A true story told through the memoirs of Victor Kramchaninova and his family, these memoirs are a 20th Century Ukrainian odyssey that spans both World Wars, the rise and fall of Stalin and the Iron Curtain, and the failed experiment of Soviet Communism. Born of a chance encounter between two physicians at an International Symposium on High-Altitude Medical Science in Japan in 1991, the memoirs were translated by Dr. Tatiana Kramchaninova-Serebrovska (Victor’s daughter), and edited by Dr. John “Jack” Reeves from the United States. This personal view into 70 tumultuous years of Soviet times hopes to provide understanding for the West about Ukrainian history, why Soviet Communism arose, why it long persisted, and why it fell.