October 9, Day One: We left Utah on the morning of October 8th. With 72+ bags containing such things as an x-ray unit, medicines, portable dental equipment and items for orphanages, we were a bit nervous as we arrived in Moscow. Luckily, our group of 18 made it through customs at the Moscow airport without so much as a glance from officials. Moscow City Government sent a representative from the International Relations Department to help, just in case. After getting settled in our hotel we walked around Red Square to get oriented with the city and to keep us awake until night time.

Day Two: The Hotel Ukraine, one of the “Seven Sisters” Stalin buildings, was filled with traditional Soviet style décor. It was the first time in Russia for most of the group and so traveling on the subway to work was exciting and new. The Church of Jesus Christ Latter-day Saints’ mission office assisted in finding us a place to work at the Center for Families and Children with Special Needs. Everyone did remarkably well the first day of dentistry, considering the jet lag. Dental professionals performed everything from sealants and fillings to root canals.

Day Three: Dr. Rimma Egoshina, a dentist from the Ural city of Ufa, was doing a remarkable job. She surmounted language barriers as she performed dental procedures and learned new techniques for root canals from Dr. Daniel Burr. The first time Dr. Eric Vogel rebuilt a little girl’s broken front tooth, we all gathered in awe to see the transformation and to watch the tears of joy well up in her eyes. A woman from the Health Department and a television crew stopped by to see what the Americans were up to. All was well. That evening we saw a fantastical musical show at the New Circus.

Day Four: Peter Shapanchenko, president of the Charity Fund “Resurrection” met us Sunday morning. He did an wonderful job of arranging our accommodations, working facility and all other needs in Kostroma. We waited several hours for a bus which, unfortunately, ended up in an early morning accident. The Kostroma Administration sent another bus, which would arrive that evening. We had the afternoon free so we walked across the bridge and down Old Arbat street to the Kremlin for a tour of Cathedral Square. The second bus got stuck in traffic for hours so we didn’t leave.

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Even if you don’t know much about Russian food, more than likely you have heard of the bright red soup called Borsch. A delightful combination of vegetables, beets being the most obvious, Borsch is a traditional dish served during the mid-day meal. It is prepared in many different styles: Ukrainian, Moscow, Hot, Cold, Sweet. This version was our favorite.

**Ingredients:**
- 4 qts. Water
- 2 medium onions cut into thin strips
- 5 potatoes, cubed
- 1 head of cabbage cut into chunks or strips
- 1 bunch of parsley, chopped
- 2 large carrots, shredded
- 3 large beets, shredded
- 1-2 T. Red wine vinegar
- 2 cloves of garlic, mashed
- Salt to taste
- 1/4 cup of Oil
- Sour cream

**Directions:**
Bring water to a boil. Add potatoes, parsley and salt. In a separate deep saucepan, sauté onions in oil until transparent. Add beets, carrots, and vinegar to the saucepan and cook until tender, don’t over cook. Add the cooked vegetable to the water and potatoes, then add the cabbage. Turn off the heat, add the garlic and salt, if necessary. When re-heating, do not bring to a boil or the bright red color will be lost. Top with a spoonful of sour cream.

**Focus: A Cossack With A Heart Of Gold**

When asked if his last name was Ukrainian, Peter Shpanchenko proudly answered, “I am Cossack”. Cossacks have been described as everything from a nationality, to military tribesmen, to a mix of Slavs living on the steppe borders who made a choice to be Christian. Some even call them the “Robin Hoods” of Russia and Ukraine. Peter proves to be a little mix of all of these.

Currently, Peter Shpanchenko is the president of the Kostroma based Charity Fund “Resurrection”. It is a non-profit Russian organization that assists orphanages and needy families as well as helps with the restoration of local orthodox churches. They have received humanitarian aid from the Lutheran Church in Norway and from a group in Ireland. Soon they will also receive assistance from Utah’s LDS Humanitarian services. The Kostroma Region, northwest of Moscow, remains one of the poorer regions in Russia.

Peter’s road to humanitarian service was not a simple one. Before Russia’s economic “crash” of 1998, Peter built large homes for rich upper class Russians. Due to economic and personal challenges, his life started to lose its meaning. One night in 2000, on the road to Moscow he crashed his white Mercedes into the back of a truck. He had fallen asleep at the wheel going almost 100 miles an hour.

He said his life flashed before his eyes and at that moment he knew he was going to meet God. Sadly, he had nothing to say to him. His car rolled three times, but Peter escaped without a scratch. He knew he had to change. In his case, it was a dramatic change. He began to study for the priesthood and took up icon painting. His relationship with Father George of the Orthodox Church in Kostroma put him in contact with a variety of humanitarian groups. One such group was Share A Smile.

Through his concentrated efforts, Peter helped Share A Smile give dentistry, humanitarian aid and love to many children in need. A man with a desire to do good; a Cossack with a heart of gold.
the hotel until around 11:00 pm. With creative packing, cramped seating and positive attitudes, we somehow managed to stuff ourselves and our bags into the small 20 passenger bus (by this time our numbers had increased to 21).

