# Weekend Review

Saturday, August 13th, 2022

Editor Mary Minihan Phone 01-6758000 email weekend@irishtimes.com



#### **Fertility funding**

Ireland ranks 40th out of 43 nations for access to fertility treatment. Page 6





# ISRUSSIA USING RAPE AS A WEAPON OF WAR IN UKRAINE?

Russian officials dismiss accounts of rape by Russian soldiers as Ukrainian and western propaganda but work to document the number of cases is ongoing



**Lara Marlow** 

in Kyiv

he was a 12-year-old schoolgirl, living quietly in a suburb of Kyiv with her parents, until her childhood ended brutally one night last March. Viktoria Osypenko, the gynaecologist who cared for the girl for one month, is on the verge of tears as she recounts the story. She initially tells me the child's lovely name, worthy of a tsarina.

Then Osypenko catches herself. "She did not want her name or surname to be disclosed. She did not want anyone to know why she was brought to hospital. She was ashamed."

Osypenko decides to refer to the girl as Maria, like one of two angels, a boy and a girl, which the child made for her as a farewell gift when she joined the flow of

refugees to Poland at Easter.

Maria made the angels from blue and yellow yarn, in the Ukrainian national colours. Osypenko keeps the girl angel at her mother's house, in memory of Maria, and attached the boy angel, Ivanko, to the

mirror of her car.

Maria was evacuated on one of the last buses from Bucha, the town 30km

northwest of Kyiv which has faced the worst atrocities of the war so far. "I don't know how she survived," Osypenko says. "Townspeople must have helped her. She was covered in bruises. They pulled her hair and choked her. When they were done, they threw her on the ground."

The medical doctor was horrified when she examined the child. "Her genitalia were ruptured. She was in terrible pain. I tried to repair her organs, under general anaesthesia.

"For the first two weeks she said nothing more than hello. She cried a lot. She does not look like a developed woman. She has no breasts. No menstrual function. She is only a child, about 1.5 metres tall, with light brown hair, skinny, a pretty child. She is modest, shy, intelligent."

On that night when Russian soldiers marauded through Bucha, Maria and her parents hid in the back garden with the lights out. Two soldiers wore balaclavas. A third did not. All three raped the child. Then they shot Maria's parents dead, along with the family dog.

along with the family dog.

Maria's psychologist heard more details of the child's ordeal, but Osypenko was nonetheless destabilised by what she heard. "I came home every night and cried. I simply did not know how to help her. I still think about her every day. I am a

Christian. I pray for her."

The 28-year-old divorced mother of a six-year-old boy, Osypenko says her "maternal heart" could not cope with Maria's grief. "I wanted to be a friend to her. I prepared food for her and talked to her and watched cartoons with her. She got used to my presence."

Because Maria did not receive immediate post-rape care, she must undergo repeated blood tests over months to ensure that she did not contract certain diseases. "If she has no serious infections, such as HIV or hepatitis, which affect you for the rest of your life, she may recover physically," Osypenko says. "Psychological recovery is more difficult."

What should happen to the three men who raped Maria and killed her parents? I ask Osypenko. "I hope they did not make it out of Bucha alive. I hope they rot in hell."

Some of the victims of sexual violence in Ukraine cannot speak because they are dead.

There was the woman found paked, but

There was the woman found naked, but for a fur coat, in a cellar in Bucha. The New York Times photographed her lying face down on the ground on a blanket while police and rescue workers bustled around her corpse.

Karina Yershova's cut and lacerated

Karina Yershova's cut and lacerated body was also found in Bucha. Her grieving stepfather, Andriy Dereko, told the Kyiv Independent he believes Russian soldiers raped 22-year-old Karina before they killed her. Several inhabitants of the area said some Russian soldiers warned

them to "hide the girls".

Paris Match magazine photographed bloodied sheets in the ransacked bedroom of a woman called Tetiana, a widowed mother of two children in Markariv, 50km west of Kyiv. "We buried her body in the garden", the soldiers scrawled in lipstick

on the mirror of Tetiana's vanity table. A 31-year-old woman from Malay Rohan, near Kharkiv, told Human Rights Watch (HRW) how a Russian soldier

broke into the school where she, her family and other villagers were sheltering on March 13th. He singled her out of the group, took her upstairs and raped her repeatedly through the night.

In an account verified by the Office of the UN High Commissioner for Human Rights, a woman from a small village near Kyiv said a Russian soldier shot her husband in the head, then told her: "You don't have a husband anymore. I shot him with this gun. He was a fascist." Two soldiers

then gang-raped the woman repeatedly.

