



The Leaf Spring Army

Cookbook

International Edition

August 2024

Dedication

This Cookbook is dedicated to all the people of Ukraine, as they fight to repel the illegal Russian invaders from their country.

Slava Ukraini! 

— — **DRAFT** — —

This is a pre-release draft revision.

Comments, edits and suggestions Welcome!
(This text will go away in the final version.)

— — **DRAFT** — —

Disclaimer

This book has been produced for entertainment purposes. Readers are advised that while the recipes published here may result in tasty and edible food, the application of discretion and common sense is advised.

About this Book

Title: The Leaf Spring Army Cookbook, International Edition
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Editor: @Paul.Schulz
Publisher: The Enforcer Media Group
Version: PDF Version, August 2024
ISBN: 123-45-67890-12-8

First Edition

This book was typeset using Overleaf and the \LaTeX type setting system, using the "cuisine.sty" layout file with the Montserrat font family.

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Part I

Introduction

From the Editor

It has been said¹ that an army marches on its stomach. The Leaf Spring Army Cookbook has been prepared to keep the LSA marching on. (The Leaf Spring Army will never die!)

In these pages you will find recipes from members of the LSA community. They may be a favourite Ukrainian recipe, or a recipe that means something special from their own family and community. I would like to take this opportunity to thank everyone who has made a contribution.

We pause to remember those people fighting for Ukraine. We look forward to the day that they will be able to enjoy their own food and culture again without the threat of war over their heads.

Key to recipes (with examples)

Prep time	 20 min
Cook time	 35 min
Bake time	 210°C, 45 min
Cool time	 3 h
Serves	 5
Makes portions	 26
Cake slices	 12
Machines needed	 Kneading
Special equipment	 Bobcat

Measuring Units

tsp	Teaspoon
tbsp	Tablespoon

Temperature Conversion

	°C	°F (approx.)
	120	250
	150	300
	160	320
	180	350
	190	375
	200	390
	210	410
	220	430

¹attributed to Napoleon Bonaparte



Part II

The Recipes

Chapter 1

meat

Borscht



30 min



1-2 hrs



8



- Contributed by @BC Mapper



Ingredients

3	Beets, medium
4	Yukon potatoes
1	Onion, medium
2	Carrots
1/4	Bell pepper
Any	Meat (any protein can be used)
4 tbsp	Olive oil
4 cups	Water
2 cups	Broth (of any type)
2 tbsp	Tomato paste
1 clove	Garlic
1/2 tsp	Salt
1 tsp	Black pepper
1	Bay leaf
3 sprigs	Fresh dill

Method

- 1 Prepare all ingredients ahead.

Beets peel and grate

Potatoes peeled and diced to thumbnail size, store in cold water until needed

Onion finely diced

Carrots peeled and grated

Bell pepper finely diced, colour doesn't matter

Meat cubed to thumbnail size

Garlic minced

- 2 Bring water, broth and protein to a boil with the salt and **bay leaf**.

- 3 Sauté **beets, onions, carrots, peppers, garlic** and **tomato paste** in oil until softened and onions are a light golden colour.

- 4 Then add to pot all ingredients except the dill.

- 5 Turn down the heat to a simmer, continue for 1-2 hours.

- 6 Before serving, add **dill**, simmer for 5 mins

Serve with a dollop of **sour cream**.

Ukrainians do not consider Borscht to be soup.



. BORSCHT

Roast Orc

 3 months, 2 days on location  2 mins

Ingredients

- 2 Skif (Stugna-P) ATGM
- 1 T-90 Tank, supplied by Russia

Method

- 1 Prepare and train to use the Skif (Stugna-P) ATGM
- 2 Find a suitable location and setup Skif in range of likely route of Russian T-90 Tank. Ensure to stay hidden to avoid being spotted by Russian drones.
- 3 Wait for T-90 to wander past. Fire Skif and roast well. Be prepared to fire second Skif if required.
- 4 Depart quickly.

Bonus points for the height and distance of the turret toss. (Don't wait to see, but confirm later with surveillance drone footage.)



Big Badda Boom!



. ROAST ORC

Chapter 2

Chicken

Chicken Kiev



25 min



180°C/160°C fan-forced, 35 min



4



Ingredients

150 g	Butter
2	Garlic cloves, crushed
2 tbsp	Finely chopped fresh flat-leaf parsley leaves
4	Chicken breast fillets
1 cup	Dried breadcrumbs
1/2 cup	Plain flour
2	Eggs
	Rice bran oil, for shallow frying

Serve with

Mash potato
Steamed
vegetables

Method

- 1 Place butter, garlic and parsley in a bowl. Season with salt and pepper. Mash with a fork to combine. Spoon mixture into the centre of a 20cm piece of plastic wrap. Roll up to enclose butter mixture, twisting ends to seal. Roll on a board to form a 10cm-long log. Refrigerate for 1 hour or until firm.
- 2 Preheat oven
- 3 Make a deep cut into the side of the chicken breast to form a pocket (do not cut all the way through). Remove plastic wrap from butter. Cut butter into 16 thick slices. Place 4 butter slices into each pocket. Secure with toothpicks to enclose filling.
- 4 Place breadcrumbs on a large plate. Season with salt and pepper. Place flour on a plate. Whisk eggs in a shallow bowl. Coat chicken in flour, shaking off excess. Dip in egg. Coat in breadcrumbs. Place on a plate. Repeat with remaining chicken.
- 5 Grease a large baking tray. Pour enough oil into a large frying pan to cover the base. Heat over medium-high heat. Cook chicken, in batches, for 2 to 3 minutes each side or until golden. Place on prepared tray. Bake for 20 minutes or until cooked through.



