

MONTHLY

MAY 2026

Russian Cultural Garden Magazine

Preserving Russian Cultural Heritage in America



Discover This Month



GARDEN CLEAN UP

MAY 2ND, 2026



STARTING AT 11:00 AM
ON THE GROUNDS OF
THE RUSSIAN
CULTURAL GARDEN
(730 MARTIN LUTHER
KING JR. BLVD)



WE INVITE EVERYONE WHO'S
INTERESTED AND WOULD GREATLY
APPRECIATE YOUR HELP!



THE TASTE AND RHYTHM OF MAY: WHY OUR APPETITE CHANGES IN SPRING

With the arrival of May, not only does the nature around us change, but so do our own sensations—including our relationship with food. Many people notice that heavy dishes fade into the background, and the body seems to naturally crave something lighter, fresher, and simpler.

There's a very natural explanation for this. In spring, metabolism speeds up, activity levels increase, and hormonal balance shifts. The body no longer needs a "winter reserve" of energy, so the craving for fatty and high-calorie foods decreases. Instead, there's a growing desire for vegetables, greens, and lighter meals.

In addition, May is when the first seasonal produce begins to appear on store shelves.

Fresh herbs, young cabbage, radishes, strawberries—all of these are not only delicious but especially beneficial. These foods are rich in vitamins and help the body recover after winter.

Eating lighter during this time supports overall well-being: energy levels rise, mood improves, and even sleep becomes better. This is also linked to natural processes like metabolism, which become more active in the spring.

May is not about restrictions—it's about balance and renewal. Sometimes, it's enough to simply listen to yourself and allow your body to choose what it truly needs.



*June 28th, 2026
11:30am-5:00pm*

for the first time

IVAN

KUPALA

with the Russian Cultural Garden

Highlights of the program:

- A marketplace with traditional cuisine*
- Fun contests for kids and adults*
- Folk performances*
- And several pleasant surprises*

2026

CLEVELAND ASIAN FESTIVAL

May 16-17
AsiaTown, Cleveland
Free admission

CLEVELAND LIKE YOU'VE NEVER SEEN IT

FOR TWO DAYS, THE CITY TRANSFORMS INTO A VIBRANT, LIVELY, AND TRULY INTERNATIONAL FESTIVAL—FILLED WITH STREET FOOD, MUSIC, DANCING, AND THE ENERGY OF A BIG METROPOLIS.



WHAT AWAITS YOU:

- 30+ RESTAURANTS AND FOOD TRUCKS
- CUISINES FROM ACROSS ASIA
- STREET FOOD AND UNIQUE DESSERTS

SHOWS AND ENTERTAINMENT:

- DANCE AND MUSIC ON TWO STAGES
- K-POP PERFORMANCES
- COSPLAY AND FASHION SHOWS

MARKET:

- 100+ VENDORS
- JEWELRY, CLOTHING, HANDMADE GOODS
- UNIQUE FINDS

INTERACTIVE ACTIVITIES:

- WORKSHOPS
- ART AND CALLIGRAPHY
- ENTERTAINMENT FOR ALL AGES



Traditional Russian Costume: Origins and Foundations



The traditional Russian costume began to take shape as early as the **12th** century, reflecting the **natural environment, way of life, and worldview of the people**. For many centuries—up until the **18th** century—its main features remained largely the same across all social classes, uniting people regardless of their status.

The foundation of traditional attire included a shirt made of **linen** or **hemp**, a **poneva** or **sarafan**, and **lapti** (bast shoes). Key distinguishing features were layering, the dominance of red—symbolizing **life** and the **sun**—and rich embroidery that served not only a decorative but also a **protective** function. The patterns acted as talismans and could reveal much about a person's age, marital status, and social standing.

Origins and Development:

From the **12th** to the **17th** centuries, clothing was simple in cut yet richly decorated. The most common elements of women's attire were sarafans—straight or tunic-like—and ponevas, worn with long shirts. Despite the simplicity of the silhouettes, great attention was given to details such as embroidery, braiding, and color combinations.

Social Distinctions:

Over time, social differences began to be reflected in clothing. Members of the nobility wore garments made from expensive fabrics—such as **brocade** and **velvet**—adorned with **pearls** and precious stones. At the same time, peasants used homespun cloth, yet even in simpler attire, the aesthetics and symbolism of traditional costume were preserved.