Three drunken Russian soldiers raped a woman named Viktoria and her neighbour Natasha in their village near Kyiv after shooting Natasha's husband, Viktoria told the New York Times. The soldier who assaulted Viktoria was 19-vears-old, the same age as her son.

Russian officials dismiss accounts of rape by Russian soldiers as Ukrainian and western propaganda. Vassily Nebenza, Russia's ambassador to the UN, said: "The ratcheting up of accusations of Russian service personnel committing crimes of a sexual nature since the very beginning of our special military operation in Ukraine has become a favourite tactic of the Kyiv regime and our Western colleagues." Mr Nebenza said that "no evidence" of such crimes has been provided.

It is difficult to assess the scale of sexual violence in the Ukraine war, or to determine if rape is being used as a deliberate weapon of war, as alleged by Ukrainian officials, the European Parliament, the British and Canadian foreign ministers Liz Truss and Mélanie Joly in a joint open letter, and many western media outlets.

"At this point, we don't have a good sense of scale, and my impression is that no one does yet. We at Human Rights Watch have confirmed three cases," says Hillary Margolis, senior women's rights researcher at HRW.

"Obviously, that is not to say that it is not happening or that case reports are not accurate," Margolis continues. "We just don't have enough information to say it is happening on a widespread or systematic

scale.

"Nor do we have evidence of it happening as an intentional weapon of war," Margolis says, "which again does not mean that it is not, only that we do not have evidence of that. The cases we have documented appear to be opportunistic."

#### 'Insidious myth'

Pramila Patten, the UN special representative on sexual violence in conflict, who visited Ukraine at the beginning of May and concluded a cooperation agreement with Ukrainian officials, denounces what she called "the insidious myth that sexual violence in confliction with the"

violence in conflict is inevitable".

In peace negotiations through history,
Patten warned in an interview with the US
news programme Democracy Now, "the
question of amnesty for crimes of sexual
violence has always been on the
table. The option was women or peace.

And as usual, women get sacrificed."

When Patten spoke to the UN Security
Council about sexual violence in Ukraine
in June, she demanded that there be





specific provisions in any ceasefire or peace agreement to ensure that there is no amnesty for crimes of sexual violence.

Lyudmyla Denisova, who was then Ukraine's parliamentary ombudswoman for human rights, said she received 400 reports of sexual violence by Russian soldiers in the first two weeks of April. The head of the psychological hotline which Denisova set up for sexual crimes, torture and abuse said the hotline received 1,500 calls in six weeks from April 1st until May

15th.

The rape-as-a-weapon-of-war story became the perfect metaphor for Russia's

assault on Ukraine.
The Security Service of Ukraine or SBU published what it said were conversations between Russian soldiers and their wives or girlfriends. "You go ahead, rape Ukrainian women and do not tell me anything," one Russian woman allegedly

■ Activists protest rape during war and support for Ukraine in front of the Russian Consulate in New York earlier this year. Gynecologist Viktoria Osypenko (left): 'If she [a 12-year-old rape victim of Russian soldiers] has no serious infections, such as HIV or hepatitis, which affect you for the rest of your life, she may recover physically. Psychological recovery is more difficult.' Below left: An angel, in Ukrainian colours, given as a gift to Osypenko by the 12-year-old girl.

PHOTOGRAPH (MAIN): KENA BETANCUR/AFP VIA

told her partner.

"A lot of big numbers were being thrown around, by (Denisova) but also by others, without clear evidence," says Margolis. "That is dangerous because people may come back and say, 'This wasn't actually happening after all'. It feeds the myths around 'Oh, women lie about being raped'. Again, it's not to say these things are not happening or that people report cases that are not true. We simply do not have clear information

about those 400 cases."

The focus on sexual violence in April and May was "not just journalists", Margolis says. "It's politicians. I've heard about politicians visiting and wanting to speak to [rape] survivors. It's people from the prosecutor's office. It's international investigators. It's NGOs. It's everyone. There is a real appetite for these stories, which was also fed by the report of 400 cases and the constant

reference to this being a weapon of war."

Margolis is concerned that survivors of sexual violence may be retraumatised by "the race to get the story and to prosecute the cases". The ethical question "of how that information is going to be used, whether it's useful and the impact on the survivor and their family members" is sometimes neglected. "I worry about people being asked to go through this over

and over and over."

Pramila Patten said that in the past, rape victims have sometimes been questioned more than 15 times.

