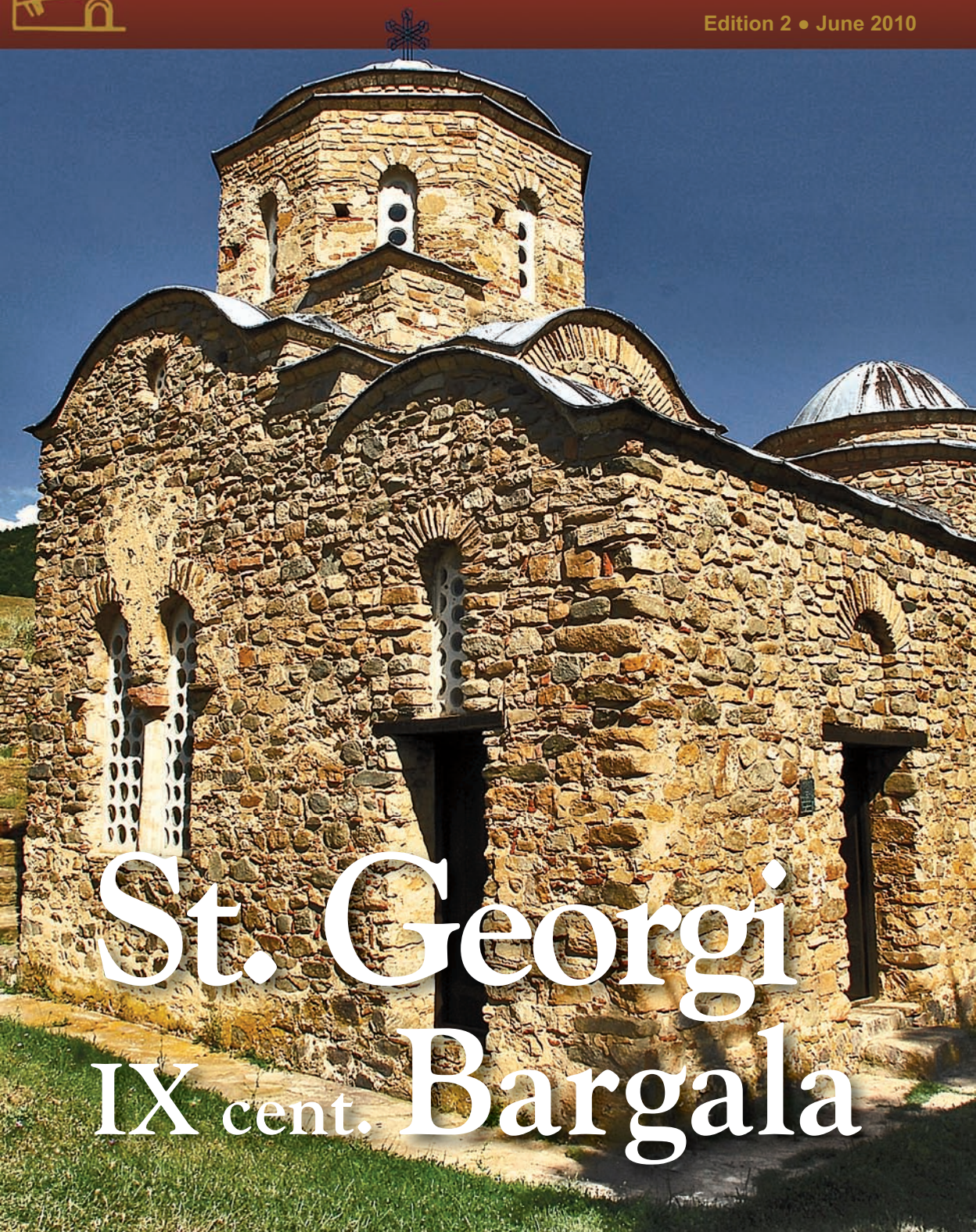


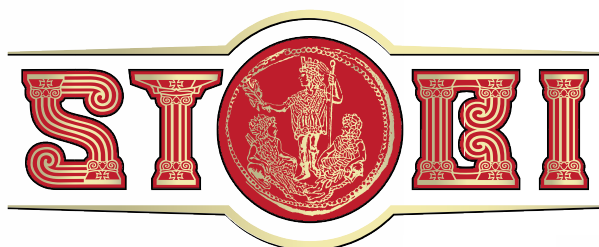


Macedonia Welcome Centre
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The crater full of stars

Every truth is comprised of much more than the facts! That's a lesson you will quickly learn in primeval Macedonia. This life wisdom is very easy and clearly understood in Mariovo!

