Cila Trus, born in 1927 in Lvov, Poland (now Lviv, Ukraine), discusses her father Moses Birman, a grain merchant and her mother Maren (nee Scher); being the second of four children (her siblings were Herbert, Jakob and Fanny); growing up in a traditional and religious home; speaking Yiddish at home; going to a public school for seven years; in 1941, her mother sending her to the village of Stoyanse (spelling?) where Cila's paternal uncle had a mill; the uncle finding a Polish family by the name of Gurski who hid Cila; other villagers discovering her; being forced to leave and hiding in the forest; sneaking onto a train full of Ukrainians and Poles; ending up in Schwerin, Germany; using the name of her non-Jewish friend from school, Janina Durkatj and passing for a Gentile; working on a farm along many Poles from Katowice, until May 5, 1945; realizing her parents and siblings hade been murdered; going to Krakow and on to Byalystok; working on a kibbutz; meeting her future husband who was a hat maker; getting married; planning to stay in Byalystok and open a hat factory; someone throwing a stone through their window at night in an anti- Semitic attack and deciding to leave; her husband's uncle in the US arranging for travel to Sweden; arriving in Stockholm, appreciating the calm; having three sons; waiting 7 years for their US visa to come through; deciding to stay in Sweden; still having nightmares about her murdered parents and siblings; trying not to think too much about the past by staying active.