STARRY INSIGHTS: HOROSCOPE FOR MAY 2026



ARIES:
MAY WILL TEST YOUR ABILITY TO LET GO OF CONTROL. SOMETIMES IT'S BETTER TO TAKE A STEP BACK TO SEE A MORE ADVANTAGEOUS PATH.



TAURUS:
THIS MONTH, UNEXPECTED ENCOUNTERS WILL PLAY AN IMPORTANT ROLE. SOMEONE FROM YOUR PAST MAY REAPPEAR AND CHANGE YOUR PLANS.



GEMINI:
MAY WILL ENCOURAGE YOU TO SLOW DOWN AND REFLECT ON YOUR PRIORITIES. NOT EVERY TASK REQUIRES YOUR IMMEDIATE ATTENTION.



CANCER:
YOUR CONFIDENCE WILL GROW IF YOU STOP DOUBTING YOURSELF. THIS MONTH IS WELL-SUITED FOR SMALL BUT IMPORTANT VICTORIES.



LEO:
MAY WILL BRING SITUATIONS WHERE FLEXIBILITY WILL BE REQUIRED. THE ABILITY TO ADAPT WILL MATTER MORE THAN STRENGTH.



VIRGO:
UNEXPECTED IDEAS AND INSPIRATION AWAIT YOU. DON'T IGNORE THEM—EVEN UNUSUAL THOUGHTS CAN LEAD TO SOMETHING VALUABLE.



LIBRA:
THIS MONTH WILL TEACH YOU TO SAY "NO" WITHOUT GUILT. IT WILL OPEN SPACE FOR SOMETHING TRULY IMPORTANT.



SCORPIO:
IN MAY, MANY THINGS WILL BECOME CLEARER WITHOUT UNNECESSARY WORDS. PAY ATTENTION TO PEOPLE'S ACTIONS RATHER THAN THEIR PROMISES.



SAGITTARIUS:
YOU'LL HAVE A CHANCE TO RECONSIDER YOUR USUAL LIFESTYLE. SMALL CHANGES WILL LEAD TO SIGNIFICANT RESULTS.



CAPRICORN:
MAY WILL PUSH YOU TOWARD UNCONVENTIONAL SOLUTIONS. SOMETIMES RISK IS THE ONLY PATH TO GROWTH.



AQUARIUS:
YOUR ENERGY WILL DEPEND ON YOUR SURROUNDINGS. CHOOSE PEOPLE WHO INSPIRE YOU, NOT THOSE WHO DRAIN YOU.



PISCES:
THIS MONTH WILL SHOW YOU THAT NOT EVERYTHING NEEDS TO BE CONTROLLED. TRUSTING THE PROCESS WILL BRING MORE CALM AND CLARITY.

VOLUNTEER OF THE MONTH

VOICES OF THE RUSSIAN GARDEN



ИРИНА ПОСПЕЛОВА

Irina is an important part of our team and a reliable support in organizing and carrying out every event in our garden.

She is always actively involved in the preparation process, readily takes on a variety of tasks, and helps make every event thoughtful and heartfelt. Irina has a wonderful way with children, creating a warm, caring, and joyful atmosphere for them. In addition, she is an excellent cook, delighting all guests with delicious treats, and is always sincerely ready to help in any situation.

For us, Irina is an example of kindness, responsiveness, and true team support, thanks to which every event is carried out at a high level and leaves the most pleasant impressions.

TELL US ABOUT YOURSELF AS IF YOU WERE INTRODUCING YOURSELF TO A NEW FRIEND. WHAT ARE YOUR HOBBIES, DREAMS, OR FUNNY HABITS THAT WE MIGHT GET TO KNOW?

I am a person who values comfort and calm. I really enjoy cooking—it's my way of creating a warm atmosphere and making my loved ones happy. I adore cats; they bring a special sense of comfort into life. I feel drawn to the idea of bringing people together, which is why I have a deep affection for places like our cultural garden. I dream of seeing spaces like this continue to grow and bring even more people together.

TELL US ABOUT A MOMENT IN THE GARDEN THAT MADE YOU SMILE, SURPRISED YOU, OR TAUGHT YOU SOMETHING.

I especially remember the atmosphere during Maslenitsa and New Year celebrations. In those moments, the garden feels as if it comes to life: there are many people around, smiles, and conversations everywhere. It was very heartwarming to see people of different professions and ages come together for a shared purpose and contribute a part of themselves. It brought a genuine smile—there was a real sense of unity, warmth, and a special kind of heartfelt spirit.