**Day Five:** We drove all night (8 hours) to Kostroma. A few of us were able to doze off for a moment here and there, but most were once again working with only a few hours of sleep. Quality never suffered, however, as the doctors, and support personnel worked long into the evening on children from orphanages, temporary care facilities and centers for families with special needs children. We all opted for a quite evening to do some hand laundry and to catch up on our sleep.

**Day Six:** Our “hotel” was a sanatorium for the local auto factory workers. It was a real plus to have our accommodations, meals and work space in one place. Some of the “breakfast” foods took a bit of getting used to (salad, hotdogs and pasta) but, all in all, our meals were hearty, tasty and very Russian. A local TV crew came with cameras to interview us and promote the work we were doing. The entire Kostroma Region was talking about it. After a late dinner, we managed to make a quick trip downtown to see the main square and to walk along the Volga river in the fog.

**Day Seven:** By now our work was very efficient. It is too bad the same couldn’t be said for transportation in the city. The children were often over an hour late due to busses breaking down or just not showing up. We adjusted our schedules as needed and were sometimes able to offer more comprehensive care as we waited for children to arrive. It was apparent that many of the children had extremely traumatic experiences, and not just with dentistry. Much care was spent to make their time with the dentists as pleasant as possible. We worked all morning and then after lunch, we visited the ancient Ipatiev Monastery and a museum of wooden buildings nearby. Kostroma is over 850 years old, and is known as the birthplace of the Romanov Dynasty. We worked well into the evening again and then headed back to the center of town for a late dinner at a Russian-English restaurant called “Camelot”.

**Day Eight:** We decided to extend our time in Kostroma since the need there was so great. We worked in the morning and then visited an orphanage after lunch. Supported by the Baptist church, this orphanage was very well kept and looked rather bright and cheery. We passed out toys to the children and received hand made gifts from them in return. The blankets, clothes, and school supplies we brought with us were given to Peter to be distributed to the most needy orphanages after we left. We finished up work that evening at around 10:30 pm. We had given dental care and education to about 160 in Kostroma and to nearly 300 individuals in total.

**Day Nine:** In the morning, we were met by our bus, a real tourist bus this time. The ride back to Moscow was the most comfortable one yet. We passed roadside villages with their elaborate wooden widow decorations and domed churches. We stopped at Sergeyev Posad, the seat of the Russian Orthodox Church, and made it back to Moscow by late afternoon. The Hotel Ukraine now seemed like a palace compared to our humble accommodations in Kostroma.

**Day Ten:** Our last day in Russia. We headed out to Izmailovzky Park and the enormous outdoor souvenir mall

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Mission Statement:
The purpose of URI is to promote mutually beneficial humanitarian, cultural, educational, commercial and technological projects in order to foster greater understanding, friendship, free enterprise, civil society and a strong democracy among and between the citizens of the Russian Federation and the state of Utah in particular and the United States in general.

Butler Addresses Russian-American Chamber of Commerce

October 23—Honorary Consul General, Dr. Rusty Butler, addressed members of the Russian-American Chamber of Commerce during their 11th annual meeting in Denver, Colorado. The topic of his speech was “Utah and Moscow: Diplomacy Makes Good Business.”

Consular Corner

Russian Federation Consulate General - Utah

We are currently looking for athlete host families for the Winter Moscow-Utah Youth Games (January 29 - February 9). If you live in Salt Lake County, Utah County, the Park City area, or Ogden and are interested please contact us at 801-863-8897 or by email at utahrussia@uvsc.edu.

Calendar of Upcoming Events

November:

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<th>Date</th>
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<tr>
<td>4</td>
<td>Election Day (USA)</td>
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<td>7</td>
<td>Day of Accord and Conciliation (Russia)</td>
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<tr>
<td>11</td>
<td>Veteran’s Day (USA)</td>
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<tr>
<td>14 &amp; 15</td>
<td>Utah Symphony—In a Russian mood (Tchaikovsky, Scriabin)</td>
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<td>27</td>
<td>Thanksgiving Day (USA)</td>
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December:

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<tr>
<td>4</td>
<td>Grandfather Frost “Wish-list” Day (Russia)</td>
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<td>12</td>
<td>Constitution Day (Russia)</td>
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<td>25</td>
<td>Christmas Day (USA)</td>
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<td>31</td>
<td>New Year’s Eve (USA &amp; Russia)</td>
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October 19, Day Eleven: Customs was a bit more challenging on the way out, but we managed to board the plane without an international incident. We saw children’s smiles and lives transformed by the work we did in Russia. We also experienced a personal transformation and many of us left our hearts in Russia, especially with the children in Moscow and the foggy city on the Volga, Kostroma.

called Vernisazh. It was our only real chance to pick up a few trinkets to take back to friends and family. We also managed to visit the World War II Memorial, Poklonaya Gora. With its massive obelisk, statue of St. George and the Dragon and war museum, the memorial was a sobering reminder of just how much Russia and its surrounding republics suffered in WW II. Some of the group even made it to the Pushkin Museum in the evening for a bit of European culture.