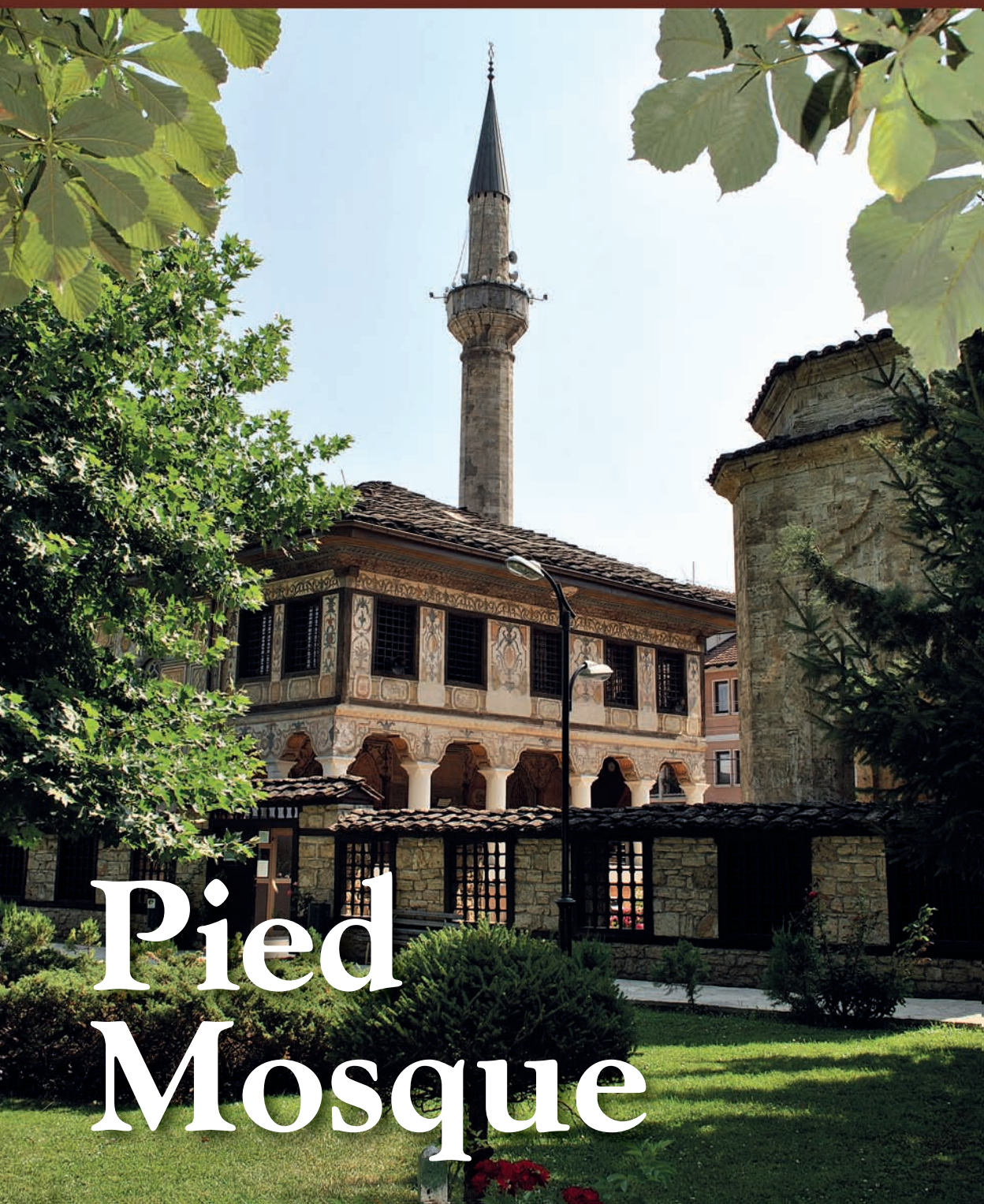




Macedonia Welcome Centre

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Edition 3 • Septembre 2010



Pied Mosque

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ARCUSS
graphic design
& offset printing

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News from Together retail network!

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The scent of the autumn in Macedonia

by **Emilija Miladinova Avramcheva**
President of "Dobredojde" Macedonia Welcome Centre



Macedonia Welcome Centre wishes to welcome you all back from your summer vacations, hoping that you really recharged your batteries and you are ready for new challenges. End of August-beginning of September is time when many diplomats assume their new posts, so I would also like to wish a very warm welcome and a pleasant stay in Macedonia to all the new comers into our community. Macedonia Welcome Centre will try to make your life easier and more interesting while you are in Macedonia. A website, to facilitate communications and inform you more about our indoor and outdoor activities is under construction, and will be in operation soon.

To Macedonians autumn is a very important part of the year. We are full of new energy gathered during the summer. A new school year, plenty of new challenges, begins for our children. The weather is still warm with plenty of colors and aromas that come along with the au-

turn. The green markets are full with fresh fruits and vegetables. Macedonian families start preparing their "zimnica" (ajvar, lutenica, pindjur, pickles, marmalade etc.), home-made naturally preserved food which will be consumed during the cold and scarce with fresh products winter. Macedonia in autumn is fascinating and autumn in Macedonia is just amazing, so switch your senses on and smell the autumn in Macedonia.

Autumn also is the time of grape harvest in Macedonia, when new wine is made and rakija (grappa) is distilled. As part of our outdoor activities we will be frequently visiting different Macedonian vineyards and winemakers to taste and enjoy their produce. Therefore, take a glass of wine, a bite of "ajvar" with a piece of white Macedonian cheese and a hot "pogacha", and make a toast in the name of the incoming Macedonian autumn.

Nazdravje!!!

Meditation and health

by Irina Gjeorgieva
Yoga Instructor



Meditation implies relaxation, both physical and mental, at a level which few of us experience, even during our sleep. For this reason, regular meditation leads towards excellent health which may cure and alleviate many types of diseases. Before we discuss this, I would like to emphasize the non-duality that exists between body and mind. For too long, it has been assumed that a physical ailment is devoid of mental content, and that a mental ailment is devoid of any physical content. Only recently, the relationship between the physical and mental spheres has been comprehended. They are really one whole.

For example, physical relaxation definitely leads to mental relaxation and conversely, mental relaxation will also lead to physical relaxation. The reader must have realized this for himself. So when one discusses any disease, it must be seen as involving both the mind and the body.

Meditation acts as a holistic, or whole, treatment of diseases. It is a more widely encompassing method of treatment that is provided by drugs, which tend to 'cure' the disease of an organ but can have unforeseen negative repercussions on other parts of the body.