CHICKEN KIEV

Chicken Plov



10 min



30 min



6



Ingredients

1	Large chicken breast
2 cups	White rice, rinsed and drained
1	Carrot, large, grated
1	Onion, small, finely chopped
2 tbsp	Butter
1/4 cup	Ketchup
2 1/2 cups	Water
1 tsp	Salt
1/8 tsp	Freshly ground black pepper
2 tbsp	Olive oil, for frying

Method

- 1 Cut chicken into 1/2-inch x 1-inch pieces.
- 2 Heat olive oil in a large skillet over medium/high heat. Add chicken pieces, then saute until golden and cooked through.
- 3 Add diced onion and saute for about 3 minutes.
- 4 Add grated carrots and saute for 2 more minutes.
- 5 Add butter and ketchup and mix everything together. Once the butter melts, add rice to the skillet. Sprinkle with salt, black pepper and mix everything together.
- 6 Transfer mixture to a pot add water, cover with a lid and cook over medium/low heat for about 20 minutes, or until all of the water is absorbed.
- 7 Server, garnished with a sprig of parsley.

Instead of chicken, this recipe can also be made with lamb, pork or beef.

Instead of the water, low sodium chicken broth can also be used.

If desired, cayenne pepper can also be added.

Leftover plov can be kept in the fridge and heated in a frypan or microwave oven to eat the next day.



. CHICKEN PLOV

Chapter 3

Fish

Chapter 4

Vegetables

Chapter 5

Pasta

Spaghetti Carbonara



10 min



15 mins



4

Ingredients

1 tbsp	Olive Oil
300 g	Bacon, cut in small pieces
2 cloves	Garlic, bashed
400 g	Spaghetti
4	Egg yolks
100 g	Parmesan, finely grated

Method

- 1 Warm serving dishes in a low oven or microwave.
- 2 Fry the bacon and garlic in oil for 10 mins, or until the bacon is crisp. Remove and discard the garlic cloves. Turn off the heat.
- 3 Bring a large pan of salted water to simmer and cook the pasta until it is al dente (about a minute less than the pack instructions). Meanwhile, whisk egg yolks with a pinch of salt.
- 4 Using tongs, lift the pasta into the bacon pan. Keep the pasta water. If the pan looks dry, add a spoonful of pasta water, and mix in. Keep adding until you see a little bit of pasta water left in the pan.
- 5 Working quickly, tip the beaten egg yolks into the pasta and stir vigorously. Rinse out the yoke bowl with a little bit more pasta water. Add most of the cheese and mix again. (*If at any time the sauce becomes claggy or is starting to scramble, pour in a little more water. If you add too much, stir the pasta over low heat for a few moments. You are aiming for a smooth sauce that has the consistency of double cream. Season with black pepper and salt to taste.*)
- 6 Transfer pasta to the warmed serving dishes, scatter over the remaining cheese.

Suggested changes: Instead of Bacon, use Rindless, unsmoked fatty pancetta or guanciale; Instead of Parmesan, use Finely grated cheddar cheese.

Hint: The egg whites can be used in the Meringue recipe for dessert.

Chapter 6

Desserts

Raspberry Cobbler



20 min



175°C / 350°F, 45 min



1 h



8

Ingredients

1 cup	Flour, all purpose
1/2 cup	Sugar
2 tsp	Baking powder
1/2 cup	Milk
60 g	Margarine, melted

Topping

2 cups	Fresh raspberries
1/2 cup	Sugar
1 cup	Water

Method

- 1 Base** Preheat the oven. Grease a 9-inch square baking dish.
- 2** Whisk flour, 1/2 sugar and baking powder together in a mixing bowl.
- 3** Stir in milk and melted margarine until a batter forms; scrape into the prepared baking dish.
- 4 Topping** Scatter raspberries over the top. Sprinkle with 1/2 cup sugar. Pour in water.
- 5** Bake in the preheated oven until batter rises and top is brown, about 45 minutes to 1 hour. Cool 1 hour before serving.

The topping can be easily varied depending on what is available. Blackberries also work well.

This recipe is very easy to make.



. RASPBERRY COBBLER

Meringues



15 min



120°C/250°F, 1 hr 30 min



10

Ingredients

4	Egg whites, at room temperature
Pinch	Salt
1 cup	Caster sugar
1/2 tsp	Vanilla essence

Method

- 1 Preheat oven to 120°C/110°C fan-forced. Line two baking trays with non-stick baking paper.
- 2 Use an electric mixer to whisk egg whites and salt until soft peaks form. Gradually add sugar, a tablespoon at a time, whisking well between each addition, until sugar dissolves.
- 3 Once all the sugar has been added, continue to whisk on high for 3 mins. Whisk in vanilla essence.
- 4 Use two teaspoons to spoon meringue onto lined trays. Reduce oven temperature to 90°C.
- 5 Bake meringues for 1h hour 30 mins. Turn oven off and leave meringues in oven to cool completely. Store in a airtight container for up to 1 week.