At the end of May, the Verkhovna Rada, the Ukrainian parliament, voted to dismiss Denisova, saying she had focused too much on sexual violence and neglected other aspects of her brief, including humanitarian corridors and prisoner exchanges. Several human rights groups

opposed Denisova's dismissal.

Denisova admitted to the Ukrainian website lb.ua that she had used "cruel" or "harsh" language. In an ambiguous quote which was interpreted as an admission of guilt, she said, "Maybe I exaggerated to achieve the goal of convincing the world to provide weapons and pressure [on Russia]." Denisova insisted that she had only repeated the testimony of victims in phone calls to her office. "It has been confirmed that there is sexual violence. Now the investigators need to prove it,"

Continued on page 2

### Is Russia using rape as a weapon of war in Ukraine?

#### From page 1

Some of those who had spoken out earlier declined to comment. The head of investigations at the Kyiv Independent, who conducted an in depth study of rape in the Kyiv area, did not wish to speak to me. Neither did the mayor of Bucha, who had talked about 25 women being held as sex slaves in a basement in his town.

Oleksandra Matviichuk, the hu-

man-rights lawyer who heads the Ukrainian Center for Civil Liberties, fears that the focus on sexual violence may distract attention from other Russian war crimes. She also warns that delving into sex crimes can harm both the survivor and the investiga-

tor.
Working with regional human rights groups across Ukraine, Matviichuk has documented what she calls 13,000 "criminal episodes" involving Russian troops. These are only "the tip of the iceberg", she says. Though her group refrains from asking about sexual violence and refers such reports to trained specialists, it has nonetheless received five complaints of

The inability of the Ukrainian and international justice systems to handle such a huge number of cases is one of Matviichuk's main concerns. "The International Criminal Court has started an investigation here. But they will select only a few cases. Who will provide justice



■ Human rights lawyer Oleksandra Matviichuk fears that the focus on sexual violence may distract attention from other Russian war crimes

for thousands of others who will not be selected by the ICC?" she asks.

"In July of this year, our former prosecutor general Iryna Venediktova said she had opened 23,000 criminal proceedings (against Russian forces)," Matviichuk continues. "Even Scotland Yard could not cope with such a huge number of crimes." She advocates the creation of international hybrid tribunals on war crimes, crimes against humanity and genocide, in which national investigators and judges would work alongside international investigators and judges.

"It will be difficult to achieve the political will," Matviichuk warns. "Because there is a lack of bravery to say, 'Putin, we will prosecute you'.

#### **Testimonies**

I ask Matviichuk what cases have left the deepest impression on her. "I try not to focus on my own emotion, because I will be broken," she says. "We have testimony from a mother who told how Russian soldiers killed her daughter before her eyes. We have testimony of people who were forcibly put in a basement and Russian soldiers ordered them to choose volunteers because they wanted to shoot somebody, and they shot them."
What Matviichuk calls "the accountabil-

ity gap" is particularly wide in cases of sexual violence because evidence is often scant, victims are reluctant to come forward and the knowledge of commanders must be demonstrated - as it was in Bosnia and Rwanda - for rape cases to reach the level of an international tribunal.

"It is possible that troops are extremely undisciplined but that commanders are still aware of what they are doing and do not take action to stop it," Margolis points

Matviichuk says Russian prisoners are also being used as combatants, a possible explanation for the apparently high number of war crimes. Ethnic minorities recruited from outlying regions of the Russian Federation are often accused of atrocities by Ukrainian refugees from occupied areas.







Yevgeny Prigozhin shows Vladimir Putin around one of his food factories outside St Petersburg in 2010; graves of Wagner soldiers on the outskirts of Bakinskaya village, in the Krasnodar region of Russia, in February; and a security guard outside the Wagner building in St Petersburg.

## WAGNER DANGER THE WEST FINALLY WAKES UP

Yevgeny Prigozhin is seen as the man who does Vladimir Putin's dirty work. The former gangster founded – and rules over – the mercenary group that has a reputation for barbarity in Ukraine, Africa and the Middle East



**Lara Marlowe** 

evgeny Prigozhin was, like Russian president Vladimir Putin, a street fighter in his youth in Leningrad in the former Soviet Union. He served nine years of a 13-year prison sentence for robbery, became a gangster and restaurant owner, government contractor, caterer to Putin, warlord, media mogul and propagandist.

These days Prigozhin rules over the Wagner mercenary group that has earned a sinister reputation in Ukraine, Africa and the Middle East.