TELL ABOUT A MOMENT IN THE GARDEN THAT MADE YOU SMILE, SURPRISED YOU, OR TAUGHT YOU SOMETHING.

I realized that even a few hours of work in such a place give a powerful boost of energy and a special sense of connection to one's roots.

Working together with others, you begin to perceive the space and the people around you in a different way. This moment reminded me how important it is to be part of something bigger and to contribute your own part to a shared effort.



JOIN THE VOLUNTEER TEAM OF THE RUSSIAN CULTURAL GARDEN!



**LOOKING FOR NEW FRIENDS IN CLEVELAND? VOLUNTEERING
AT THE RUSSIAN CULTURAL GARDEN IS A GREAT WAY TO
MEET NEW PEOPLE AND BECOME PART OF A FRIENDLY TEAM!**

**IT DOESN'T REQUIRE A PERMANENT COMMITMENT – YOU CAN
HELP WHENEVER YOU HAVE THE TIME AND DESIRE.**

**INTERESTED? EMAIL US AT
RUSSIANGARDENCE@GMAIL.COM.
WE WELCOME EVERYONE!**

DID YOU KNOW?

The most interesting facts about May:

The May full moon has its own poetic name:

The May full moon is called the Flower Moon. The name comes from Native American traditions, as this is the time when nature is at its peak bloom.

In Ancient Rome, May was considered an “unlucky” month for weddings:

Because of the Lemuria ritual, dedicated to the spirits of the dead, May was associated not with love but with remembrance. As a result, people avoided weddings—and this superstition persisted for centuries.

May has a “memory scent effect”:

In May, the air is more saturated with the essential oils of blooming plants than in other months. And since scent is directly linked to memory, May is more often “remembered” on a sensory level rather than through specific events.

May truly changes mood on a biological level:

With increased sunlight, levels of serotonin and vitamin D rise. That’s why the feeling of “a new life” in May isn’t just romantic—it’s a real physiological effect.

Every time you participate, you contribute to the future of the Russian-speaking community!

Dear friends,

The Russian Cultural Garden is a place where Russian culture lives. Here, children discover Pushkin for the first time, familiar melodies are heard, and adults feel part of a big family. Here, we laugh together, sing, create, and simply feel that **we are one**. Everything you see in the garden is made with love by our **volunteers**. Every flower, every bench, every celebration is the result of hard work, inspiration, and a belief that culture must live. We do this for **you**, for the **children**, for the **future**.

But for the garden to continue to bloom and grow, we need your support. **Support** that brings ideas to life, that allows music to play, flowers to flourish, and people to come together.

Making a donation is now easier than ever!

We accept donations via **Zeffy** — safe and convenient.

[Click the link to make a contribution →](#)

Every donation is more than just a sum of money. It's a warm "thank you," a helping hand, a belief in a shared cause. Even the smallest contribution makes a **big difference**.

Thanks to you, culture continues to live.

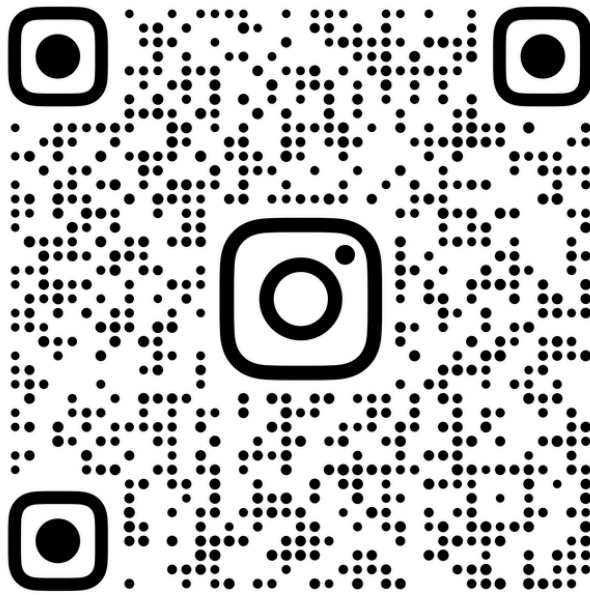
Thanks to you, the garden **blooms**.

Thanks to you, we are **together**.



**WE ARE ON
INSTAGRAM!**

18.38



RCGCLE



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- a review of past events;
- announcements of upcoming events ;
- exclusive interviews and materials;
- and much more!

Stay connected with our culture and history!

