

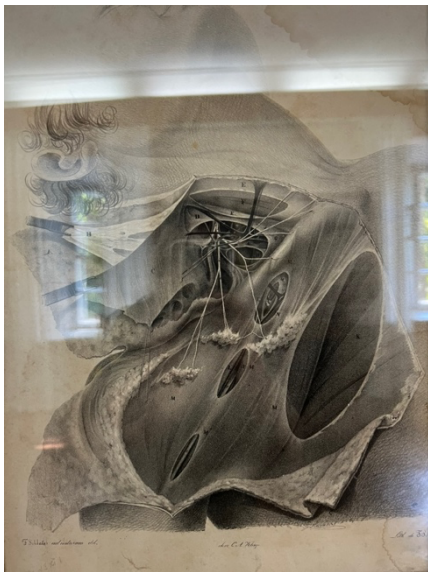
Beautiful Vinnytsia

It is weekend and I have a chance to explore everything I can about this gem of a town. 400,000 people live here, - 44,000 of whom are Internally Displaced People (IDPs). Clearly a hospitable town, welcoming and supporting people from the East who have lost their homes, - lost their entire villages, from the war. Vinnytsia is known for its medical institutions (universities, hospitals, rehabilitation centers, social services), as well as its technical infrastructures, agricultural production, and rich cultural heritage. The hospital I work at is colloquially called the "Chernobyl Hospital" because historically it focused on caring for patients from the nuclear power plant's disastrous accident - another example of this city's hospitality in providing services to complex patients suffering from disaster.

The city has a complicated history over its 600+ years of existence, and in this recent century endured extensive massacres during the Soviet Bolshevik occupation, the Nazi Holocaust, and genocidal famine during the Holodomor. So much has happened here, but the people have preserved their integrity, their beauty, and continue to grow with ecological and clean energy priorities. The town's byline is "A City of Ideas". And people around town tell me they are actually most proud of their cherries, and their bees.

Yuliia, from the city council, has arranged a tour for me today of The National Estate Museum for one of the country's most widely known physicians - Mykola Ivanovych Pyrohov (1810-1881). Pyrohov entered medical school at age 14 and tirelessly treated patients throughout his entire life.

He was also a researcher - for the first time



publishing 4 volumes of Human Clinical Anatomy in the 1850's. Anatomy is one of my favorite subjects, and I smiled now recognizing his name in context for structures I work with every day. For example - this is the "Pyrohov

Triangle" (not a great pic thru a glass case - but fun for me).



Of his many accomplishments, Pyrohov pioneered battlefield surgery and the use of ether for anesthesia, and is also credited with perfecting amputation techniques, inventing plaster casts using starch, and establishing the concepts and implementation of "triage" systems for wounded soldiers. He had a lot of experience with war - having served in the Caucasian War, the Crimean War, the Franco-Prussian War, and the Russo-Turkish War!

Pyrohov's residence for the last chapter of his life was in Vinnytsia, and the Museum is in his residence, comprising 10 rooms of exhibits.



His residence lies on 50 acres of land with herbal pharmacies and the plants grown to stock it, and numerous trees that he planted including fig trees and apple orchards. It is a truly peaceful place to wander or to sit.

In the latter part of his life he was an educator and a public figure, especially advocating for the education of women, and equal

medical care accessible to all. At the time these were revolutionary ideas, and he received a lot of criticism for them. One of his basic tenets for medical students was that they learned to "be human". I imagine he thought about a lot of things while spending so much of his career on battlefields.

It is no wonder that he is recognized around the world. You can't see the detail, but each

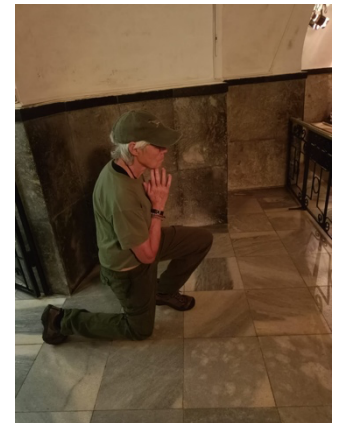


of these dots on this picture represents a memorial for him, or a building, or a street named after him. Not on this map though - he has a glacier in Antarctica named after him, as well as an Asteroid!

My tour, in all its detail has been offered to me by Olesia. I forget how long - but its like she has worked here for her whole career... and everybody that she introduces me to also tells me

how many decades they have worked here. This man has inspired a devoted following.

And now, Olesia wants to take me to his church and show me his embalmed body. Now remember, he died 145 years ago! His students pioneered embalming techniques - and they certainly must work as he is kept in a glass case at room temperature! The church is beautiful... brick and red - but mostly, I just remember the crypt. Down some stairs, and through gates that Olesia slowly opens, leading me right up to his glass coffin. I can't believe what I am seeing. It is yet another time in Ukraine when I can only take a knee.

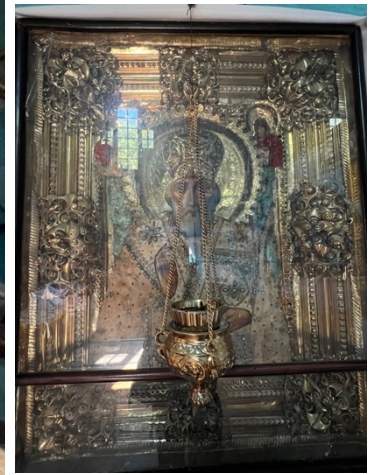


So, change gears... Olesia invites me to a concert tonight! A group called "Black Tie". Four women - 3 violins and 1 cello playing Michael Jackson songs. Each playing different scores, with precision and extraordinary detail. I absolutely loved it.

How many iPhones does it take to enjoy a concert?



Mind you, mine is up there too - taking the picture!



A fresh day, Sunday, is a good day to find the church of St. Nicholas. I don't know much about him except that he is known for his generosity and compassion and is said to have traveled along the Dnieper River prophesizing the founding of Kyiv. Last year, one of my Defenders gave me an icon of him, which has been on my desk at home... so somehow, he has been one of "my guys". And this is his church - built of wood, almost 300 years ago, and without the use of a single nail!



I was told that Hitler was trying to come to this church - but that somehow he was dissuaded.



The river through Vinnytsia is called the Pivdennyi Buh, or Southern Bug, meaning "winding" or "turning". The river's source is in Ukraine, and it drains into the Black Sea. Along its banks are fisher people and you can see young couples and families out for a stroll.



This building is not so pretty, but it is a confectionary factory, and a prominent industry in town. It smells good!

And the famous Roshen fountain - not currently fully operational but it's a floating fountain with lights and laser effects that are set to music compositions. Someday I will see it.



People are out for the day, enjoying what they can. But somehow the feeling is depressed, the economy is certainly depressed. You just can't escape the feeling that this country at war, is in deep grief.





These stores, - these are military supply stores. They are seen fairly commonly around town. Inside are all kinds of gear that one may need at the Front. It seems likely that new recruits get the basics of gear - boots or vests for example... but if you want nicer stuff, you have to buy it yourself. And this is one of the places you can do that. It seems good to have money because ear protection, eye protection, good knee pads and gloves really seem essential. There is a lot of cool gear in here - like GPS trackers, camouflaged camping gear, outdoor gear, ...but so different from REI. I saw a guy buying a casing his dog tags. He came in with his girlfriend.

This is the Greek Catholic/some Orthodox(?) Cathedral for the Protection of the Holy Virgin. The monument in front is a Memorial to the Victims of Chernobyl.

These are the kinds of things you see walking around.