Prigozhin's mercenaries used the sledgehammer as a weapon of terror in Syria and Ukraine, so he turned it into their emblem. In January his television channel showed the heavyset, bald 61-year-old in combat fatigues distributing sledgehammers engraved with the words: Happy New Year 2023. "I brought you a new tool, a new weapon," Prigozhin said mockingly. 'Teach new recruits how to use it.'

When the European Parliament voted

last November to declare Russia a state sponsor of terrorism, Prigozhin displayed a bloodied sledgehammer in a blue velvet-lined violin case which he promised to send to MEPs.

After years in the shadows, Prigozhin admitted last September that he founded Wagner in May 2014. Asked about the lawsuits he'd filed against those who linked him to Wagner, including jailed opposition leader Alexei Navalny, Russian website Meduza, and the investigative website Bellingcat, Prigozhin said it was just sport.

"Prigozhin is a genius at marketing," says Alexandra Jousset, co-director of a documentary entitled Wagner, Putin's Shadow Army, which won France's highest journalism award, the Prix Albert Londres, last November. Prigozhin "created the Wagner brand" by flooding social media with ultra-violent recruitment videos packed with action heroes, blood, flames, explosions and blaring music. "Then he hijacked representation of the conflict in

#### **'Limelight'**

By admitting authority over Wagner last September, Prigozhin guaranteed that his many enemies within the Russian system could not eliminate him discreetly. "And by putting himself in the limelight, he was able to say, 'The war in Ukraine is me. The few Russian successes in Ukraine are me, Wagner, not the army'," Jousset says.

Prigozhin has known Putin for many

years, Jousset says. "He's the man who does Putin's dirty work, one of few people he really trusts. Putin has Prigozhin taste his food. Prigozhin serves Putin at [the] table. They have a close relationship, but not as close as men like Vladimir Yakunin, who served with Putin in the KGB."

Tracey German, a professor of conflict and security at King's College, London and co-author of a book on non-state actors in Ukraine, says Prigozhin moved from his former, covert role to a highly visible role on the front line in Donbas by arguing that Wagner was more capable than Russian ground troops and would succeed where they failed.

"Wagner plugged a gap," German says.
"When the official Russian military were struggling with manpower last summer, Wagner began taking on a frontline fighting role. In that respect, they have been very useful for the Kremlin.

The British ministry of defence estimates there are 50,000 Wagner mercenaries in Ukraine. The US National Security Council says 80 per cent of them are convicts. Prigozhin leaked a video of his recruitment speech in a prison yard. He warned convicts they would probably die. If they survived, he promised they'd be well paid and gain freedom after six months.

"Initially Wagner used battle-hardened military veterans with experience in the Russian armed forces or security services," German says. "Recruiting convicts diluted their effectiveness as a fighting force. I hate the term cannon fodder, but they just keep throwing fighters in waves, again and again. If they were conscripts, the huge casualty numbers would be terrible for Putin. Because it's Wagner, they on't report their losses.

Until the full-scale Russian invasion of Ukraine 13 months ago, Wagner also offered the advantage of "plausible deniabili-", German says. "The Kremlin could say: No, no. Nothing to do with us'.'

#### 'Hammer of Revenge'

Wagner's reputation for brutality, what German calls the fear factor, can also be an

When the US treasury imposed sanctions on Wagner in late January, it described the group as "a transnational criminal organisation implementing Kremlin policy". In the Central African Republic and Mali, it said: "Wagner personnel have engaged in a continuing pattern of serious criminal activity, including mass executions, rape, child abduction and physical violence.'

Josep Borrell, the EU's high representative for foreign affairs and security policy, ecently described Wagner as "the praetorian guard of military dictatorships". In exchange for protecting Arab and African dictators, Prigozhin has secured access to petroleum fields, diamond and gold

Videos of summary executions of alleged deserters in Syria in 2017 and in Ukraine last November left the deepest im-

pression of Wagner's barbarity. The scenes posted on social media were intended to instil terror and deter would-be deserters

Mohammed Taha Ismail Al-Abdullah was accused of deserting from the army of Syrian dictator Bashar al-Assad. The modern-day gladiators spoke Russian on the video, did not attempt to hide their faces and have since been identified by Russian journalists. First the Wagner men bashed the Syrian with a sledgehammer. Then they dropped a grenade into his trousers, shot him, cut off his head and arms, hung his body upside down and set fire to it.

Dmitri Utkin, a veteran of the Chechen wars and Wagner's top field commander, was placed under EU sanctions in December 2021 for allegedly ordering Al-Abdullah's torture and murder.