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Macedonian independence and the emergence of the Macedonian state are connected with the glorious feast day of St. Eliah and with the long history of the 20th century.

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Towards a long, hot, and exciting summer

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



With summer at our doorstep we unconsciously recalibrate our mind and body, with our attention oriented more towards, summer holidays vacation, swimming, water and beach sports, hiking, other outdoor activities etc. Macedonia has no seashore; none the less if you decide to stay for the summer there is plenty to do. On the top of the list is Ohrid, with its beautiful lake and the rich cultural heritage as the cradle of Christianity and Slavic literacy, in combination with the "Ohrid Summer Festival", a unique cultural event with international character where many world famous actors and musicians perform all summer. For a less extravagant, quieter but still full with natural beauties exodus, you could visit the Prespa lake,

shared by three Balkan neighbors, or the warmer, and rich with fish, Doiran lake, on the south-east bordering with Greece. If you prefer the mountains than there still is the pretty and chill artificial lake Mavrovo, together with Gallichitsa Mountain also a National Park. If you are visiting Macedonian mountains, we suggest you visit Krushevo, the most picturesque mountain town of Macedonia, on Ilinden, August 2, the Macedonian National Day and attend the event Krushevo Ethno City, a historic time travel of the town of the first Republic on the Balkans. A shouldn't miss event in the summer also is the Gallichnik Wedding (near Mavrovo), a traditional Macedonian wedding, rich with local customs and rituals, always performed on Petrovden (St. Peter) July 12. If you just prefer to be in nature, without many people and civilization around, and you read the article on Marjovo, we urge you to spare a day or two to visit this abounded natural beauty of Macedonia, this crater full of stars. For those who enjoy hiking in nature you must visit the National Park of Pelister, just above Bitola. If you happen to stay in Skopje, it will be a long hot summer, but you can always chill out in the evenings, attending the performances at the Skopje Summer Festival or the Karposh Cultural

Summer. If you are fond of poetry than, at the end of the summer, you may visit the Poetry Evenings at Struga, the only World International festival of poetry, where you will hear world famous poets reading their poetry on their languages, at the bridge above the river Driim, at the point where it leaves the Ohrid Lake. "Dobredoje" Macedonia Welcome Centre has the pleasure to announce to you that this summer, in June; we will inaugurate our offices at the "Diplomatic Club's" premises of Karposh Municipality, located at "Alziska" bb, in Taftalidze, next to the City Cadastre. We hope to make this place your second home. It will be the place to meet and chat with your friends, to learn Macedonian language, to practice yoga and dancing, it will be a place where we hope you will feel pleasant and comfortable any time of the day. We would like you to have a very pleasant summer. If you decide to stay in Macedonia we hope that some of our proposal will meet your requirements and expectation, but if for any reasons you decide to go home abroad, have a nice time and a happy return to Macedonia in September. We will be expecting to see you at our premises to learn about your summer experiences. See you in September, have a nice and exciting summer!

Yoga

Life and practice and living in the moment

by Irina
Gjeorgieva
Yoga
Instructor



The only time you actually exist is right now. The past exists only in your memory, and the future only in your mind's projection. Being "present" to the present is truly living. What does it feel like to be present? Some describe it as feeling like grounded, stable, expansive, and peaceful, deeply peaceful. In that state there is no need for judgment, guilt, anger or even patience-fortitude, and forgiveness, as they are all borne from resistance to what "is". Being present is being with life as it is and allowing it simply because it is- what it is! In being present to the eternal "Now", you experience what in yoga is called Shunya, the zero point, where the natural mind, the loving heart, and the expanded awareness exist as One.

The moment to moment practice of peace

This practice draws upon elements of present moment awareness as well as from the healing practices of Prana Vidya. So, whenever we practice yoga postures, breathing exercises, or meditation, we train our selves to go with the practice in hand, to synchronize the mind (awareness), body and spirit in One. The glue that sticks all three together is breath. Through breath awareness, we are spontaneously drawn more to feeling, experiencing what is happening in our body and around us, instead of thinking about them. And experience is happening only now, while thinking is almost never in Now. Thinking is usually planning, predicting, or remembering. When we think about the future what happens is that because the future is uncertain, unknown and largely unpredictable- we become anxious. Very often, the sense of fear of what would, or could be tomorrow, brings us stress. And when usually people think too much about the past, they develop a degrees of

depression, because good things are gone and about the bad things that have happened, we are either sorry, or we feel guilty. To be in Now through experience is to confront and accept the reality as it is, your self, others, and the World as they are. This brings a sense of deep peace, understanding and a quiet inner joy. A joy which springs from the existence, and for the very Existence.