There are many similar cases that could be cited. Meditation takes the treatment back to the sufferer. The patient himself will be able to exercise more power over his health for the

removal of his ailment. The sufferer himself will be able to exercise more power over his health for the removal of his ailment. The treatment will concern the whole mind-body complex. Through meditation the mind can be trained to cure the ailment, but first one must know how to meditate and exercise a greater control over the mind-body. When one becomes more aware of the inner processes of the mind and body, one can redirect energies where they are most needed. People with diseases will know to direct their inner energy to the ailing organ.

Meditation is a certain method of counteracting, preventing and curing many health problems, exactly because, when conducted properly, it leads to a complete relaxation of the whole mind-body complex every day.



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Macedonia's Glowing Colours

by Robert ALAGJOZOVSKI,
cultural manager, literary critic



Macedonia in recent years has seen a significant change to the summer climate that native Macedonians are referring to as a phenomenon. Macedonia is well known for the long, hot, sunny summer days that occur during the months of July & August.

However, in recent years, the weather that is so characteristic for July and August, now continues into much of September.

September in Macedonia can also be very hot and the summer atmosphere, especially that of lazy days spent with friends and family, joy and party hunger, results in prolonged weekend lake vacations that can last until the middle of the month.

This phenomenon is referred to, (unfortunately with growing awareness of the political incorrect name), as Gypsy Summer (Indian Summer). There are dozens of songs, novels and short story collections that use the name and the symbolic of the gypsy summer. The gypsy summer means that the real cultural season in Skopje and in Macedonia, actually starts at the end of September or early October. After the closing of the summer festivals and events throughout the country, the galleries, the theatres and the museums open the new season with premieres or new exhibitions, when they are sure everyone is back from their summer vacations and settled into their daily routine.

So, early September is still the month of the senses, the scents and the taste of the late watermelons, figs, dessert grapes and plums. The variety of colors including the yellows, the greens, the dark reds and the purple-blues dominate. The waters are at their shallowest points and the grass is burnt.

Culturally, the big season starts with the extraordinary and the most renowned Young Open Theatre, (Mlad Otvoren Teatar-MOT). For more than three decades, the festival invites and presents the most avant-garde and novel theatre shows from all over the globe. The festival explores different stages, both formal and informal throughout the city. It's unique selection and orientation to novelty attracts a younger and alternative audience. Overcrowded shows, long aesthetic debates and friendly talks that continue long into the night are the synonym for this festival.

For the last few years, the MOT festival ends in the last weekend of September with the White Night, one of the most emerging cultural manifestations, where almost all city and national galleries, cultural centers and museums present their programs from dusk until dawn. The White Night is the most visited cultural event and it usually takes place in a huge open air spectacle, be it a street theatre, or new circus show, or parade on the city main square. The round of open air festivities ends with newly established manifestations Days of Choir Singing and music gigs, with plenty bizarre sounds concentrated around the spectacular area of Skopje Old Bazaar. The Gipsy (Indian) Summer ends with our most renowned film festival taking place in Bitola, which is devoted to the Manaki brothers, the first cinematographers in the Balkans. The autumn season opens with the many grape picking festivities in our wine producing towns and areas such as Kavadarci, Negotino, Demir Kapija, Sv. Nikole, Valandovo and Gevgelija etc. It is a prelude to hundreds of cultural and art events all over the country culminating with the Skopje Jazz Festival.

The Pasha's Pied Mosque in Tetovo

Welcome Macedonia Centre, on a guide tour in Tetovo, visited the Pied Mosque one of the most magnificent pieces of Islamic high architecture in the Balkans, and other local landmarks of Ottoman heritage including: the Turkish Bath ("Hamam"), The Teqe "Harabati Baba", and the Aristocratic residence of the Pasha



This exquisite architectural monument, situated on the right of the Pena river bank, stands today, in its functional form, still in use for daily religious purposes.

It is regarded as one of the most treasured religious icons of Moslem population in Macedonia. The Pied Mosque is a medieval early Istanbulian baroque style building believed to be realized in a typical local form of original paintings on both the exterior as well as the interior of the Mosque walls. Its artwork is produced by local artists whose skills have been acquired from both major European centres of culture like Padova, Florence and Venice, as well as eastern centres of culture and civilisation such as Istanbul, Cairo, Bagdad, Damascus and others. The original building was built in 1495 and further improved in 1564 by Pasha's two daughters Hoorshide and Mensoureh, who have disposed of their family wealth to add further details to it, such as their own Mausoleum ("tyl-



by
Jusuf
Lazemi



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beh", the Tomb), a water well ("seh-yah", three-way, Persian) and luscious painted decorations on the walls of the Mosque.

The Tomb ("tylbeh") is an imposing octagon of Stone masonry that is built of a type of porous sandstone in a delicate and precise manner with refined edges and prominent Islamic broken arches at the top of the windows, covered on top by two layers of cascading roof tiles. The Water well is a tall cubed stone feature, that has water taps on its major sides containing drainage pools under them. Its integral parts have two functions: supplying water for prayer absolutions and providing a water source for the local population and the passersby. It is believed that the Pied Mosque suffered major damage during its more recent history, and was finally rebuilt and decorated in the existing form by Rexhep Pasha and Abdurrahman Pasha his son and successor, who were benefactors of Tetovo and lovers of Art and Culture.

The External facade has been given a marble like effect that is painted in boxed features in different subsequent colours and star like, floral and differ-

ent geometric features placed in its centre revealing thus the main clue of the Mosque's name. The interior of the central praying hall is painted in an exuberant array of motifs, colours and geometric compositions. Placed in edges, we find motifs following the borders of different sections inter-blending with central spaces, depicting different floral bouquets, geometric shapes, grapevines, arabesque impressions and religious inscriptions, as well as the mention of major prophets throughout the progress of Faith dating from the prophets Abraham, David, Moses, Jesus, Solomon etc, which can be found in circular tokens around the upper mid belt of the interior. Just below the inner coving we can find prominent cities representing the progress of the Ottoman Empire. The most intricate and treasured painting on its walls is the much cherished image of Mecca, on the right side of the Minbaar, including golden colour, as well as colours in different earthy hues and nuances.

It's said that the presence of different shapes and colours may contain a sense of rhythm and dynamics, which makes the observer want to indulge in the surrounding visual feast with a continuous sense of a consecrated spiritual awe.



The Harabati



The Harabati Baba Teqe was built in the 16th century by Sersem Ali Dede. This is considered to be the most prominent religious, cultural and touristic site in Tetovo.