 $Utkin \, is \, a \, former \, special \, forces \, of ficer \, in \,$ the GRU, Russia's military foreign intelligence agency. Wagner's training camp at Molkino, southern Russia, is adjacent to a GRU base. Utkin's nom de guerre, Wagner, became the group's name. He and three other Wagner commanders were photographed alongside Putin in Decem-



**Recruiting convicts diluted** their effectiveness as a fighting force. I hate the term cannon fodder, but they just keep throwing fighters in waves, again and again. If they were conscripts, the huge casualty numbers would be terrible for Putin. Because it's Wagner, they don't report their losses

ber 2016, after he pinned medals on their

Wagner posted its second such video, entitled "The Hammer of Revenge" on the Grey Zone Telegram channel last November 13th. Wagner operatives had captured Yevgeny Nuzhin, a convicted murderer and Wagner recruit, who defected in September.

"On November 11th I was hit on the head in a street in Kyiv and I lost consciousness," Nuzhin recounts in the video. His head is bound to a piece of debris with clingfilm. "I woke up in this cellar where they told me I would be judged.'

A man in combat gear smashes a sledgehammer into the side of Nuzhin's head and neck. He falls to the ground. The second blow crushes his head. "He did not find happiness in Ukraine and ended up meeting people who are hard but just," Prigozhin said sarcastically. "This film

should be called 'a dog's death for a dog'." Two Wagner defectors, Andrei Medvedev, now in hiding in Norway, and Marat

Gabidullin, in France, have revealed that Wagner runs its own intelligence service, the Slujba Bzopasnosti (SB) that coordinates with the Russian FSB, the successor to the KGB. Within the SB a group called MED is responsible for liquidating traitors and unwanted witnesses. Medvedev said he knew of at least 10 such executions. The fiction that Wagner's crimes were

somehow independent of the Kremlin was refuted in recent weeks when hackers pirated computers in Prigozhin's galaxy of 400 companies, including his "troll farm", a digital headquarters in St Petersburg called the Internet Research Agency, which spreads disinformation on the internet, his Concord restaurant and catering group, and Wagner.

Prigozhin boasted last autumn that he favoured Donald Trump's election, saying: "Gentlemen, we interfered, we interfere, and we will interfere.

Jousset and her co-director, Russian journalist Ksenia Bolchakova, reported the Wagner Leaks in Paris Match and on Arte television. Welt am Sonntag and Business Insider shared the story. The biggest trove of Prigozhin documents was released on March 18th by Dossier Center, which belongs to Mikhail Khodorkovsky, a Russian billionaire who was jailed for a decade by Putin and now criticises the Russian dictator from exile in London.

#### Lie detector

The leaked documents show that, as Le Monde summarised it, Prigozhin's vast holdings constitute "a quasi-Russian state company, but also a unique criminal enterprise".

Prigozhin employees are vetted with a two-hour lie detector test, Dossier Center reported, to cut out anyone with opposition, media, or police contacts. Applicants are asked their opinions about the war in Ukraine. Affiliation with neo-Nazi and white supremacist groups is not a prob-

Sources who know Prigozhin say his attitude remains that of an ex-convict. A European who worked in his restaurants in St Petersburg told Paris Match: "I've seen nim thank us for our work by providing us with prostitutes, and I've seen him have guys beaten up by his thugs because they tried to find a job elsewhere."

Prigozhin positions himself politically as pro-Putin, anti-elitist and ultra-nationalist. "Prisoners have a much higher level of consciousness than the Russian elite," he replied to a written question from a website in Siberia. He condemns the elite for "choosing their own comfort over the good of the people" by refusing to send their children to fight in Ukraine.

Prigozhin and Russian defence minister Sergei Shoigu disputed credit for the fall of the Ukrainian town of Soledar last January 11th. A Wagner militiaman waved the group's black, red and white death's head flag from the window of a gutted building. Prigozhin posted a photograph of himself in combat gear, surrounded by fighters in

a Soledar salt mine. "It was us and us alone who took Soledar," he boasted, addressing himself to the Russian army. "Go fight and stop comparing your [sexual organs] to those of my fighters!'

Bakhmut, a rail and road hub 18km from Soledar, has seen the longest battle of the Russian invasion and is often compared to Verdun. Wagner mercenaries hold the eastern part of the now ruined city, while Ukrainian forces are dug in on the western side and have blown up bridges across the Bakhmutka river.