. MERINGUES

Chapter 7

Cakes

Yabluchnyk - Apple Cake



15 min



190°C/375°F, 25 min



12



Ingredients

1 1/2 cup	Plain flour
1 1/4 cup	White sugar
2 tsp	Baking powder
1/4 tsp	Salt
1/2 cup	Unsalted butter
1/3 cup	Cream
1	Large egg
4	Large apples - peeled, cored, sliced

Streusel Topping

1/2 cup	Brown sugar
2 tbsp	Plain Flour
2 tsp	Ground cinnamon
2 tbsp	Cold unsalted butter

Method

- 1 Preheat the oven. Lightly butter an 8-inch baking dish.
- 2 **Make the cake:** Sift flour, sugar, baking powder, and salt into a mixing bowl. Cut in butter with 2 knives or a pastry blender until mixture is crumbly.
- 3 Whisk cream and egg together in a small bowl; add to flour mixture and gently mix until a soft dough forms. Press into the prepared baking dish.
- 4 Layer apples over top in neat rows, overlapping slightly.
- 5 **Make the streusel topping:** Whisk brown sugar, flour, and cinnamon together in a small bowl. Cut in butter until mixture is crumbly. Sprinkle topping over apples.
- 6 Bake in the preheated oven until apples have softened and topping is golden brown, about 25 minutes.

This is a delicious Ukrainian cake that is easy to prepare. You can also use this pastry base with pitted cherries, plums, or sliced peaches.



. YABLICHNYK - APPLE CAKE

Medoviv - Honey Cake Base



20 min



20 min



180°C/350 °F, 4-5 min per tray



Ingredients

4 tbsp	(1/4 cup)
	Honey
3/4 cup	Granulated sugar
2 tbsp	Unsalted butter
3	Large eggs, room temperature, beaten with a fork
1 tsp	Baking soda
3 cup	All-purpose flour

Method

- 1 Add sugar, honey and butter to a medium sauce pan and melt them together over medium/low heat, whisking occasionally until sugar is melted (5-7 mins).
- 2 As soon as the sugar is dissolved, remove from heat and while its still hot, add in your beaten eggs in a slow steady stream while whisking vigorously until all of your eggs are incorporated (whisk constantly so you dont end up with scrambled eggs).
- 3 Whisk in the baking soda until no lumps remain, then fold in flour 1/2 cup at a time with a spatula until the dough reaches a clay consistency and doesnt stick to your hands.
- 4 Cut the dough into 8 equal pieces. On a well-floured surface, roll each piece out into a thin 9" circle (about 1/8" thick). Use a plate (or springform base) over your rolled dough to cut a circle. Keep the scraps for later. Transfer the dough to a large sheet of parchment paper and bake 2 at a time for 4-5 minutes or until golden. Transfer to a wire rack and let cool completely before stacking. Repeat with remaining layers
- 5 Finally, bake the scraps. Once baked, cooled and firm, you can crush them with a rolling pin or pulse them in a food processor until you have fine crumbs.



. MEDOVIV - HONEY CAKE BASE

Medoviv - Honey Cake



25 min



12 hr



12



Ingredients

Honey Cake Base

8	Honey cake bases
Amount	Crushed cake crumbs

Frosting

900 mL	Sour cream
2 cups	powdered sugar
1 cup	heavy whipping cream

Method

- 1 Make the frosting:** Beat cream until fluffy and stiff peaks form (1-2 min on high speed).
- 2** In a separate bowl, whisk together sour cream with powdered sugar.
- 3** Fold the whipped cream into the sour cream and you have your frosting. Refrigerate until ready to use.
- 4 Assemble the Cake:** Spread about 1/3 cup frosting on each cake layer (dont skimp on it since the cake needs to absorb some of the cream to become ultra soft). Press the cake layers down gently as you go to keep the layers from having air gaps. Frost the top and sides with the remaining frosting.
- 5** Dust the top and sides with your breadcrumbs, then cover with plastic wrap and refrigerate overnight.

This cake needs time to absorb the cream and soften, so be patient. Its worth the wait!



. medoviv - Honey CAKE

Banana Cake



10 min



180°C/350°F, 35 min



10

Ingredients

1 cup	Self-raising flour
1 cup	Caster sugar
50 g	Butter, melted
1	Egg, lightly beaten
1 tsp	Vanilla essence
1/4 cup	Milk
1	Banana, mashed

Method

- 1 Preheat oven to 180°C/160°C fan-forced. Line a 7cm deep, 10x20cm (base measurement) loaf pan with baking paper.
- 2 Sift flour into a large bowl. Stir in sugar. Make a well in the center. Add butter, egg, vanilla, milk and banana. Stir until just combined.
- 3 Pour into prepared pan. Bake for 30-35 minutes or until a skewer inserted into the center comes out clean.
- 4 Set aside in pan for 10 minutes to cool slightly. Serve warm or transfer to wire rack to cool completely.

Optional: Cinnamon can also be added to taste.

Bananas are not native to Ukraine.

Chapter 8

Biscuits

ANZAC Biscuits



15 min



180°C/350°F, 12-15 min



26



A biscuit recipe from Australia and New Zealand, associated with the ANZAC history and traditions (Australian and New Zealand Army Corps).