This great man was originally from Tetovo. He built the Teqe, from his own wealth, after resigning from being a vazeer or minister to the Sultans throne in Istanbul. He was well versed in art literature and science and counted as one of the most eminent intellectuals of the court. Embarking on the pursuit of spiritual realisation, he finally achieved the highest grade of Masterhood and took the leading seat in the Bektashi order, Haxhi Bektash, which had been vacant for 15 years.

by
**Jusuf
Lazami**

The name Harabati Baba Teqe has multiple meanings, since the founder Sersem Ali Dede empowered Harabati

Baba. Also, Harabati ("kharaab", in persian meaning *ruin*) has another very purposeful meaning for the Sufis in general, denoting the Ruin of one's Ego, as a purifying spiritual process, to be as one with the Divine.

Teqe (tekke) represents the form of a monastic complex of buildings where mystical religious rituals and teachings are performed in a more secluded and controlled manner, eliminating thus external disturbances and allowing space and facilities for internal growth and spiritual realisation of the participants of the Order of Mystics.

The Balkans had experienced a wave of eastern spiritual expansion in medieval ages before the XV century, through the presence of mystical orders of Sufis and Bektashis. They are regarded as a form of continuity of the Judeo-Christian religion clothed in the new teachings of Prophet Mohammad and his successor Imam Ali. Sufism being the universal pantheistic form of



Baba Teqe

belief with whom the Bektashis have a lot in common, is based on Bhakti type of worship (yoga, so to say) that is based on adoration and reverence remembrance intuition and emotion, being the guide and the pivot to the knowledge and the intellect (oposing the Jnana, yoga type, based purely on dry intellect).

The Harabati Baba Teqe is a large and complex structure, of a rectangular footprint ranging 200 meters in length and over 100 meters in width and is surrounded with stone walls 5 meters high on the east, and 3 meters on the north and west. The internal objects include the Abode for the visitors ("selamllek"), Summer Terrace and residence, watchtower, Winter Residence, and the so called Fateema's House ("Harrem") which is one of the most outstanding pieces of architecture in the complex. The Summer Terrace has been built with exquisite craftsmanship which can be credited to the same carpenters that built the St.Jovan Bigorski near Debar. It contains a fountain in white marble. On the north west side, you

will find two graveyards accomodating the graves of different clerics of teqe aristocracy and other important figures. There are some lovely epitaphs to be found containing various poems, verses, and prayers written in Arabic style letters.

Near the Winter Residence, there is another Meydaan, a special prayer zone, facilitating prayers in a Circle (form of Divine Infinity and equality). In its very entrance is another Mausoleum containing the Saints and the Babas graves as well as Pashas Grave.

It can be said, with a dose of nostalgia, that the Teqe served as a Garden of Eden, where one would come to refresh his soul. It used to be brimming with Bektashi monks (Dervishes) performing their strict daily duties, maintaining the Teqe in pristine condition with luscious greenery, a multitude of flower species, trees, fruits, domesticated wild animals, etc. It also served as a centre-point for performing regular charity work for the local population regardless of its religious backgrounds.



Wine tasting at Chateau Kamnik

On Saturday July 3, Macedonia Welcome Centre organized a visit to the Kamnik Winery for a guided tour of the vineyards and the chateau, follo-

wed by wine tasting in their Enoteca. It was a fantastic opportunity to widen our knowledge on the wine production culture and simultaneously gain experience by seeing the production first hand.

The Kamnik Winery, located just on the outskirts of Skopje (east entrance), expresses the greatness of the ancient Macedonian traditions, soils and spirits in a truly contemporary wine style. Its eleven hectare vineyard is situated on a hill at an altitude of 300 meters above sea level with a southern slope exposition. Thanks to the excellent climate and soil conditions, the Kamnik estate has become a reference point for Macedonia's contemporary wine production. All the major cultivation operations are performed by hand. The harvest is also done by hand, at different times for each section and grape variety, in order to ensure that the grapes reach the cellars at the optimal degree of maturation. Harvest time is carefully chosen when grapes are rich in sugars, showing an excellent balance of sugar



and acids, and high concentrations of polyphenols and anthocyanins at the exceptional physiological level of ripeness. The conditions met at Kamnik require respect for the delicate environmental balance and the production volume of less than 40 hl per hectare, which guarantees a high quality and distinctive character of the wine. The vineyard's perfect exposure to the sunlight, the excellent pedological and microclimatic conditions, and the density of the vines result in the production of complex, elegant and powerful wines. The grape varieties cultivated at Kamnik are: Syrah, Cabernet Sauvignon, Cabernet Franc, Merlot, Carmenere, Sangiovese, Aglianica, Nebbiolo, Primitivo, Montepulciano from the reds, and Chardonnay, Sauvignon Blanc, Pinot Grigio, Gewurztraminer, Muscat Petits Grains, Moscato Giallo from whites.

The process of vinification takes place in special stainless steel or wooden tanks that have a pneumatic punch-down mechanism which produces an exceptional color extraction from the grape, with extremely mild, fine tannins and the preservation of all the aromatic components. Once the initial fermentation is finished, the wines are aged in barrique oak barrels where they complete their malolactic fermentation. All the stages, from fermentation to aging in oak barrels, are carried



out separately for each type of grape to guarantee an ample spectrum of variation. Shortly after blending and homogenization the wines are bottled, then aged for another few months in the winery before being released for consumption.

The wine card of Kamnik consists of Merlot, Syrah and Cabernet Sauvignon from the red wines, and Chardonnay, Temjanika, Sauvignon from the whites. We had the opportunity to try and taste most of them including their Sexy Rose, and this is exactly how they named their rose wine. After four hours of wine lecture and wine tasting, we left Kamnik a bit dizzy, but in a good mood.

The jewel in the crown is the Kamnik Restaurant, where one can enjoy the warm and relaxing atmosphere, wild game specialties and international cuisine, accompanied by a choice of over 150 selected wines from Macedonia and all over the world, including of course all the varieties produced at Kamnik. One may visit the restaurant any time. It is open all day every day during the year.



Celebrating sheep and goat breeders day



In Gallichnik and on Bistra the past always meets the present on the week-end before July 12, "Petrovden" (St. Peter's Day). The many visitors to the mountain's natural beauties, were directly in a position to sense the spirit of the Macedonian people built into the customs of the Gallichnik Wedding and the celebration of the Sheep and Goat Breeders Day.

On Saturday morning, at the sheepfold of "Vardar -03" from Gradsko, located

on Bistra, at Smrdlivi Virovi (Smelly Puddles), just a few kilometers before Gallichnik, stockbreeders from all over Macedonia, guests from neighboring countries, as well as a big number of nature loving visitors gathered for this magnificent celebration, each year becoming more popular.

The manifestation fulfilled its basic objective: the promotion of sheep

and goat breeding, which is rapidly developing and increasing in recent years, whose products are on the third place of Macedonia's agricultural exports, with a goal to reach the traditional levels of the past. During the celebration the breeders had the opportunity to compete each other in sheep milking and sheep shearing contests. They also organized traditional wrestling, exhibition of ship and goat collections, as well as an exhibition of the famous Sheppard's dogs (Sharplaninec).