On February 22nd, Prigozhin violated the taboo regarding Russian casualties by posting a photograph of about 50 Russian corpses lined up in the snow at Bakhmut. "Half my guys die because certain military bureaucrats don't want to move their ass, he complained in a voice message on Telegram. "Those who prevent us winning this war are working directly for the enemy, helping the enemy to break Russia's back. Let us be clear: hundreds of thousands of soldiers have died on the front."

#### **Outbursts**

Such outbursts fuel Prigozhin's feud with the Russian military establishment. He and Shoigu have long been rivals, "for the simple reason that Shoigu also possesses a private military company called Redut", Jousset says. "They have been in competition in Syria and elsewhere.'

At a time when many predict Prigozhin's demise, others see him and his ally, pro-Putin Chechen leader Ramzan Kadyrov, as possible successors to Putin.

Prigozhin and Kadyrov are not foolhardy enough to plot against Putin but could be considered alternatives by the ultra-right nationalist fringe of Russian politics if something happened to Putin. The Wagner Leaks revealed that Darya Dugina, the assassinated daughter of far-right ideologue Aleksandr Dugin, was on rigozhin's payroll.

Wagner has spearheaded Russian expansion in Africa, reaping support for Russia in the UN and securing a hold on natural resources. "For a long time Wagner were regarded as scruffy mercenaries and not taken seriously," says Jousset. "West-ern armies have finally woken up to the

Prigozhin's propagandists in Africa emphasise the colonial crimes of the French and other Europeans and tell Africans that the West causes their poverty. The governments of Mali and Burkina Faso have expelled French forces from their countries and replaced them with Wagner.

Khodorkovsky says that westerners fearful of death are no match for Putin, who believes all problems can be solved through violence.

So how do you fight men who use sledgehammers as murder weapons? Nato sends arms to Ukraine, but isn't fighting. In Africa the West is focused on the information

"We didn't engage enough in the battle against disinformation in the beginning," Borrell told Le Monde. "This fight will continue, and we must continue to explain. It is about winning public opinion."

#### How to ... let go

Expert answers to everyday questions

Take it on the chin, suck it up, you'll be grand - if you've experienced a challenge, family and friends can be impatient for your recovery. "Sometimes we get a message that emotions like anger, disappointment, resentment and jealousy are seen as bad or wrong," says Keelin O'Dwyer, behavioural psychologist at online therapy platform, Fettle.ie.

But every emotion has a function, she says. Instead of trying to repress or battle difficult emotions, which can make them bubble up even stronger, acknowledge them. "In Ireland, we are very dismissive of our emotions. But if we kind of acknowledge the let-down we faced and allow ourselves to feel the sadness, we will feel a lot better in the long term."

**Letitout** If you are wrestling with difficult feelings, expressing them can help with letting them go. "There are a lot of studies with regard to people who have been through a difficult break-up. Psychologists have found those who wrote down their thoughts and feelings recovered much quicker than

those who didn't," says O'Dwyer. "They also had better physical and mental health in the months after the study," she says.

Talk to a friend, write down your feelings or express them in some creative way getting your feelings out can help you

Forgive and forget? If someone has done you wrong, don't feel you have to skip straight to forgiveness. 'Acknowledge your own pain and be kind to yourself first," says O'Dwyer. "When we are kinder to ourselves, we are more likely to be compassionate towards other people, but I think you need to go through the



A lot of how we process disappointment and get over things has to do with our past. That's why it's important to be compassionate towards ourselves

process of feeling your feelings first." It isn't good to hold on to challenging

feelings towards someone, research shows. "The more you process the disappointment, the more likely forgiveness will show up naturally when it's ready. But it is not something to be forced."

In vour own time

We recover from some things faster than others and that has a lot to do with our history, says O'Dwyer. If you have a really difficult relationship

with family members, a break-up might hit harder because of losses you suffered before. Someone may be especially triggered by workplace bullying if they were also bullied at school.

"A lot of how we process disappointment and get over things has to do with our past," says O'Dwyer. "That's why it's important to be compassionate towards ourselves.

No Ted Talks If a loved one is struggling with difficult can be hard if someone is going on about a certain situation constantly. You want to help, but you don't have to have the solution, says O'Dwyer. "Even sitting there saying, 'I'm herefor you. How would you like me to help? It's just about letting the person have that space. That's really helpful in them moving forward."

emotions, try not to Ted Talk them out of it. "It

**Hang on** 

Holding on to anger and disappointment is bad if it stops you from living the life you want to lead.

Feeling resentful after a difficult break-up, for example, can block you from pursuing a healthy relationship.