Ingredients

125 g	Butter, Chopped
2 tbsp	Golden syrup or treacle
1/2 tsp	Bicarbonate of soda (baking soda)
2 tbsp	Boiling water
1 cup	(90 g) Rolled oats
1 cup	(150 g) Plain (all-purpose) flour
1 cup	(220 g) Firmly packed brown sugar

Method

- 1 Preheat oven; Line two large oven trays with baking paper.
- 2 Stir butter and syrup in a medium saucepan over low heat until smooth. Stir in combined soda and the water, then remaining ingredients.
- 3 Roll a level tablespoons of mixture into balls; place 5cm (2in) apart on lined trays, then flatten slightly.
- 4 Bake for 12 minutes or until golden. Cool biscuits on trays.

Optional: Add 3/4 cup (60 g) (Optional) desiccated coconut

In Australia, ANZAC is a protected name. It is illegal to call ANZAC Biscuits "cookies", or make them with any other main ingredients, although adding desiccated coconut is optional.



. ANZAC BISCUITS

Chapter 9

Snacks

Pampushky - Doughnuts



1h30m



30min, 175°C/350°F, 3 min each



80-90



Ingredients

2 cuos	Warm water
1/2 cup	White granulated sugar
2 1/4 tsp	Regular yeast (traditional)
2	Whole eggs
1/4 cup	Vegetable oil
1/2 tsp	Salt
1 cup	Milk
6 cups	All-purpose flour
5 cups	Vegetable shortening for frying (only if deep frying)
1 cup	white granulated sugar
4 tsp	cinnamon

Method

- 1 Grease a large mixing bowl and set aside.
- 2 Dissolve granulated sugar in warm water. Add yeast and without stirring let stand for 10 minutes or until it begins to bubble. Stir yeast mixture.
- 3 In a separate bowl, beat eggs with a whisk and gradually add salt add vegetable oil. Keep beating until mixture becomes lighter in color (about 2 minutes).
- 4 Add milk and yeast mixture. Gradually ass flour to mixture and mix into a smooth and soft dough. Ensure that the dough does not become tough. You want to add a little more flout (tbsp at a time) until the dough doesn't stick to your hands any more.
- 5 Move onto a floured board and kneed for 15 mins.
- 6 Place in the greased bowl and allow to rise in a warm, draft free place. Let it rise until the dough has doubled in size - about 45 mins.
- 7 Punch down to original size. Roll out to about 2cm thickness and cut into doughnuts with mini cutter.
- 8 Place doughnuts and doughnut holes on an parchment covered cookie sheet, cover with a tea towel and let them rise again for 40-45 min.
- 9 Deepfry (each side, 1-2 min) or Air-fry (3 min) until golden. Cover in sugar and cinnamon and serve, hot or cold.



. PAMPUSHKY - DOUGHNUTS

Victory Scones



15 min



200 °C/390 °F for 20-25 min



16



Ingredients

- | | |
|--------|------------------------------|
| 3 cups | Self-raising flour |
| 80 g | Butter, chilled
and cubed |
| 1 cup | Milk (more, as
required) |

To serve

- | |
|------------------|
| Jam |
| Whipped
cream |

Method

- 1 Preheat oven, cover two oven trays with baking paper.
- 2 Using your fingertips, rub butter into self-raising flour until mixture resembles breadcrumbs.
- 3 Make a well in the centre. Add 1 cup of the milk. Mix with a flat-bladed knife until mixture forms a soft dough, adding more milk if required.
- 4 Turn onto a lightly floured surface. Knead gently until smooth. Don't knead dough too much or scones will be tough.
- 5 Roll out dough until 2cm-thick. Using a 5cm (diameter) round cutter, cut out 12 rounds and place on baking tray, 1cm apart. Press remaining dough together and cut out remaining 4 rounds. Sprinkle tops with a little plain flour. Bake for 20 to 25 minutes or until golden and well risen. Transfer to a wire rack. Serve warm with jam and cream.

Traditionally, when serving, the cream is added after the jam.

Ideal for celebrating victory over your enemies.



. VICTORY SCONES

Smores



15 min



180 °C/355 °F for 5-6 min



8



Ingredients

- 16 Digestive biscuits
- 100g Marshmallows
- 150g Cadbury baking milk chocolate
- Aluminium foil to wrap

Method

- 1 Prepare coals in open fire or preheat oven.
- 2 Cut foil into 15cm squares.
- 3 Sit a digestive biscuit on each square, top with marshmallow, chocolate and another biscuit.
- 4 Wrap in foil and place in embers of fire (get an adult to help), or put in oven. Bake for 5-6 minutes or until heated through.

Serve with mugs of hot chocolate.

Best enjoyed with friends around a campfire under the stars of the Milky Way while not in a warzone. May also be enjoyed in a warzone.



. SMORES

Chapter 10

Quick and Easy

Hotdogs



5 min



15 min



4



Ingredients

- 1 Packet of hotdogs (8)
- 1 Packet of Hoddog Buns (6)
- 2 Extra slices of bread for the odd hotdog sausages
- Butter
- Grated Cheese
- Tomato Sauce
- BBQ Sauce
- Mustard

Method

- 1 On the stove, bring a large pot of water to boil.
- 2 Add the hotdog sausages, stirring occasionally.
- 3 When heated and cooked, serve in buttered hot-dog roll.
- 4 Add sauce and mustard to taste.



Aawwww... Maaaannn.