Observing and allowing

When we practice yoga we focus our awareness on our sensations. The feelings in our physical body, our breath, the sounds. We allow them all equally, without any special focus on any one of them. We let the thoughts arise and watch them, as waves washing up on the shore of our awareness. Some feelings and thoughts that arise may be painful. Experiment with allowing even the pain to be. Everything is allowed, nothing is judged. See that it cannot hurt to let it be. After some few moments of observing and allowing the pain, a new element of acceptance is born and even if the pain remains, the suffering which usually and unconsciously accompany the pain, no more exist.

Being in the Empty Space of Creation

Settle into your inner self. Through deep breathing experience a feeling of extending out in all directions. In observing these sensations, experience a deep space around you and inside you. A profound stillness and silence. Let a few seconds go by and realize that the "I" that seems to be a rigid form is dissolving in this space. Experience the expanded awareness as an emptiness in which all potential of creation exists. Know that anything is possible in this womb of creative emptiness, and that it exists all the time, whether you are aware of it or not.



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Country of the sun

by **Robert ALAGJOZOVSKI**,
cultural manager, literary critic



Summer is the most generous season of Macedonia.

As early as June, you can feel the energy of the sun, on your skin, in your mind, in your spirit. The Macedonian sun puts us in the company of the “Mediterranean cultures” – easy going, sitting, restaurant- and café- based. Macedonian communications, both formal and informal, often occur outside the office, under the shadows of a sidewalk umbrella as the participants sip espresso.

Macedonia’s most gifted poet, Radovan Pavlovski, named the prince of the metaphor, tells about “the boy who sleeps at noon,” an image of high, mature, heaven-like orb where life, although young, is at its zenith, a myth of fulfillment.

So be prepared to experience the Macedonian summer. There is a twofold experience of summer life here. Skopje, the big capital seems empty. And one can experience a feeling of sadness and melancholy when wandering the streets. At night, there is hope that the evening’s breeze will cool down the burnt urban concrete.

There is a sense of relaxation in these empty summer streets, now, when the city is free from its frenzy and crowded population. You feel you can breathe, you can rest, you can think, you can dream, and that gives you an allusion of the desired dimension of your city.

Outside of the capital, summer tells the opposite story. The usu-

ally quiet and empty towns are crowded with returning relatives. Those working abroad, their guests and friends, revive and outnumber the local population. There is unique feeling of excitement and energy everywhere.

And joining the Macedonian sun are its cool blue waters. Its lakes are the Macedonian summer waters.

There are three Macedonian lakes, Ohrid, Prespa and Dojran, which are main destinations for local and international tourists. Lake Ohrid is called the Macedonian sea. Long and spacious, indeed it resembles an open sea with its distant tree-lined shores and wide horizon. Lakes Dojran and Prespa, the country’s smaller lakes, are reaching their former capacity again after years of decline caused by drought. Now, as twenty years ago, the lakes and the people can show all their uniqueness and hospitality.

Adding to the joy of a Macedonian summer is its rich and varied cultural offerings. The Summer Festivals in Ohrid and in Skopje are among the top cultural manifestations in the country. Many towns, such as Bitola, Prilep, and Stip, have their own summer festivities and events with many guest performances and international artists.

So do not miss the Macedonian golden sun, its red tomatoes, its honey-like melons and ripe fruits.