Feeling angry with an employer can impactyour work. If you feel you are getting caught up in difficult thoughts and emotions and can't get over a setback, talk to a trained professional, says O'Dwyer. "Having guided help to process things can help you get from where you are to where you want to be."

**JOANNE HUNT** 



#### Odesa and Russia: 'First they send a ballerina. Then they send a tank'



Lara Marlowe

An artist and an intellectual in the Ukrainian port city explain their perspectives on the role of Russian culture as a weapon

CIDE OF THE UKRAINIAN
PEOPLE. He stencils the letters TOXIC over the faces of

The Russians, Zhalobnyukar-DEATH". His depiction of the massacre of hundreds of Ukrainian civilians at Bucha Onegin, is one of the main tarlast March is a swirl of human organs, blood, a military truck. gets of Ukraine's semi-official campaign of de-Russification.

"Damn you all Russians", it says in boldface black letters. As a male of military age,

Zhalobnyuk cannot travel out-side Ukraine, but his art has been exhibited in Amsterdam, Berlin and Rome since the war started. A collector in Paris has acquired 10 pieces. An exhibi-tion will soon open in Brussels. "These are powerful works. They will live after me," he says.

#### Tax on fruit trees

"My albums explain how I became anti-Russian," Zhalob-nyuk continues. Successive generations of family members died in famines created by the Soviet Union. "People know about the Holodomor [the famine imposed by Stalin in 1932-1933, which killed per-haps five million Ukrainians] Pushkin's sin? To have mocked

and there are no windows," he explains. Zhalobnyuk saya he sis "mental with lowe" for his country. Twant posts war Ukraineto be a humane, western-looking society that saves animals and builds museums." However, the surprise of the country of the

proponent of a growing unverment to expunge the Russian
language and culture from
Ukrainian society.

Zhalobnyuk's home city of
Odesa is predominanty Russian-speaking." I don't have a
sian-speaking." I don't have a
single Russian how saw
This blood that is in me, I don't
rhowshat to do withit i... Some
how shat of worth of the
rhow shat of the
rhow shat of worth of the
rhow shat of the
r at the age of 40." at the age of 40. "at the age of 40." at the age of 40. "at the age of 40." at the age of 40. "at the age of

Russian writers and composers. He fills the foreground of a sa weapon". He makes a pun Russian landscape with coffins, beneath the words "Russia = forcanon. "Pushkin is a canon."



but not many know about the Ukrainian Cossack leader anideological warbetween peo1947." he says with emotion. Ivan Mazepa, and to have ple with European values and 
"My father's bothers died. Stalin imposed a tax on fruit trees, the Great in poems, Busts or 
Hardliners like Zhalobnyuk Stas Zhalobnyuk, an artist aged lin imposed a tax on fruit trees, the Great in poems, Busts or 45, offers us bread made with so they had to cut down their statues of Pushkin have been believe Russian culture cannot tine art exhibitions. He rejects minds."

builds museums."
But fornow, Zhalobnyukis in candescent with rage. The memratio forment that consumes him 
from the inside and keeps him 
and sex lead to Mack Every commufrom the inside and keeps him 
answake at riight has made him a 
proponent of a growing moverough and a culture from 
Ukrainian society.

Issue to the consume shim 
from the inside and keeps him 
and when 
inst holiday, he sent her a commultis post card without an enproponent of a growing movevelope, so the authorities would 
that information was covered 
that information was covered 
that information was covered 
that was the 
there's my spelling, Odesa. 
"Odesa is a European city," 
of the index away in a 
about my family being killed. 
That information was covered 
that was the 
shably concrete high-rise. The B-sycarold 
of principles and 
the proposed in 
the rown spelling, Odesa. 
"Odesa is a European city," 
of the index away in 
about my family being killed. 
That information was covered 
the world is was whething, Day our 
of principles and 
the proposed in 
the rown spelling, Odesa. 
"Odesa is a European city," 
The was built 
above a Greek settlement. Itemshably was the 
the rown spelling, Odesa. 
"Odesa is a European city," 
The proposed 
of the rown spelling, Odesa. 
"Odesa is a European city," 
The babout specific 
proposed is a proposed 
of the rown spelling, Odesa. 
"Odesa is a European city," 
The was built 
above a Greek settlement. Itemshably word 
of the rown spelling, Odesa. 
"Odesa is a European city," 
The office of 
the rown spelling, Odesa. 
"Odesa is a European city," 
The was built 
above a Greek settlement the 
"In 
the rown spelling, Odesa. 
"Odesa is a European city," 
The was built 
above a Greek settlement the 
"In 
the rown spelling, Odesa. 
"Odesa is a European city," 
The fire of 
the rown spelling, Odesa. 
"Odesa is a European city," 
The specific office 
above a Transition of 
"In 
the rown spelling office 
"Odesa is a European city," 
The 
The Turns were 
the consumers 
and the proposed 
"Ode