. HOTDOGS

Chapter 11

Breads

Palianytsia



45min, over 2 days



230°C, 450°F 70 min

Ingredients

1 kg	Flour
756 ml	Water, lukewarm, or beer
23 g	Yeast
1 tbsp	Sugar
1tbsp	Salt

Method

- 1 Prepare Dough** Place all ingredients in a large bowl and mix with a wooden spoon until combined. Add water until no dry flour is visible. Cover and set aside for 15 minutes.
- 2** With wet hands, repeatably stretch and fold the dough, working around the bowl. Repeat 6 times. Transfer dough to an airtight container and refrigerate overnight (up to 7 days)
- 3** Remove dough from the refrigerator allow dough to reach room temperature. Place to dough on a lightly floured surface and repeat the stretch and fold process two more times, with an hour in between.
- 4 Form and bake the dough** Prepare a large Dutch oven by lining with a long piece of lightly greased baking paper. Remove and lightly flour the parchment paper.
- 5** Form dough into a round loaf (boule), tucking stray dough ends underneath. Place the formed loaf on the parchment and into the Dutch oven. Cover pot with a lid and allow to rise for 1.0-1.5 hours. Score the loaf.
- 6 Bake**, covered for 60 minutes, then uncover and bake for another 10 mins top brown the top.

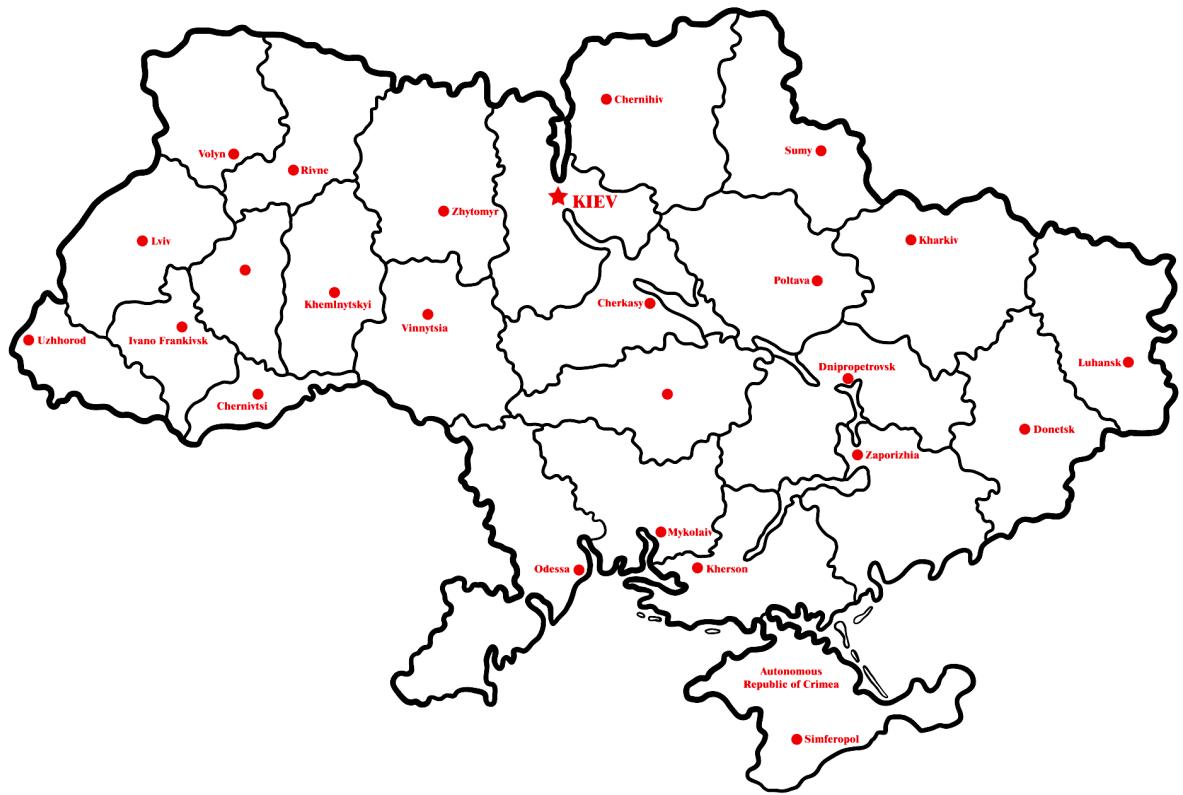
The Ukrainian word “Palianytsia” (паляниця) is used to identify native Ukrainian speakers, as it is a difficult word to say by Russians speakers.



. PALIANYTSIA

Chapter 12

Other



Part III

About Ukraine

Chapter 13

Ukrainian Culture

Independence Day of Ukraine

From Wikipedia¹

The **Independence Day of Ukraine** (Ukrainian: День Незалежності України, romanized: Den' Nezaležnosti Ukrayiny) is a state holiday, celebrated on **24 August** in commemoration of the Declaration of Independence from the Soviet Union.

The current form of the holiday was first celebrated on 16 July 1991, as the first anniversary of the Declaration of State Sovereignty of Ukraine passed by the Verkhovna Rada (Ukraine's parliament) in 1990. The Declaration of Independence was issued on 24 August 1991, and confirmed by the referendum of 1 December 1991.

The Ukrainian Flag

From Wikipedia²

The **National Flag of Ukraine** consists of equally sized horizontal bands of blue and yellow.