The celebration was accompanied by an impressive performance of Macedonian and Albanian folk songs and dances.

From the early morning, a traditional Sheppard's meal, beans with "pastma" (dry ship's meat) and "kachamak" (polenta) was prepared for the visitors. This year besides the famous white cheese and "kashkaval" (yellow cheese) they were also offered the fine "Stoby" wine produced at Gradsko, to accompany the good food. The tradition of the interconnection of the people of the Povardarie region with the Gallichnik people is centuries long. The Sheppards and the ships from Bistra always pass the winter along Vardar valley, near Negotino, Kavadarci, Gradsko ..., exchanging their famous dairy products for the splendid wine produced in the valley, which they much appreciate and enjoy during the summer, especially while celebrating their traditional Gallichnik Weddings.



One day is not enough

One day is not enough to tell you about the town and Lake Dojran. The town and Lake Dojran are located in the southeast of Macedonia, 170 km away from Skopje. The fact that its valley opens to the south determines the region's sub-mediterranean climate of hot and dry summers, and mild and wet winters. Dojran's area with its lake is one of the most beautiful natural resorts in Macedonia. It is the richest lake in fish, in Europe. The ancient way of fishing with the assistance of the kormoran birds, which catch the fish with their beaks and take them to the fishermen, is unique. Due to the lake's 15 types of fish, kostresh, plashica, carp, sheath-fish, amour, red-fin, etc., and the water grass (algie) with its special features, it enters the list of world's rarities. Studies point the fact that the area around the lake was inhabited as early as pre-historical times. Inscriptions of the 5th century B.C. describe life in the ancient times, of the present-day Lake Dojran area. In the last decade of the 20th century, however, Lake Dojran had become an issue of public concern because of its gradual emptying. As a result of improper exploitation of the waters, the

level of the lake decreased significantly and the consequences were grave for its flora and fauna in the last decade. Efforts are being made, by the institutions of Republic of Macedonia, to refill the lake. In September 2002, a waterline from Giavoto, was successfully built in order to fill the lake with water. The favourable weather conditions in last few years additionally have improved the condition of the lake, the water level got higher, and the situation today is close to normal. Though it might seem like a small step, it brings hope for reviving tourism in this area. At present, the authorities are working very hard to rearrange the lake's surrounding environment and restore the coast, by renovating old and ruined beaches. Owing to the large quantity of weeds that grow in the lake and the large number of plankton on its surface, Dojran's waters are considered to be very beneficial and curing. This fact may help Dojran in becoming more than a sun-and-lake resort area for domestic and foreign holidaymakers.





At times when the other tourist destinations are suffering a decline of tourism, in the last few years Dojran has been notably increasing the number of tourists. What is the reason for this trend?

Lake Dojran is one of the three natural lakes found on the territory of Republic of Macedonia, which represent worlds and European natural rarity. Their beauty and specific eco system are precious national resource of Macedonia. We all remember that, not long ago, our lake suffered an environmental disaster, caused by irresponsible use of its waters for irrigation in the neighboring country, threatening its disappearance. In the last two years, thanks to the favorable

climate and the water coming from Giavoto channel, Dojran is enjoying its renaissance.

How many of the visitors are foreigners. Do you have a strategy to attract foreign tourist, and on what do you base your strategy?

Most of our visitors are domestic tourists, but we also have visitors coming from Greece, Bulgaria and lately we are noticing the “come-back” of Serbian tourists.

Of course we want to attract foreign tourists and we hope to achieve it. Last month we sent water and mud samples from the lake, to Sofia’s Spas Institute, for analysis.





We received positive and very encouraging results about the curing nature of the lake's water and mud. Our intention is to develop Dojran as a health tourism destination, a place suitable for curing a great number of rheumatic, cardiovascular, respiratory, and skin diseases. There are potential investors, with whom we are in permanent communication, interested to invest in rehabilitations centers. Dojran also possesses thermal mineral wells suitable for Spa, as well as high quality drinking water.

For many years the Casinos have been Dojran's "trade mark" and bate for the Greek tourists, especially. Do they show interest in other activities besides the roulette and the slot machines?

At the moment, in Dojran, there is only one Casino in operation. We are in the process of restarting the second, already existing, Casino. Greek tourists also show interest for sports and leisure fishing, hunting, archeological and alternative tourism.

Which are the most famous cultural and natural sites available to every foreigner to visit in Dojran.

Dojran has quite a few significant sights such as the church of St. Elia, dating from 1848, the Clock Tower, the Turkish Bath, the Solun Front (an outdoor exhibition of the I World War battle front), and just last month we inaugurated the pathway that St. Paul the Apostle used, when he passed through Macedonia, on his way to Rome.

Which are the most famous places and restaurants which should be visited by foreigners coming to Dojran.

It would be bizarre, being in Dojran, not to visit one of the oldest restaurants in the Balkans, Fuk-Tak, whose rich, and 126 years long, family tradition is passed on from father to son. Founded in 1884, its name originates from the





sound created by the locomotive of the Salonika- Istanbul train, which used to pass by in the days of the Ottoman Empire. Besides the pleasant ambiance, the perfect service and the splendid hospitality of the owners, Fuk-Tak, with its fish specialties, fish on straw, fish “tava”, fish-egg burgers and the widely famous fish soup, represents a unique brand of Dojran. The tourists may also visit the restaurants and taverns, Boemi”, “Graniko”, “Casablanca”, “Nota”, “Kaldma”, the pizzerias “Luna” and “President” the Sports Motel “Istatov” and the hotels “Makedonija”, “Polin”, “Presige” etc...

The city “legends”, from whom one may learn more about Dojran, definitely are the most famous fish restaurateur of Macedonia, Mr. Petar Janev (Fuk Tak) and the most famous goal-keeper of Macedonia, Mr. Blagoj Istatov (Motel Istatov).

What should a foreign tourist, visiting Dojran for the first time, do in one day.

For someone who comes to Dojran for the first time, one day is not enough to experience all the beauties offered.



8th September Independence Day

The 8th September is the most recent addition to the national holidays that Macedonia celebrates. It was on this date that the referendum for the independence of Macedonia from ex-Yugoslavia was held. More than 95% of the voters answered “yes” to the question “to support Independent Macedonia with the right to enter future alliances with other Yugoslav states”. The referendum Commission did not receive any complaints of irregularities or violations.