well. We didn't start it. This is

45, offers us bread made with so they had to cut down their statues of Pushkin have been believe Russian culture cannot sunflower seedsand dates, goat trees. They at grass and toppled in about a dozen bedissociated from Russian agcheese, ginger and lime tea in leaves. Without documents, Ukrainian cities. Dozens more they could not leave their vill alert. "It's the safest place, belage. Russia is like Mordor [in figures have met the same fate beasy. Ukrainies National Opensuse the walls are concrete "Tolkien's Lord of the Rings], a since the war started in reproductive Tolkien's Lord of the Rings], a territory of total evil."

\*\*Portury.\*\*

\*\*Aportury Deborgers have met the same fate beasy. Ukrainies National Opensus the wall of the Rings], a territory of total evil. "

\*\*Portury.\*\*

\*\*Portury.\*\*

\*\*Aportury Deborgers have met the same fate beasy. Ukrainies National Opensus the way at the same fate beasy. Ukrainies National Opensus the way at the same fate beasy. Ukrainies National Opensus the way at the way at the same fate beasy. Ukrainies National Opensus the way at the way at the same fate beasy. Ukrainies National Opensus the way at the way at the same fate beasy. Ukrainies National Opensus the way at the way



and Ukraine. "I think that culture has no borders," he says.
Golubovsky remembers the second World War well. His fasecond World War well. His fabeta Smoke rises from a fire after a missile strike on a warehouse in Odesa on July

Nazis. His mother was a medic. cannot allow myself to For me, the enemy were the Nazis the Germans I am a Iew ou understand how it could

have ended..."

Do you expect me to say then depoint in the early 20th century. After the first World War, early Zionists left Odesa for Palestine, where they founded the city of Tel Aviv.

Until the second World War,

Odesa was home to 180,000 created the modern Russian Jews, the largest Jewish com-munity in the Soviet Union. Most perished at the hands of the Nazis Jewish culture nonetheless left a lasting influence on the city's cuisine, dialect and humour.

Golubovsky did not like the Soviets either. He self-pub-lished, and organised clandesthe idea that Odesa was a Rus-sian city, though it was founded by Catherine the Great in 1794. She named it after the Greek hero Odysseus – Ulysses – but in-sisted on feminising the name.

Political spelling Even the spelling of the city's name has become politicised, with Ukrainian patriots aban-doning the Russian Odessa for their own spelling, Odesa.

inwar- and its neo-classical ar-chitecture. "Most of all, I low I the free spirit of Odesa," he says. "When Pushkin lived ines-ile in Odesa in the 1820s, he wrote, "Everything breathes freedom here. I twas a free Eu-ropean citizin a Bussia as burst." "That is possible," the old masses senilies "Buria 1968."

are biaming nim for two or sent the Red Army to Frague, three poems he wrote at the end of his life, and for failing to raised their voice was [the poet support the Polish revolt Yevgeny] Yevtushenko, who against the Russians", says Golulished Tanks in Prague. ubovsky, "You can say this was a mistake, but he was not a poli- way around."

meditate about tolerance of about my family being killed... Do you expect me to say there

tician. Before Pushkin, the Rus-sian language was archaic. He

language."

But it is precisely that lan-guage which many Ukrainians now object to, I interrupt. "No language is ever guilty," says Golubovsky. "We fought with Germany. No one ever banned Beethoven. When I hear they are banning Tchaikovsky, I feel shame for people with twisted

#### Passionate hatred

Passionate hatred Golubovsky understands the passionate hatred that many Ukrainians now feel towards Russia. "When you see dead children, it creates an emotional deflagration. I think that in five years it will calm down."

He cites as an example the statue of Catherine the Great Ukrainians refer to her simpl as Catherine or Catherine II which dominates a roundabout high above the Black Sea. Zh-alobnyuk wants it dismantled.

The original statue was re moved by the Soviets after the

ropean city in a Russia as brutal man says, smiling. "But in 1968, when the Soviet Union decided The anti-Pushkin campaign to punish Czechoslovakia and sare blaming him for two or sent the Red Army to Prague, Sometimes it works the other