The blue and yellow bicolor flag was first seen during the 1848 Spring of Nations in Lemberg (Lviv), the capital of the Kingdom of Galicia and Lodomeria within the Austrian Empire. It was later adopted as a state flag by the short-lived Ukrainian People's Republic, the West Ukrainian People's Republic, and the Ukrainian State following the Russian Revolution.

In March 1939, it was also adopted by Carpatho-Ukraine. However, when Ukraine was part of the Soviet Union, the use of the bicolor flag was banned. When the Soviet Union dissolved in 1991, the bicolor flag gradually returned to use before being officially adopted again on 28 January 1992 by the Ukrainian parliament.

Ukraine celebrates the **Day of the National Flag** on **23 August**.

¹https://en.wikipedia.org/wiki/Independence_Day_of_Ukraine

²https://en.wikipedia.org/wiki/Flag_of_Ukraine



. THE UKRAINIAN FLAG

State Anthem of Ukraine

Ще не вмерла України і слава, і воля,
Ще нам, браття молодій, усміхнеться доля.
Згинуть наші воріженьки, як роса на сонці.
Запануєм і ми, браття, у своїй сторонці.

Душу й тіло ми положим за нашу свободу,
І покажем, що ми, браття, козацького роду.

The words of the State Anthem of Ukraine are a slightly modified version of the first verse and chorus of the patriotic song "Shche ne vmerla Ukraina", written by Pavlo Chubynskyi, a prominent ethnographer from Kyiv. The words can be traced back to one of the parties of Pavlo Chubynskyi that occurred during the autumn of 1862.

In 1863, Mykhailo Verbytskyi, a Ukrainian composer and Greek Catholic priest, composed music to accompany Chubynskyi's lyrics.

A competition was held for a national anthem following Ukraine's secession from the Soviet Union. "Shche ne vmerla Ukraina" was officially adopted by Ukraine's Verkhovna Rada (parliament) on 15 January 1992. The official lyrics were adopted on 6 March 2003 by the Law on the State anthem of Ukraine.

In English

The glory and freedom of Ukraine has not yet perished
Luck will still smile on us brother-Ukrainians.
Our enemies will die, as the dew does in the sunshine,
and we, too, brothers, we'll live happily in our land.

We'll not spare either our souls or bodies to get freedom
and we'll prove that we brothers are of Kozak kin.

Part IV

The Leaf Spring Army Community

Chapter 14

The Enforcer Youtube Channel

The Enforcer Youtube Channel started broadcasting news of Russian Invasion of Ukraine, based on video footage and open source news sources, from Day 1 of the War on Ukraine. From the 23rd February 2022, The Enforcer has streamed their particular style of news, almost every day of the war.

The **Leaf Spring Army** is the community of people who Like and Subscribe to the The Enforcer Youtube Channel.

Hosts and Presenters

@The Enforcer Andrew is the creator and host of The Enforcer Channel.

@EnforcerMatt Matthew is the co-host of The Enforcer Channel. presents the polls and kills the bots with his trusty bot-be-gone.

About (from the Youtube Channel description)

The Enforcer is a Global News Youtube Channel reporting on The Ukraine War and other world conflicts. We gather our intelligence from various sources to deliver the news as it happens in realtime. Our team consists of history & political science graduates to bring you expert analysis on current events.

The stream broadcasts live news from Tuesday to Sunday, with the Sunday broadcast being a designated fundraiser stream to directly support Ukraine (via YouTube Give). Be sure to join us for our nightly war news stream at 10:00pm EST. **Please Like & Subscribe for regular updates!**

Links

Youtube:	@EnforcerOfficial
Patreon:	patreon.com/The_Enforcer
Twitter:	twitter.com/ItsTheEnforcer
Enforcer Merch Store:	officialenforcerstore.com

Comments

The Enforcer Channel is a Pro-Ukrainian space and prides itself on being a politics and religious discussion free zone.

Mentions and Endorsements

Platforms such as “UAWeapons” and “JominiW” on Twitter and “The Enforcer Channel” and “Institute for the Study of War” allowed people around the world to follow the war in depth in a way that has never happened before.

Gen. David Petraeus, Andrew Roberts “Conflict, The Evolution of Warfare from 1945 to Ukraine” pp392



Chapter 15

The Leaf Spring Army

You are a member of the LSA if you Like and Subscribe to The Enforcer Youtube channel. At last count there are almost 250,000 members.

The name of the **Leaf Spring Army** (or LSA) was put forward in the live chat in response to the question - What should we call the community of channel members?

@**The Enforcer** in an earlier stream had commented “Is that a leaf spring?!!”, referring to a wrecked Russian truck, thinking that this suspension type only existed on older obsolete vehicles (Day 27 1h10s)¹.

The live chat of the stream spent the next two days riffing on “Leaf Springs”.

The name stuck.

¹In the following pages, references have been provided to points in the stream, in the form “(Day 27 1h10s)”, which for example, refers to a point 1 hour and 10 seconds into the stream on that day.

Definitions

New members of the LSA are often confused by the large number of community in-jokes, memes etc, used in the The Enforcer Stream. The following list has been included to assist the new member (or help refresh the memory of The Old Guard).

LSA The Leaf Spring Army. The community of people who Like and Subscribe to the “The Enforcer” Youtube Channel. You are a member of the LSA if you Like and Subscribe to the channel.

LLTSLA Long Live the LSA (the Leaf Spring Army will never die).