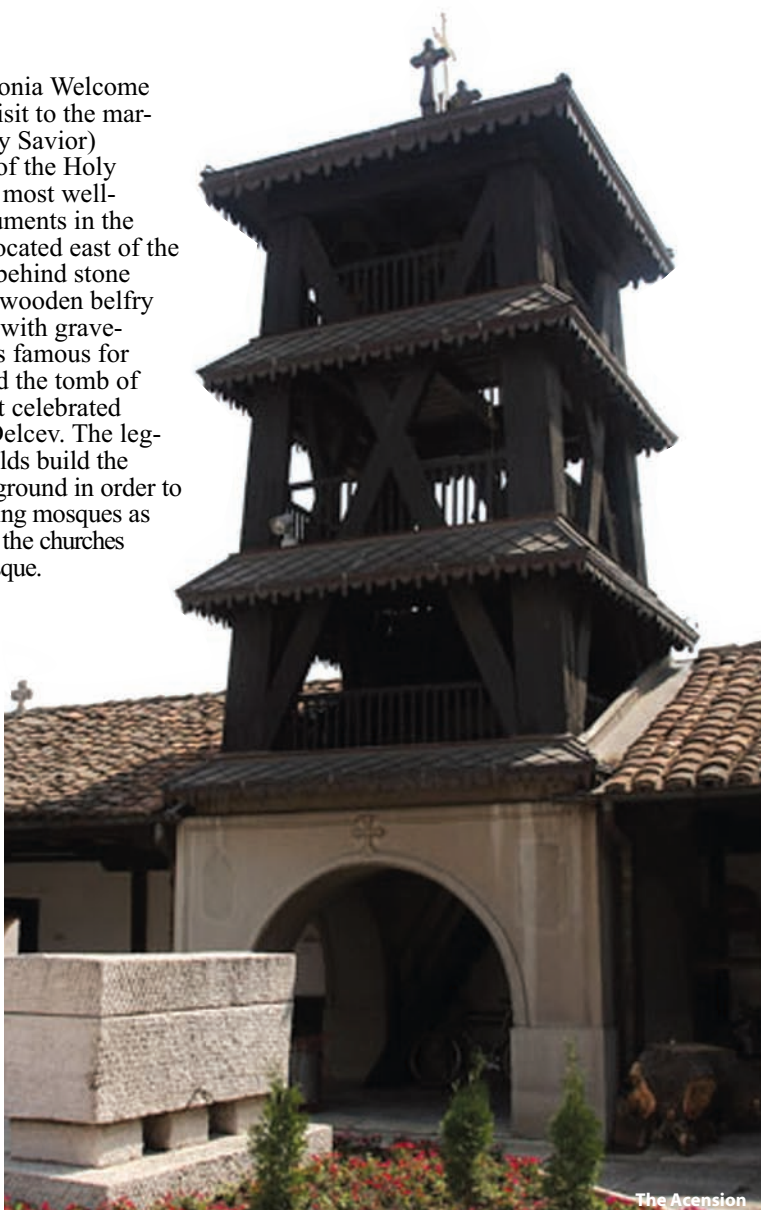
Robert Alagjozovski,
cultural manager, literary critic

The Church of the holy saviuor Sv. Spas - Skopje

“Dobredojde”Macedonia Welcome Centre organized a visit to the marvelous Sv. Spas (Holy Savior) church . The church of the Holy Saviour is one of the most well-known cultural monuments in the city of Skopje. It is located east of the city fortress, hidden behind stone fence, dominated by wooden belfry in a courtyard paved with grave-stones. The Church is famous for its wood carvings and the tomb of the Macedonian most celebrated national hero Goce Delcev. The legend says the local guilds build the church deeper in the ground in order to oversize the surrounding mosques as it was not allowed for the churches to be higher than a mosque.



The Acension



The Acension





The present day church was built towards the late 17th or the early 18th century, following the fire in 1689 that destroyed most of the town. According to the frescos discovered on the inner south wall, it was constructed on the base of the older church, which is above the present day ground level. Namely, after the renovation of the church in 1963/64, frescos were uncovered with depictions of the standing figures of Archangels Michael and Gabriel and above them three busts of saints in medallions, topped by a fresco fragment from an indecipherable composition. According to their stylistic features, these frescos belong to the 16th-17th centuries, indicating that a church decked with frescos existed on this location in previous times.

Wood carving in Macedonia is one of the most distinctive elements of folk art, with centuries old tradition. During the middle-ages in Macedonia woodcarving developed under the Byzantine influence in parallel with decorative sculpture, which it closely resembles. In the centuries to come, it was influenced by the Athoniete and Epirot carvings, whose masters brought with them Western art influences, and elements from the Renaissance and Baroque. The church of the Holy Saviour draws attention with its artistically magnificent woodcarvings, iconostasis, bishop's throne, ambo, lecterns, and icon-kissing stand. The iconostasis is fascinating because of its high artis-

tic quality, abundance in content, skilful stylization and Baroque radiance. This iconostasis is one of the most important and prime Macedonian wood carvings, in which the Miyak carvers achieved their utmost artistic aspirations. This Macedonian wood carvings masterpiece was made by the Miyak brothers Petre and Marko Filipovich, and Makarie Frchkovski. It is interesting to note that self-portraits of the wood carvers Petre, Makarie and Marko are on the last rectangular panel on the south wing of the iconostasis. They depicted in the traditional Miyak costume working on a table with carving tools.

