



Okanagan 4 Ukraine  
Stories of hope and resilience  
October 19, 2025

## Baking and biking



Ever since humans started cultivating wheat some 10,000 years ago, they've made bread in some form, and bread has come to be not only a staple foodstuff, but associated with life, itself. In some parts of the world, food is not considered to be a meal without bread. In what is now Ukraine, wheat has been cultivated and bread baked for at least 7,000 years. Is it any wonder, then, that when Bohdan Chekerenda wondered how he could help during Russia's devastating war of aggression against his people, his thoughts turned to bread?

There is a volunteer initiative in Ukraine called *Peremoha Bread*. Peremoha means "victory," and the triumph, in this case, is baking and delivering around 2,000 loaves of bread every single day to those in need. By now, the initiative has passed 2.5 million loaves—continuing, somehow, during power outages and daily danger. Bread is needed, regardless.



Bohdan brought his family to Canada in 2022 because of the war, but his heart never stopped calling out: *How can I help my beloved people and country from here?* He didn't yet have a car and commuted to work by bike. During his daily journeys, the idea came to him: why not cycle 150 kilometres to raise awareness and inspire others to support Peremoha?



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He had no background in cycling, but he dedicated himself to the task and completed his first 150 km ride in October, 2023. "I was totally unprepared!" he recalls. "After thirteen hours on the bike, I barely made it to the finish, and I promised myself I would never do it again."

But you know what happened next...the ride caught peoples' attention and gained support for Ukraine; so, Bohdan determined to do it again—better trained and equipped, and with a stronger, focussed purpose. Now, in October

2025, he has just finished another 150 km. ride, along the legendary and beautiful Grand Fondo route in the Okanagan Valley. "Honestly, there's nothing quite like the colours of autumn here. And I can't imagine a better backdrop for a ride that's all about hope and endurance."

Biking converted into bread. The volunteers of Peremoha Bread only need ingredients to keep baking. And each loaf only costs about 60 cents. Even the smallest donation can turn directly into bread of life for someone who truly needs it.

"The horrific war in my homeland is still going on," says Bohdan. "Every day, millions of Ukrainians hide in bomb shelters with their children, not knowing if they'll live to see tomorrow. Those of us who are now safe around the world have a duty, both moral and human, to do whatever we can to help Ukraine endure and win. For



me, that means helping at least one person, covering at least one real need. And if my ride inspires even one more person to donate, to turn their contribution into a bread, feed someone, and give them a small piece of hope...Then I'll keep riding for as many kilometres as it takes!"

In 2025, Bohdan has raised enough to make more than 3,000 loaves of bread! You can contribute at any time, either to [Peremoha Bread in Ukraine](#), or to [Okanagan 4 Ukraine](#), helping Ukrainians here in the Okanagan Valley.

You can also follow Bohdan's [journey and updates on Facebook](#).