Morse Code At the beginning of the live stream introduction, a message in morse code is played over a background of an air-raid siren and explosions. Listeners are encouraged to decode and post the answer in the live chat of the stream. Decoders are awarded with "ding ding ding, that's the sound of money" during the stream.

Day of the War in Ukraine The Enforcer Stream tracks the war by days since the Russians invaded Ukraine on the 24th February, 2022 (Day 1)

Snake Island Early in the war (Day 1) the Russians went to take Snake Island in the Black See. The response by the Ukrainian soldiers stationed on the island was “Russian warship, go fuck yourself!”. This defiant action was later made into a postal stamp by Ukrposhta (the Ukrainian Postal Service).

The Moskva The first of Russia’s new Black Sea submarine fleet.

The Ukraine Tractor Corp During the early stages of the war, Ukrainian farmers were observed removing disabled Russian tanks from the battle field with their tractors.

Buy a Car Also known as “Buy that car”, “Buy Matt a Car”, “Buy tractor..” and “Bayraktar”. This is the name of a song used in the stream introduction that has also been called the theme song on the Cult of Matt.

Cult of Matt This usually refers to comments in live chat of the YouTube stream where the Cult of Matt is seen as a replacement to religious and political dis-

cussion which has been banned in the channel. @EnforcerMatt religiously bans bots and trolls in the live chat that break these rules.

Bobcats  Special vehicle losses (aka. bobcats) are a highlight of the daily Russian casualty report.

2 Group 2 Group

Mr Lunch Time

Don

Vlad, Tha FAILBOAT Caputin!!

The Leaf Spring Army Sends Its Regards A donation to “Sign My Rocket” for a 155mm artillery shell was made on behalf of the LSA. This shell was signed with the message “The Leaf Spring Army Sends Its Regards” and it’s “sending” is shown during the streams introduction.

Hotdog Man (Enough said, if you don't know, ask in the live stream chat.)

The Marmot (Alan) Alan! Alan! Alan! Hello. Would you like a plum? (Day 674 2h24m18s)

Eating a succulent Chinese meal “Democracy Manifest” Youtube Internet Meme
- Jack Karlson (1942 7 August 2024)

The Old Guard A channel member is considered a member of the Old Guard if they have been watching the channel from the very early days of the war.

Scooby-Doo Van

eeGGooRR

FPV(Drone) First Person View drone, where the pilot flies the drone while wearing goggles and viewing the flight of the drone through a front facing camera.

Blayt As reported by the FPV Drone footage (yes, we have video evidence), this is commonly the last thing a Russian soldier says on the front line before being added to the statistics.

UWD Ukrainian War Discussion - Discord server supporting the LSA Community.

Morse Code

At the beginning of the live stream, a message in morse code is played. Listeners are encouraged to decode and post the answer in the live chat of the stream. Decoders are awarded with “ding ding ding, that’s the sound of money” during the stream.

A	-	H	O	---	V	---	1	-----	8	-----..	!	-----..	=	-----
B	---.	I	..	P	---	W	---	2	-----	9	-----..	/	-----	+	-----..
C	---.	J	----	Q	---	X	---	3	-----	0	-----	(-----..	-	-----
D	---	K	--	R	---	Y	---	4	-----	.	-----..)	-----..	-	-----
E	.	L	---	S	...	Z	---	5	-----	,	-----..	&	-----..	"	-----..
F	---	M	--	T	-	\$	6	-----	?	-----..	:	-----..		
G	---	N	-.	U	---	@	-----	7	-----	'	-----..	;	-----..		

Bingo

To play LSA Bingo, draw a 5x5 grid BINGO card (as below).

Mark the centre square as 'FREE' (some people use a star). This can be used to get a BINGO on the diagonals, in the 'N' column, or on the 3rd row. Fill in the remaining squares with words and phrases from the list below, or make up your own.

As @The Enforcer and @EnforcerMatt present the stream, cross off the boxes as you hear the word or phrase.

If you are able to cross off **5 boxes in a row**, horizontally, vertically or diagonally (including the 'FREE' square), yell **BINGO** as loud as you can, and put an 'LSA BINGO' in the chat.

B	I	n	G	O
		Free		

Suggested Words and Phrases

The Leaf Sprint Army Sends it's Regards
So EnforcerMatt what say you?
We appriciate all of you.
. . we are on to the next one.
Lets take a question from the chat

No politics or religion		
With that being said...		
President Vlodamir Zalenskyy		
Russia bombs themselves		
Succulent Chinese Meal		
Smack those Bots	Location Unknowns	
Township liberated	Mr. Lunchtime	
Short War Summary	Sunday Fundraiser	
Turrent Toss	Alan! Alan! Alan!	
Channel Legend	Tony was driving	
Ruh Roh Raggy	Satellite Picture	
Scoobiedoo Van	Bridge destroyed	
Old Guard	FPV Drone	Explosion
Sliders	Marmot!	MLRS
OpSec	Blayt	Rabbit Hole
Awwee Man!	Igor	Lag
F-16's	Trains	Speech
Logistics	Bobcat	

Military Units and Formations

The following are some standard NATO/OTAN map symbols for common units and formations.²³

