degraded anything Christian – dressing as clergy or biblical figures and organising anti-christian parades during liturgy times and major Christian feasts; and in schools their members were encouraged to spy on others' conversations and to 'dob' on family and to force out any patriotic youth from formal positions as well as scaring them enough to ensure that they would not want to undertake any anti-communist activities. It was also almost impossible to enter higher studies or obtain a good job without the endorsement of KOMSOMOL.

8. Under the leadership of the respected patriotic academics Serhij Yefremov – Mykola's uncle with whom Mykola and his sister lived after their father's death - and Volodymyr Durdukivskyj from the adult nationalist organisation SVU (Spilka Vyzvolennya Ukrainy), 20 year old Mykola Pavlushkov started to organise Ukrainian youth with the aim of bringing together like-minded youth who believed in the freedom of Ukraine and were ready to fight for this ideal. Together with Mykola Pavlushkov the first members of 'CYM' were Boris Matushevsky, Diodor Bobyrya, Hryhorij Slobodianyky, Petro Netchytajlo & Yuriy Vynohradov.
9. In May 1925 in Kyiv, Mykola Pavlushkov, 21 years old, formulated a program for the Ukrainian Youth Association – SUM ('CYM')- Spilka Ukrainskoyi Molodi.
10. The members of CYM prepared a great deal of Ukrainian patriotic literature and distributed it to students & the general community. Members were also active against collectivisation and even found sympathisers in the Red Army. They also organised Ukrainian cultural activities – concerts, choirs and folk dancing and travelled to various parts of Ukraine and even outside to set up groups.
11. Because the Bolsheviks could not countenance any opposition, 'CYM' had to be organised secretly, based on a system of groups of five. In each group each member would organise another group of five who were unknown to other groups, and so on. Each person also had a pseudonym so that any disclosures would not put other people at risk.
12. The first group became the Central Bureau of CYM. In the first year, activities were focused on broadening membership beyond Kyiv. Natalia Pavlushkov, in her accounts from the time, refers to Mykola's organisation of CYM in Donbas & Kuban. Underground groups were also established in Kazakstan & Central Asia.
13. In the northern spring of 1929 mass arrests and killings of anyone suspected of anti-bolshevik activities occurred, with the Ukrainian Orthodox Church decimated in 1930. Pavlushkov, Matushevsky and other members of 'CYM' as well as Yefremov & Durdukivski and others from Spilka Vyzvolennya Ukrainy ('CBY') were also arrested.
14. In 1930, in Kharkiv (which was the Soviet capital of Ukraine), the Russians put on a massive public show trial against 45 members of SVU & 'CYM'. Pavlushkov – 26 years of age – was sentenced to death. This was commuted to exile and isolation on the island of Solovky in far northern Russia, where he was constantly tortured and finally shot to death on 3 November 1937 with 299 others on the 20<sup>th</sup> anniversary of the Russian Revolution.

15. After the removal of millions of Ukrainians from their homeland in WWII by Nazis, Russians and others, many young Ukrainians ended up in refugee camps at the end of the war. By 1946 there were around 50,000 young Ukrainians in Germany.
16. Despite the efforts of Stalin and the West under the Yalta Agreement to repatriate these people to the Soviet Union and a certain death or imprisonment, many elected to take their chances and stayed in the camps. In this environment, CYM was re-established in Agrzburgh in Germany on 10 June 1946, by previous CYM members. Its members were 18-30 years old. By July 1946, 7 more Oseredky were formed and by the end of 1946 there were 24 Oseredky. CYM spread to Austria & Belgium, so that by 1948 there were 68 Oseredky and 6200 members. In 1949, the organisation of Unatstvo began in Munich, called 'Baturyn'.
17. The forced migration OF Ukrainian refugees to places such as the UK, USA, South America, Canada & Australia also began in 1949.
18. In 1949, the Central Bureau of CYM made contact with surviving CYMivtsi in Australia and Oseredky in the capital cities began to be organised.