In the courtyard of the church of the Holy Saviour, a marble sarcophagus was placed on October 11th, 1946, with the relics of Goce Delcev, the great Macedonian revolutionary who fought for the liberation and independence of Macedonia from the Ottomans.



A Timeless Site on the Sunny Side of Vodno

One of the favorite weekend destinations for Skopje residents is the St. Dimitrie Monastery. Known as Markov Manastir, its timeless frescoes, its wonderful courtyard with a traditional old residence (konak), its calm and spiritual nuns, the taste of their home-made products, the shadows of the surrounding trees, all make the Monastery an ultimate site for both intellectual and spiritual refreshment.

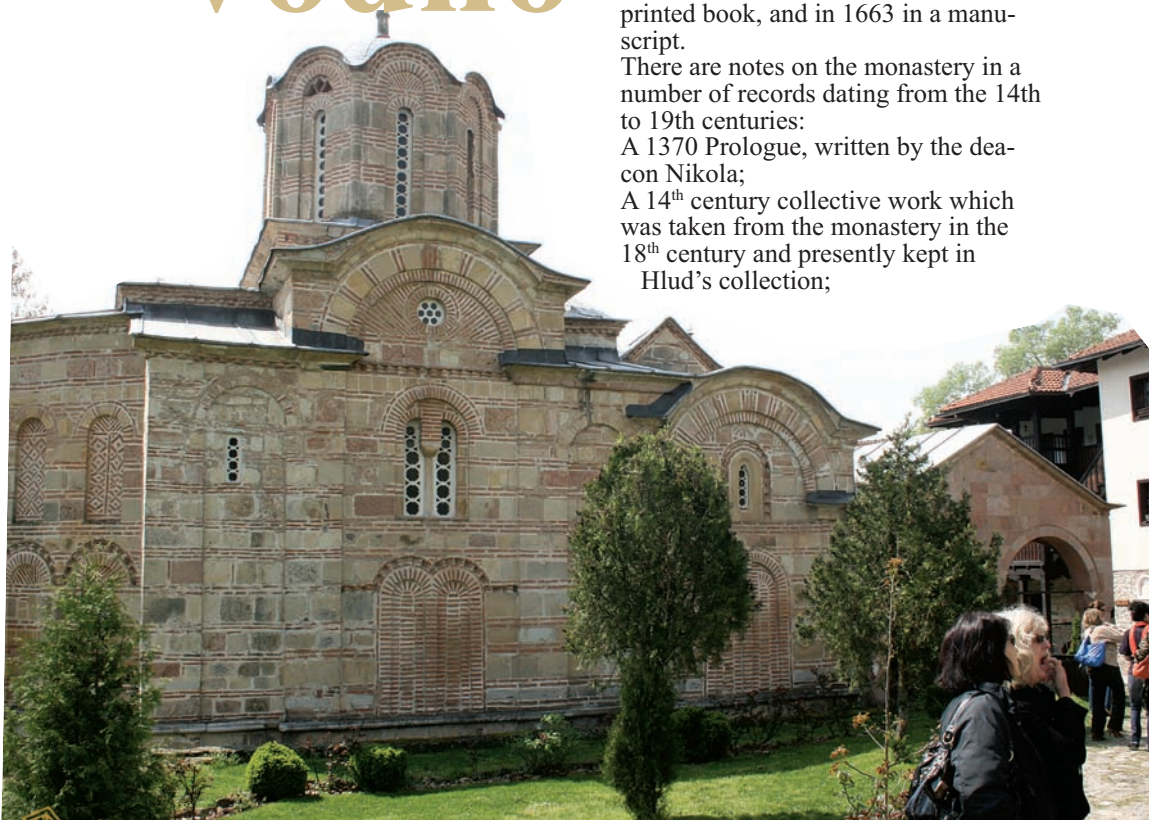
Located behind the southern slopes of Mount Vodno, in the region of Skopje, the church was dedicated to St. Dimitrie. It was built by the medieval Macedonian nobility. King Vukasin commenced the construction of the monastery in 1345, and King Marko, after whom it was named, finished it.

The frescoes were painted in 1376-77. The monastery has been active throughout its history: In 1467-68, there were 20 monks working and praying there. In 1645 it is referred to in a printed book, and in 1663 in a manuscript.

There are notes on the monastery in a number of records dating from the 14th to 19th centuries:

A 1370 Prologue, written by the deacon Nikola;

A 14th century collective work which was taken from the monastery in the 18th century and presently kept in Hlud's collection;





A 1362 epistle, written by Varlaam the monk;

A late 14th century Slova (Book);

The September - November Prologue from the mid-14th century;

A 14-15th century Menaion (the annual fixed cycle of services in the Orthodox Church).