The referendum was also supported by the majority of the Macedonian politicians. The Prime Minister of that time, Nikola Kljusev, said that the referendum has been “the continuation of centuries’ long struggle of the Macedonian people”, stressing that it is up to the people to decide what kind of future state would develop, “without servant mentality and inferiority towards the rest of the ex-Yugoslav people”. Greetings on the referendum came from many sides. The United States praised the moderate way and the sense of compromise in which the independence had been proclaimed.

After the referendum, the National Radio organized a celebration to meet the enthusiasm of the citizens who had already gathered in Skopje’s

main square.
Kiro Gligorov,



by Robert
Alagjoski



Macedonia
Welcome Centre

the president of Republic of Macedonia, greeted all Macedonian citizens free, independent and sovereigns of Macedonia.

The referendum took place in very turbulent times. Armed conflicts which later emerged into a civil war had already started in the

fear about how the Serbian government and the Yugoslav Army would react towards the Act of Independence. Even so, Macedonian politicians, lead by Kiro Gligorov, succeeded to negotiate a peaceful retreat of the Yugoslav Army from Macedonian territory and in the following years the new democracy established a Macedonian Army, currency and sports teams to replace the previous Yugoslav federal establishments.

Over the years there have been many different ways that the Macedonian Independence Day has been celebrated. Big fireworks displays and different cultural

festivities have been organised in both state and non-governmental institutions. Among the festivities have been mountain hiking tours, marches, rock concerts, classical music and poetry reading events.

The Order of Merit of 8th September has been presented to world statesmen who had contributed to the strife for Macedonian independence.

The Bulgarian president Zelu Zelev, the German president Roman Herzog, and the Danish foreign minister Uffe Eleman Jensen are some of those who have been honored.

The importance of the national sovereignty, marked on the 8th September, has already been declared as the third "St. Eliah day" which symbolizes the continuity of the fight of the Macedonian people for freedom between 1903 and 1944.

territories of Slovenia and Croatia. The Hague peace conference and the European Community Declaration confirmed the steadiness of the state borders, put a ban on military means to reach political solutions and threatened sanctions. This did not help much and there was a continued



The Odyssey journey of the Macedonian Eel

The 170 meter long wooden sculpture of the Ohrid Eel, placed near the shore of the city harbor up to the closest beach, is the latest attraction in Ohrid. The artists Sergej Cingulovski has already appealed for the Guinness book of world records with his piece.

This artwork is inspired by the rare species and phenomenon emerging in the Ohrid Lake – the presence of the fish eel and its journey. This journey starts in the Ohrid Lake and it continues along the river Drim up to the Sargasso Sea for nesting the eggs, as well as the trip back of the young fish all across the Atlantic Ocean and Mediterranean Sea through the river back to the Ohrid Lake.

The presence of the Eel is so significant for the region, it is why it is regarded that the old name of the town of Struga was Enhalon (Eels place). The town of Struga lies precisely on the spot where the lake flows out into the river Drim. In ancient times, it was in this spot that the traps for catching the

eels were made, and in more recent times those traps are known as “dal-jans” It is believed that the ancient tribe of the Enheleians lived through the entire flow of the river Drim.

The eels, regarded to be a species as old as the dinosaurs, are a living example of the process of metamorphosis. The strange phenomenon of physical transformation has always caused authors to obsess and they produced masterpieces inspired by it, such as the Latin poet Ovid or the famous Franz Kafka.

The silver stage

Eels bodies are in constant cyclical change. But to tell their story in a more understandable way, we must start from the second half of their life. That is also the way we, get to know the fish, since the eel has intrigued even

the greatest thinkers of our time. Whilst adult eels were abundant in numbers along coasts and in freshwater waterways, no one could find the fish in juvenile form nor did they know where the eels spawned. In the 4th century BC, Aristotle recorded the first observations of the life of an eel. He believed that eels were created spontaneously from the mud of river beds. Pliny the Elder – an ancient natural philosopher – thought that young

eels grew from skin that adult eels had rubbed off against rocks. Whilst both theories seem entirely unbelievable, no one could prove them false until Johannes Schmidt found the eel's spawning grounds in the Sargasso Sea in 1922. So, the eel may live in bays, rivers, and streams for twenty years or more. But



by Robert
Alagjozovski



Macedonia
Welcome Centre

when the time comes to spawn (lay eggs), they undergo a physical transformation, the final metamorphosis being when the yellow eels become silver eels. Silver eels are longer, thicker and take on a metallic black-bronze sheen with a pure white belly. Just prior to their migration, the eel stops feeding and its eyes and pectoral fins enlarge, while their digestive system survives atrophy. Silver eels swim towards the salty grounds during their winter months in order to reach the Sargasso Sea's warm waters, for January spawning. Elvers will overcome seemingly impassable obstacles to get where they want to go, even if it means leaving the water to travel on land for a short distance, swimming through rapids or up dams. It can take elvers years to reach their destination. People along the river Drim tell of the spectacular scenes of thick round groups of eels, which, when travelling, are always taking the right side of the river.

Once in the Sargasso Sea the eels complete their life cycle by spawning and then dying.

For centuries, the location where eels were born was a mystery. Even today, no one has ever seen eels spawning in the Sargasso Sea. As matter of fact, no adult eels or eggs have been found there. So how do we know this is where eels are born? Scientists have used nets with very fine mesh to capture young eels all over the Atlantic Ocean. The very smallest ones—eels that have just hatched—are caught in the Sargasso Sea.

The transparent stage

The young larvae, called leptocephalus, cross the Atlantic Ocean on the ocean currents. The larvae are transparent, leaf-shaped and appear nothing like an adult eel. For about a year the leptocephalus drifts along with the Gulf Stream before entering coastal waters. Prior to entering these waters, the eel will make its first transformation into a more eel-like shape, though still transparent, and are called glass eels. As it makes its way into estuaries, the glass eels become longer and pigmented -

taking on a brown or gray color - and become elvers. Near the European and North African coasts, they metamorphose into elvers (young yellow eels). These individuals then settle in coastal zones or in estuaries, or swim up rivers. When coming back the young fish, unlike their parents always swim the left side of the river. People say not to interrupt the reverse journey of their counterpart fellows.

The yellow stage

When it completes its journey, the elver will complete another transformation into a longer, more yellowish creature known as the yellow eel. The yellow eel is evasive and nocturnal, preying on aquatic invertebrates, amphibians and fish.

During the yellow eel stage, the animal will recognizably become a male or female. Usually females are found in freshwater habitats while males are found along the coastal areas. Females will return towards the males once they have sexually matured – which can take as long as twenty years. And that is actually the beginning of their journey. Nowadays, the eel is placed among the endangered species, whose numbers have significantly dropped off over the two last decades and the reasons are to this unknown. Over-fishing, pollution, river development, global climate changes, etc., are regarded as the greatest threats to this migratory fish.

