

HOW YOU CAN HELP UKRAINE



(Courtesy of Zorianna Hyworon, friend of HERO)

For context for the invasion and war for survival, check these examples of articles and interviews.

- **Anne Applebaum** article in The Atlantic “Calamity Again” for an eloquently written historic context for today’s conflict
<https://www.theatlantic.com/ideas/archive/2022/02/ukraine-identity-russia-patriotism/622902/>
- **Timothy Snyder**, Professor, Yale and author of “Bloodlands: Between Stalin and Hitler” and “The Road to Unfreedom: Russia – Europe - America”
https://snyder.substack.com/p/how-to-think-about-war-in-ukraine?utm_source=url
- Books to help you understand Ukraine beyond the headlines
<https://www.theglobeandmail.com/arts/books/article-books-to-help-you-understand-ukraine-beyond-the-headlines/>

For insight on current developments

- Lt Col Alexander Vindman, Former Director for European Affairs, US National Security Counsel
<https://www.msnbc.com/ali-velshi/watch/alexander-vindman-on-zelenskyy-he-s-the-leader-of-the-democratic-world-right-now-134123077910>

International ways to provide aid:

- [International Red Cross Ukraine Donate](#)
- [JDC, Global Jewish Humanitarian Organization – Ukrainian Jews Need Your Help](#)
- [Medair](#)