In 1745, 1792 and 1799 it was mentioned in two manuscripts. One of the greatest distributors of the monastery's manuscripts was

metropolitan Zaharie and his second, Greek Asim. They lived in the 18th century.

In the early 19th century, Kiril Pejčinovici invited young people into the monastery and taught them to read and write. At Marko's Monastery he wrote the book "Mirror" ("Ogledalo") in 1816. In 1830, an open shrine was built, financed by Hamzi-Pasha of Skopje.



Antiquity on View in Awe-Inspiring Bargala Excavation



The country of Macedonia is home to many ancient historical sites, including the glories of Stobi, Heraclea, and Skupi. Yet, there are many heritage pearls as yet undiscovered.

Among them, researched but not promoted, is the ancient city of Bargala, near Stip, in eastern Macedonia. This inspiring archaeological site existed as a fortified town from the fourth to the sixth centuries AD.

Recently, the Macedonia Welcome



Center accepted the invitation of the mayor of Karbinci, Vasil Bogdanski, and on April 23 visited the Bergala site. Led by Zoran Cituskev, the director of the Stip Museum, MWC members learned the history and the significance of ancient Bergala.

One of the most remarkable early Christian episcopal centers in the Republic of Macedonia, the city of Bergala, is situated in the area of Goren Kozjak, about 12 km from the city of Stip. In historic archives, the city is mentioned in the notes of the Halkedonic church meeting in 451AD and in the Singedemus of Hieroclius in 527.

According to a Roman scripture on a stone slab, discovered during the archaeological excavation of the city gate, Bergala dates from 371-372 AD, replacing a small Paenonian settlement. It developed into an economic, cultural and religious centre during the fifth and sixth centuries and in the Early Middle Ages, it became an Episcopal seat. The first significant and more complex research completed between 1966 and 1975 resulted in discovery of the biggest section of the episcopal part of the city: Episcopical Basilica, the Small Church, the Reservoir and a few dwelling areas.



The fortified city lies on approximately 4.68 hectares within the framework of the city walls and is highlighted by numerous towers and a monumental entrance.

Archaeological excavations have uncovered a basilica, trade quarters, a water tank, a bath, and a fortification system with an impressive main gate and infrastructure.

Our thanks to Mayor Bogdanski and Museum Director Cituskev for an informative and fascinating afternoon among the wonders of ancient Bergala.



Guests to a traditional Yuruks' Celebrataion

On invitation of the Mayor of Karbinci, Mr. Vasil Bogdanski, on Sunday, April 25, 2010, Macedonia Welcome Centre visited the Yuruks on Mountain Plachkovitsa, descendants of the nomadic tribe of Turkmen origin who had emigrated from the steppes of Central Asia to Anatolia, and from there in several waves settled in the eastern part of the Balkans. . They were first noted in this region by end of the 14-th century and their immigration concluded by the end of 16-th century. The migration of the Yuruks was one of the most successful colonization performed by the Ottoman authorities

The Yuruks today mainly live, like their ancestors, in their villages on the

mountains of eastern Macedonia, preserving their traditional way of life. The traditional customs, the folkloric specifics and the language particularities managed to preserve the awareness of the Yuruks' community of their ethnic and cultural particularity. The present language of the Yuruks is a conserved, archaic Turkish language, a specific Turkish dialect that has survived thanks to the considerable isolation of this population and the minimal external influences. One of the key external factors in the isolation of this traditional community is the great delay in providing the basics of modern life. The contradiction between the traditional and the contemporary way of life is mostly reflected in the contrast between the male and the female Yuruk population. The traditional dress of the Yuruks today is shown only by the female population of all ages.





The most interesting customs are those related to marriage, wedding and “sunet”. Our visit coincided with a big “sunet” celebration of a family whose son—a young boy—had just been circumcised, on which occasion the father had many guests invited, with us among them, dancing traditional dances in the courtyard of his home, while in the middle of the village a “pelivan” wrestling tournament was taking place, with many

young participants fighting for the first and second prize, live bull and ram.

As we parted the Yuruks, our heart was full of emotion for these warm and hospitable people who, in spite of modernization and globalization, have preserved their way of life, living with their customs and tradition still deeply rooted in their institutional memory.



The guest of honor of the celebration in a Turkish Village in Macedonia April 25, 2010 001



Which are the main values and priorities of the strategy for international promotion of Macedonian culture?