The Ohrid eel is also endangered by overfishing, especially from unregistered fishermen, but also with the erection of two huge hydropower plants on the river Drim. These power plants block the natural passage of the eels. Many eels meet their death under the power plant turbines or cannot overcome the concrete obstacle. There are many actions being taken by the authorities to overcome this problem, such as artificial breeding, harvest limitations, as well as projects to remove man made dams interrupting the historic eel migration routes, as well as building eels ladders at hydropower plants, but this ecological problem is still not solved.

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Cultural Summer Karpos 2010 - Programme

day	hour	Artists	event	location
13 August	20:30	Toni Kitanovski & Cherkezi orchestra/ Painting – Simonida Filipova Kitanovska	Concert	Amphitheatre by the river Vardar
14 August	20:30	Honor	Theatrical Performance	Amphitheatre by the river Vardar
15 August	20:30	Ilija Kavlakovski	Exhibition	Cinematheque of Macedonia
	21:00	Kiselicki Trio	Concert	Shopping Mall Karpos 3
17 August	20:30	Igor Hare & Autmind	Exhibition	Amphitheatre by the river Vardar
19 August	20:30	The Madman Diary	Concert	Amphitheatre by the river Vardar
20 August	20:30	Mrs. A	Theatrical Performance	Plateau by the Pedagogical Faculty
21 August	12:00 - 20:00	Daily Art Happening & Duo Liber Tango	Theatrical Performance	Shopping Mall Karpos 3
23 August	20:00	Book Promotion of a book by Mile Porjazov	сликање/музика	Cafe „Muabetchilnica“ (Shopping Mall Aluminka)
	21:00	Ljubojna	Promotion	Shopping Mall Karpos 3
26 August	20:30	Vlado Avramcev	Concert	Cinematheque of Macedonia
	21:00	Quartet Omnia	Exhibition	Shopping Mall Karpos 3
27 August	20:30	Aleksandra Pileva	Concert	Amphitheatre by the river Vardar
28 August	20:30	Infjuz	Concert	Plateau at universities in Karpos 2
30 August	20:30	Lilit Versus & Amon Mra	Concert	Amphitheatre by the river Vardar
31 August	20:30	String Forces	Concert	Amphitheatre by the river Vardar
1 September	20:30	Quintet of Dreams & Merima Njegomir	Concert	Amphitheatre by the river Vardar
3 September	20:30	Spinoza	Theatrical Performance	Drama Theatre
5 September	19:00	Sculptural happening/Tangoing & Duo Pan	Exhibition /Music	Plato kaj Mlečen restoran (Café Li)
6 September	20:30	2012-The Last Macedonians	Theatrical Performance	Porta Vlae
7 September	20:30	Watercolor exhibition	Exhibition	Cinematheque of Macedonia
	21:00	Trio Marija	Concert	Shopping Mall Karpos 3
8 September	20:30	Projection of short films	Film projection	Shopping Mall Karpos 3
10 September	20:30	My name is Red	Theatrical Performance	Amphitheatre by the river Vardar
11 September	12:00-20:00	Children's Art happening + Radio Buba Mara -open studio + Aleksandar Mitevski	Exhibition /Music	Shopping Mall Karpos 3
13 September	20:30	Mitan Project	Concert/Film	Amphitheatre by the river Vardar
	17:00-21:00	Documentary films for alpinism		Cinematheque of Macedonia
14 September	17:00-21:00	Documentary films for alpinism	Film projection	Cinematheque of Macedonia
15 September	17:00-21:00	Documentary films for alpinism	Film projection /	Cinematheque of

Johannesburg

a city on the lookout for football



fore organized a World Football Championship - then the magic is strong, stronger than ever....

I reached Johannesburg by flying from Sofia, via Brussels and Tripoli. The feeling that, even Sofia's Airport staff knew, I was a FIFA accredited sports journalist was a very pleasant one. I felt the same pleasant sensation at the other two airports. Friends and acquaintances, that I met on my way to South Africa, all wondered

how I would get there without an entry visa. But the Airport policemen would just run through the long list, embroidered with 18.000 names of accredited sports journalists from all over the world, just marking my name off.....

I arrived in South Africa on June 8-th., three days before the beginning of the Championship, and stayed there for 36 days.

Johannesburg is a city with a hidden brightness; it is the metropolis of the richest African nation, where no one alive knows how many citizens live there. A city which lurks with secrecy wrapped in excitement, insecurity mixed with the smell of football, a place where one encounters a unique mix of the oligarchy, wealth, poverty and misery, while crime is part of everyday life

Football is magic! I didn't invent this. I've heard people saying it in several languages, whilst travelling around the world. "A hundred times" I've written about it in my articles for the weekly sports magazine "Skok" in the old days, and later for the daily sports news "Skok", as well as for the "Skok" sports Portal, today.

When this magic happens in a continent that never be-



by
**Mijalce
Durgutov,
Sport
magazine
SKOK**



Macedonia
Welcome Centre

From the opening ceremony until the final match and the closing ceremony, accompanied by Shakira's songs and rhythm, I was reporting for the "Skok" Portal from 15 matches. I enjoyed 10 matches from the first phase, and four matches from the second, knock out phase. My journalist report from the Finals (Germany vs. Spain 0-1), sixth in row in my football's CV, will remain in the cream on top of the African cake I would be consuming until Brazil 2014.

I was reporting from five stadiums: "Soccer City"- "Ellis Park"- "Loftus Versfeld"- "M'bola Stadium"- "Royal Bafokeng", in four different cities- Johannesburg, Pretoria, Nelspruit and Rustenburg. Out of 32 Championship participants' stories, I saw 18. In the vocabulary of an auditor, it is 50% of the national teams that played in South Africa. Three times I watched matches of Argentina and Spain, two times Serbia, South Africa, Mexico, Brazil, Chile, Uruguay and Ghana. I sincerely regret not having the opportunity to attend the New Zealand playing, the only national team that had to leave the Championship after the first phase without losing a single match.

Out of the pitch, one is left with:

- the memories from the press conferences of FIFA's President- Sepp Blatter, Franz Beckenbauer, Carlos Alberto Pereira, Rudd Gulit and Fernando Hierro.

- the company of the eight gorgeous "Misses", representing the eight quarter-finalist, I had the pleasure to be with at Sandton Convention Centre in Johannesburg, together with the manager of "Skok: Mr. Baze Panev-Areto, upon the invitation of the



World Associations of Sports Reporters (AIPS).

- the impressions from the visit to the oldest cave in the world Sudwala, located near Nelspruit, and the crocodile park where more than 7.000 reptiles, from 0.7 to 7 meters, live naturally.