Symbol	Unit	Symbol	Formation (Size)
	Infantry		Team (2 - 4)
	Reconnaissance		Squad (6 - 12)
	Artillery		Section (12 - 24)
	Armoured		Platoon (20 - 50)
	Cavalry Scout		Company (100 - 250)
	Mortar		Battalion (300 - 1000)
	Signal		Regiment (1k - 3k)
	UAV/Drone		Brigade (3k - 5k)
	Medical		Division (6k - 25k)
	Air Defence		Corp (20k - 60k)
	Antitank/Antiarmour		Army (100k - 200k)
	Engineering		Army Group (400k - 1,000k)
	Motorized Infantry		Region
	Combined Arms		Command
	Missile		
	Resource Recovery		

²See Wikipedia: https://commons.wikimedia.org/wiki/NATO_Military_Map_Symbols

³See Wikipedia: https://en.wikipedia.org/wiki/Military_organization

Timeline

The following timeline is a brief summary of war in Ukraine, The Enforcer stream and the LSA.

Day 0	<i>Russia invades Ukraine</i> The Enforcer is running a gaming stream and a friend in his live chat says Ukraine is under attack. The Enforcer instantly starts to check out the news.
Day 1	“Ukraine Holds” - The Enforcer News Channel is born
Day 4	The Youtube algorithm sends the channel to the moon.
Day 22	Matt joins the Stream
Day 25	First fundraiser to help Ukraine - Doctors without Borders
Day 27	“Is that a leaf spring?”(1h10s)
Day 28	The LSA formed (1h56m15s). LSA Day - March 23rd
Day 30	Moscow Mike
Day 40	The (First) Great Discord Schism
Day 61,62	The Enforcer pic explained Stream change
Day 74	Special Guest: Operator Starsky
Day 76	Mr Lunchtime (1h17m)
Day 78	Matt’s take on the title of “Enforcer Matt”
Day 101	Professor Mortar(35m)
Day 109	The funds raised for Ukraine stand at over \$300k
Day 118	Run through hell video
Day 122	Matt is voiceless
Day 123	Mr Lunchtime in title but it’s 2nd one General Pavel(16m43s)
Day 141	Fireside chat internet issues
Day 228	Bridge destroyed
Day 365	<i>One year of the Ukraine War</i>
Day 400	Second Discord schism!
Day 402	Matt got Rick rolled
Day 403	DDOS attack got caught

- Day 608 Stream dedicated to CM&4PC. Much love.
- Day 674 The Marmot make his first appearance (2h21m15s, 2h24m18s)
- Day 689 EnforcerMatt takes a break
- Day 707 The Return Of EnforcerMatt
- The Enforcer declares he and Matt are no longer pursuing Law School and are going to put all efforts into the channel. Long Live The LSA!
- Day 730 "2 years of war". The funds raised for Ukraine stand at over \$1.3 million!!!
- Day 731 The Enforcers give a shout out to UWD. Thanks guys.
- Day 732 LSA flag created by Pterosr
- Day 745 The "Driving Manuel" Typo
- Day 748 Flag reveal and "The Enforcer" Signature created. Marmot explanation.
- Day 759 LSA Day (March 23rd)!! LSA Flag animation added to the intro.
- Day 762 The "ATGM misfire and run" clip (54m)
- Day 765 The "Awwwww Maaannnn" and "Romania" joke explanation.(2h44m)
- Day 818 The White and Gold song is added to the outro.
- Day 827 The White and Gold song outro made 3D by Nutters HD.
- Day 888 Ismail Haniyeh dead in Iran (Israil-Hamas War).
- Day 895(1) Ukraine invades Russia - Day 1 of the Ukrainian Invasion of Russia
- Day 897(3) The ENFORCER channel hits 250,000 subs!

LSA Anthem: “The White and Gold”

The lyrics of the Anthem of The LSA: “The White and Gold”

From beginnings bold to futures untold
the white and gold will forever unfurl
Our armies will lead us united forever
into the futures untold; futures unknown!

For the Leaf Spring Army shall stand up bold
As bold as the battle’s rage soundly whirl
Our Armies will Stand steadfast as ever
Into the futures untold; futures unknown!

From @The Enforcer: This is for the thousands of people who have adored the anthem of the LSA and wanted to know the official lyrics. May this song be sung around the world in support of the west’s never-ending mission of supporting our prosperity through Democracy and Self Determination. Long Live The LSA!

Supported Funds and Charities

The Enforcer Stream runs a regular fundraising stream on Sunday evenings. All funds donated at this time, via YouTube Giving, go directly to the Fund or Charity.

Through these Sunday fundraisers, The Enforcer and the Leaf Spring Army have supported the following funds and charities, supporting the people of Ukraine.

Razom

Médecins Sans Frontières / Doctors Without Borders

Save the Children

Nova Ukraine

Revived Soldiers Ukraine

If you would like to donate to Ukraine outside of the Sunday Fundraiser or your country does not allow donations via Youtube Giving (I'm looking at you Australia), The Enforcer also promotes "United 24"⁴, the official fundraising platform of Ukraine.

⁴See: <https://u24.gov.ua/>

Chapter 16

Contributors

The following people have made contributions to the recipe book (listed in no particular order by their Youtube or Discord handle).

@The Enforcer  @EnforcerMatt  @MisDis  @BC Mapper 
@Margaret Hemsley  @Paul Schulz 

BON
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BON
aPPETIT

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The Leaf Spring Army Cookbook
International Edition
PDF Version, August 2024

ISBN 123-45-67890-12-8



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