I may take the pleasure in pointing out that the Ministry of Culture of the Republic of Macedonia dedicates special attention to the promotion, presentation and affirmation of the high values of our cultural heritage and creativity. The essential feature of our cultural tradition is its openness to other cultures. Therefore, the international cultural cooperation of our country is rooted in the determination to deepen international understanding by establishing a cultural dialogue, presenting Macedon-

ian culture outside of the national borders, as well as learning about other cultures through presentations in our country, and by including the country in the framework of international structures and organizations in the field of culture, increasing the market of the Macedonian cultural production, strengthening the contacts and communications with minority communities, all of it in view of making the culture contribute to an accelerated integration of the Republic of Macedonia in the European Union. Generally, international cooperation and promotion represent an important segment of the policy of the Government of the

Republic of Macedonia and the Ministry of Culture, and it is based on the common European policy and the concerted action for cultural heritage protection and intensive international presentation of cultural values.

There is no doubt that culture and history make up our identity, make us different and distinct, but also ties us with Europe and bring us closer to it.

Which are the most important moments of Macedonian culture that foreigners who stay or pass through Macedonia must not miss?

Macedonia The Crossroad



The Republic of Macedonia has deep spiritual roots and is a portal of fate that transforms Europe; it as a country – museum, a country of archaeological sites, churches and monasteries, fresco paintings, icons, iconostases, ancient architecture, forts, bazaars, Ottoman monuments and many other movable and immovable cultural goods of various types and dates of origin, artifacts of high historical and artistic value, which reflect the spirit of the Macedonian nation and state. The Republic of Macedonia is without any doubt a country where the lakes maintain the physical, and monasteries and churches maintain the spiritual culture of people.

In my capacity of a Minister of culture and as a citizen, I am especially proud of the entire cultural and natural heritage and resources that we possess as a country, and I feel that we have an obligation to invest our energy and funds in this field in view of its promotion and presentation to the Macedonian and international public.

Each and every part of the Republic of Macedonia gives rise to the feeling that one should look for more, admire and inquire whether there are places that are more inspirational or more mystical. I take a great pleasure in pointing out that visitors of our country will be able to find beauty in every nook and cranny of the country, and, naturally, in its capital Skopje, which is a synthesis of old traditional buildings and modern architectonic edifices, a city where one can taste both the Orient and Europe, and smell the exotic fragrances of the East, and the more subtle ones of the West...The must-see places in Skopje are the Old Skopje Bazaar, which is a wonderful outdoors museum, buildings dating back in the Middle Ages, such as the Daut Pasha Hamam and the Kurshumli Inn, the stone walls of the Skopje Fort, the Memorial home of the woman with a big heart, the Skopje born Mother Theresa, the Church of the Holy Savior, which holds the won-

derful wood carved iconostasis, the Mustapha Pasha Mosque, which is one of the best preserved monuments of the Ottoman sacral architecture in the Balkans, and many other places of importance. Each visitor should also see Bitola, the home of the first film makers in the Balkans, in the vicinity of which one may also find the remains of the ancient town of Heraclea Lyncestis, Tetovo and its Colorful Mosque dated in the XVI century, which abounds in wonderful drawings in the Ottoman Turkish baroque style. One of the inevitable parts of any visit should also be Ohrid, the Macedonian Jerusalem, where one may see the unique Museum on water in these parts of the world - the reconstructed Bronze Age pile-dwelling settlement. We are also proud of having Plaoshnik and the restored St. Clement's university, and, naturally, any introduction with the Republic of Macedonia should include visits to the remaining sites such as Stobi, Skupi, Heraclea, Bargala. Another great experience shall be to experience the beauty of the nature and the landscapes in Mariovo, Pelister, Berovo, Galicnik and all that is owned by this country. A visit to the Republic of Macedonia is a story worth experiencing and retelling. There many other reasons why it is Macedonia that has always been and will continue to be a source of spiritual and cultural initiatives in the world.

What are the impressions of the foreign high officials upon getting in touch with Macedonian culture?