- the scent of the wealth of Sun City, invented and created by the Jewish tycoon and architect Sol. A place created for joy, absolute happiness and relaxation, where the last Miss World was recently selected.

On the other side of the South African coin lie the settlements of tin, garage looking, houses (25-30m2), with no bath or refrigerator, with one light bulb at the entrance, full of the misery and poverty in which the miners, who dig diamonds and platinum in the mines located just 100 km. away of the splendor Sun City, live in.

In the tiny parts of one's brain cell one will always remember the insecurity of Johannesburg, a city with hidden brightness, the metropolis of the richest African nation, megalopolis where no one alive knows how many citizens live. It is a city in which lurks with secrecy wrapped in excitement, where I felt insecurity mixed with the smell

of football. Johannesburg is a place where one encounters a unique mix of the oligarchy, wealth, poverty and misery, while crime is part of one's everyday life. These crimes of which even some of the sports reporters were not spared, when in the middle of the night would be abruptly awoken and robbed, in their hotel rooms, with a gun at their forehead.





On Saturday, June 5, Macedonia Welcome Centre organized a guided tour for families with their children to the Skopje Zoo with a small snack and beverages, courtesy of the Zoo's Management and the Director General, Mr Dane Kuzmanovski.

Skopje Zoo is one of the oldest zoos in the region. Founded by Dr. Stanko Karaman, it was opened for the public in 1926. At that time it was the first zoo established in the Kingdom of Yugoslavia. At the beginning it was a small zoo with few animals in the collection. During the years the zoo was enlarging its territory and its animal collection.

After the big water flood of Skopje in

1962 and the disastrous earthquake in 1963 the number of the animals was reduced by 50%. The big reconstruction of the City of Skopje after the earthquake increased the area of the zoo and the animal collection.

In 1992, after the dissolution of former Yugoslavia, the number of the animals started to reduce due to the fact that zoo was unable to cooperate with zoos from ex Yugoslav Republics. Today the zoo is situated on an area of 9,7ha with the animal collection of 330 animals (69 animal species): 20 species of birds, 43 species of mammals, and 6 species of reptiles. The main activity of the zoo is Activity of botanical and zoological gardens and other natural reservations.



Long tradition





All this period Skopje Zoo played an important role in the educational, cultural and recreational life of the citizens and is one of the most visited institutions within the city and the country. It is a place for practical lessons for high school students and students from the Faculty of Veterinary medicine. Since there is no zoo in Kosovo their citizens are frequent visitors, there also are foreign tourists that visit the zoo, especially the foreign nationals living in Macedonia..

From 1926 to 1991 the Zoo was under the authority of the City of Skopje while from 1991 until 2005, it was under the authority of the Ministry of Culture of Republic of Macedonia.

Since 19.08.2005, with the Contract between the Government of Macedonia and the City of Skopje, the Zoo is under the authority of the City of Skopje. The Zoo has established cooperation with other zoos such as: Bitola (MKD), Zagreb (CRO), Belgrade (SRB), Palic (SRB), Ljubljana (SLO), Nurnberg (D), Köln (D), Moscow (RUS), Amneville, (F), Amersfoort, Emmen (NL), Plackendael (B) and Kiev.

The present surface of the zoo is 9,7ha, but with the new wall fence the zoo will increase by additional 2 (two) hectares. Currently the zoo is in process of reconstruction of several animal enclosures. It is open for public 365 days in a year.



Great ambitions

Longing for the south

Konstantin Miladinov is considered to be the founder of Macedonian artistic poetry, because his verses have both historical and artistic value.

Konstantin Miladinov was born in Struga in 1830. He graduated in literature at Athens University and he also studied Slavic philology in Moscow. While in Russia he helped his older brothers Dimitar and Naum in editing the materials for the “Zbornik na narodni umotvorenija - The Collection of Folk Songs, Riddles and Costumes” that have been collected by Dimitar and Naum during their field work in Macedonia. The collection was subsequently published in Croatia with the support of the Croatian bishop Josip Juraj Shtrosmaer who was one of the patrons of Slavonic literature at that time.

Because of the cold Moscow climate, after spending a few years there, Konstantin Miladinov left Russia. On his return from Moscow, soon after arriving in Belgrade, he found out that his brother Dimitar had been imprisoned in Istanbul (Carigrad). He immediately went there, but he was met with the same fate as his brother. Even though Shtrosmaer did everything in his power to help them, they both died in the Istanbul prison, first Konstantin and then two days later his brother Dimitar Miladinov.

He wrote only 15 songs among which include “Bisera”, “T’ga za Jug”, “Zhe-lanie”, “Golapche”. “Bisera”, is one of his most beautiful love songs, and it is written in the spirit of the folk poetry. Konstantin Miladinov’s most emotional and beautiful song is considered to be “T’ga za jug - Longing for the south”, translated in many languages.

Every year in the honor of the Miladinov brothers one of the biggest poetry festivals in the world takes place in their home town. The Struga Poetry Evenings takes place during the last week of August with participation of many poets from all around the world.

Longing for the south (T’ga za jug)

*If I had an eagle’s wings
I would rise and fly on them
To our shores, to our own parts,
To See Stambol, to See Kukuš;
And to watch the sunrise: is it
Dim there too, as it is here?*

*If the sun still rises dimly,
If it meets me there as here,
I’ll prepare for further travels,
I shall flee to other shores
Where the sunrise, greets me
brightly,
And the sky is sewn with the stars.*

*It is dark here, dark surrounds me,
Dark for covers all the earth,
Here are frost and snow and ashes,
Blizzards and harsh winds abound,
Fogs all around, the earth is ice,
And in the breast are cold, dark
thoughts.*

*No, I cannot stay here, no;
I cannot upon these frosts.
Give me wings and I will don them;
I will fly to our own shores,
Go once more to our own places,
Go to Ohrid and to Struga.*

*There the sunrise warms the soul,
The sun gets bright in mountain
woods:
Yonder gifts in great profusion
Richly spread by nature’s power.
See the clear lake stretching white-
Or bluely darkened by the wind,
Look you at the plains or mountains:
Beauty’s everywhere divine.*

*To pipe there to my heart’s content!
Ah! Let the sun set, let me die.*

by Konstantin Miladinov

“Longing for the South” analysis by d-r Katerina Petrovska – Kuz- manova

Miladinov wrote the poem “Longing for the South” during his stay in Russia. This is his most important song, and also is one of the most beautiful elegies written in the 19 century in






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Macedonia. Nostalgia is also present in his other songs, but in this song he puts an emphasis on the strong poetic expression, leaving the folklore's style and expression and crossing into romanticism. Although it keeps the strong influence of folk poetry, in this song the poet immediately, in the first line paints his homeland using a large number of figures taken from the style of the folk poetry.

*If I had an eagle's wings
I would rise and fly with them
To our own shores, to our own climes,
To see Stambol, to see Kukuš,*

If we are familiar with the historical circumstances behind the lyrics, then this relation of Constantine Miladinov to his homeland does not surprise. In this period Macedonia is part of the Ottoman Empire. In this first image of nostalgia he highlights the cities of Istanbul and Kukush as the two important and recognizable symbols of the state.

In the second strophe he's spreading the ideas expressed in the first one, he expresses his yearning for the sun and light of his homeland. Then he contrasts this picture to the dark image of Moscow. The lyrical hero through these verses, as the object and the subject, starts from the spatial differences here-there, (strange land-countryside), so the verses:

Where the sunrise greets me brightly
And the sky is sewn with stars.
It is dark here, dark surrounds me,
Dark fog covers all the earth;
Here are frosts and snows and ashes,
Blizzards and harsh winds abound.

*There the sunrise warms the soul,
The sunset glows on wooded heights;
There are gifts in great profusion
Richly spread by nature's power.
Watch the clear lake stretching white
Or blueely darkened by the wind,
Look upon the plains or mountains:
Beauty's everywhere divine.*

Are opposed to:
Then the following lyrics repeat the desire to return to his native land, but specifying now his native area of Ohrid and Struga.

*Give me wings and I will don them;
I will fly to our own shores,
Go once more to our own places,
Go to Ohrid and to Struga.*

The culminations of all emotions of the poet are expressed through a desire to find the beauty of tranquility at least in death. In the song "Longing for the South" all thirty-four verses have a strict rhythmical structure: deca-syllabic, divided into two halves exactly in the middle with one prominent pause. The song has no rhythm violation. The rhyme is full of sound, containing the keywords which carry the idea and express emotion. This is achieved by distinct musical structure, musical expression, achieved not by counting and calculating, but fluent and natural composition thanks to the power of sincerity and emotion, and feeling for rhythm and sound. If we read deeply and track the logic, we can throw new light on the basic emotions; the thought of the poet moves from Istanbul and Kukuš to Ohrid and Struga. It's obvious that the geographical range does not provide the only possibility of the homeland, because when the verses are read carefully:

*And to watch the sunrise: is it
Dismal there, as it is here?
If the sun still rises dimly,
If it meets me there as here,
I'll prepare for further travels,
I shall flee to other shores
Where the sunrise greets me brightly
And the sky is sewn with stars.*

We come to the knowledge that the poet places his homeland in the heart of the world. This poetic process in a song is in a higher sphere of poetry: the words of poet about leaving the homeland give more complex metaphor, his strife to find the sun, light, heat that warms the soul. That indicates to us that Constantine Miladinov was a born poet, who knew how to express his restless feelings by finding contrast in the poetic images, in a gradation which is reflected in the title of song "Longing For The South". That tells us that the song is best revealed through the logic of art and original thoughts the poet brought in the harmony of his verse.



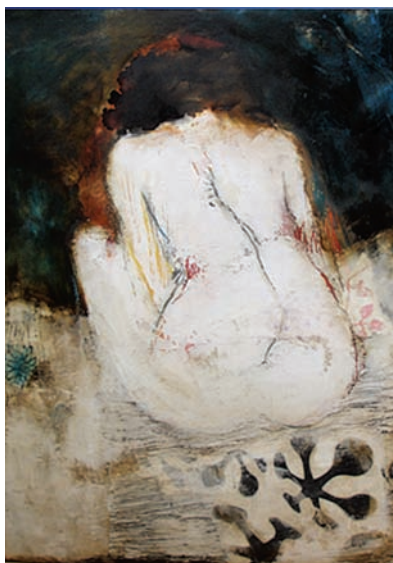
The Spirit of the Angel



Zaneta Gelevska-Veljanovska, a well known Macedonian painter now living in UK, exhibited her recent work named *The Spirit of the Angel* at GX gallery in London.

In her work, Zani seeks to complement the moments she has encountered, attempting to break down life to its visual essentials –love, happiness, black, white, light, dark, balance of movements, colours and plastic structures.

The canvases are rich in colourful and elegant forms which Zani achieves by scratching with her fingers, knives and brushes. One can be lost in Zani's maze of layers, shapes, and colours with plenty of structure and symbols. Each painting radiates its own energy full of love, desire and tenderness in a unique, everchanging story that follows Zani's soul.



Excessive body weight-morbid obesity

Laparoscopic gastric banding

Surgical non-invasive method for weight loss



**Dr. Mane
Hadzi-Manchev
FPGH Re-Medika**

Obesity is a problem of modern society. Contemporary lifestyle, irregular diet, fast food and excessive intake of fats and carbohydrates lead to weightgain and obesity.

Surgical therapy of morbid obesity encompasses a few procedures for weight loss. Surgical techniques for morbid obesity are as follows:

Malabsorptive procedures – intestinal bypass procedures, combined procedures that are methods of gastric reduction and bypass procedures, Restrictive procedures (reducing the volume of the stomach) – sleeve resection of the stomach (vertical gastropasty) and gastric banding (horizontal gastropasty).

What needs to be known about this surgical intervention?

By applying this procedure, the effect of weight loss is achieved gradually and over a longer term, which means weight loss of 3 kg per month.

What does gastric banding mean?

Gastric banding is a silicone band that is placed around the upper end of the stomach, thus dividing it into two parts: the upper smaller and the lower larger part that mutually communicate. How does it function and what is achieved by its insertion? When a gastric band is inserted, the appetite is suppressed. By dividing the stomach, the upper gastric part is full for a very short time, which

gives a patient a feeling of satisfaction and he/she stops eating.

Before inserting a gastric band, it is necessary to make some previous investigations, such as: complete laboratory examination, hormone status, neuropsychiatric examination, a gastroscopic examination of the stomach, and a chest x-ray. Gastric banding is also related to age, meaning that it can be used in patients aged 18 to 60 years. This procedure can be performed if the BMI is greater than 40 kg/m², but for patients with comorbidities (hypertension, hypercholesterolemia, diabetes mellitus, or sleep apnea) this procedure is allowed even if BMI is 35 kg/m². This method is accomplished exclusively by a laparoscopic technique. Four incisions are made in the abdominal wall and the entire intervention is done with special instruments. Surgical time for this procedure is on average 45 minutes. Thus, patients spend one day in the hospital and on the second post-operative day they are discharged.

This method has been performed in the world for a longer period of time and the results are evident. It is a method of choice in the surgical intervention for weight loss. For the first time this procedure has been realized in the Republic of Macedonia in the PHI Re-Medica. As a team, we are very pleased with the results seen in our patients, and the patients are very satisfied with the results.



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