Judging by the meetings with culture ministers who have made official visits to our country, as well as by the impressions of other guests, I believe that what they notice at first glance is the renowned Macedonian hospitality, openness and desire to share. Our country sets an example of how to respect the spiritual and traditional. Basically, on this soil, with a little fantasy, anyone can become a part of the past of Heraclea, Stobi and Skupi; anyone can feel

of Civilizations

no less than an ancestor of Ancient Macedonia, of Rome, of Byzantium; anyone can learn about the Christianity evangelized by the Apostle Paul, and about his meeting with Lydia the Macedonian; look at the masterpieces of sacral architecture in Byzantine silence. While we are speaking about the impressions of our foreign guests, I would like to point out the Second World Conference on Dialogue Among Religions and Civilizations, which took place in Ohrid, May 6-9. Over 480 representatives of all world religions and meridians, coming from more than 30 countries, have an opportunity and pleasure to get acquainted with the rich cultural and historical heritage of our country, with its churches, old monasteries and mosques. This ground has always been a crossroads of civilizations, and it is owing to this, and as a result of the creative spirit, that the Republic of Macedonia abounds in numerous artifacts of all materials and shapes, characteristic of specific periods and civilizations, which have intensive effects from the very first contact with our culture. Probably the most picturesque description of the impressions left with foreign visitors can be found in the statement of an American journalist, who recently wrote: Macedonia is a country of mountains, angels and lakes, of religious temples, synagogues and mosques, and once you arrive there you get the feeling that the entire country is a creation of the legendary goddess Harmonia.

Which are the values of Macedonia, other than those included in the official cultural guidebooks, that you would like to uncover to the readers of our magazine?

The construction of the Museum on water, or more precisely, the reconstruction of the prehistoric pile dwelling settlement on the Lake Ohrid, dating back in 1200 B.C. is invaluable. This location is a remarkable tourist site on its own, and it shall contribute greatly to the development of the cultural tourism strategy. Currently, there are 8 reconstructed huts, and it is planned to reconstruct additional 16 huts in the

near future. By the way, the Museum on water is the second reconstructed ambient in the country, the first being the neolith village Tumba Madjari. I would also like to point out to the rich museum production of valuable archaeological exhibits on display in the Museum of Bitola, and the Memorial Home dedicated to the great humanist, the Skopje-born Mother Theresa, which has been opened last year, Plaoshnik, Samoil's Fort....

Would you like to emphasize some items of the programme of the Ministry of Culture for the forthcoming period summer-autumn 2010?

I have to stress that we have adopted a large and ambitious cultural programme, which shall enrich the cultural life and reflect worldwide. We have also planned the realization of several complex events, the benefit of which shall be the affirmation of our national culture in the countries of the region and in EU.

The Republic of Macedonia shall take over the presidency of the Committee of Ministers of the Council of Europe for the period from May to November 2010, and within this context we shall realize several cultural contents in Strasburg, among which the concert of Ana and Oleg Kondratenko, a concert of the group Skopje Connection, and a review of Macedonian films. In addition, in September our country shall host a big international conference to mark the 25th anniversary of the Council of Europe's Convention on protection of architectural heritage of Europe (Granada, 3 October 1985)". A lot of Culture Ministers from the European countries, as well as experts in the field of cultural heritage protection shall take part in this conference.

We shall present the Macedonian urban culture within the framework of the event "Istanbul – Capital of Culture 2010", with performances of Kiril Džajkovski and his band and a concert of the band Foltin. Furthermore, we are going through intensive preparations for the organization of the Days of Macedonian Culture in Austria, which shall be an event marked by a genuinely attractive pro-





gramme and by a signing of a bilateral agreement, the first of that type with the Republic of Austria.

As regards activities at home, we have ahead of us a really rich jubilee edition of the “Ohrid Summer Festival”, which shall be rounded up by concerts of genuine authorities in the domain of music arts, a concert of the music legend Bob Dylan, while in December we will have the concert of the London Philharmonic with our renowned pianist, maestro Simon Trpcheski. Naturally, I should not forget mentioning the Struga Poetry Evenings, as well as the event titled “Hot Cultural Wave”, which enable a true dispersion of culture in terms of the locations where project activities are carried out in the Republic of Macedonia, thus making culture available for all of our country’s citizens.

What is the experience with the presentations of Macedonian culture abroad and whether these events will continue to be organized in the future?

The Ministry of Culture shall continue using its strategic approach of intensified interna-

tional promotion of the Macedonian culture. I am really satisfied with the response to the events that we organized in the past period. In the course of 2008 we have successfully realized the carefully prepared “Days of Macedonian Culture in the USA”, while, last year we have organized a similar event in the Czech Republic titled “Under Macedonian Sun”. The American and European public had a wonderful opportunity to get acquainted with the core and essence of Macedonian culture, and with representative Macedonian music, art, history and cultural works. Macedonian artists have taken part at the Venice Biennale, and we were also very successfully presented at the Inter-

national Book Fair in Frankfurt. For the first time this year the Republic of Macedonia had its stand, together with the other countries of Southeast Europe, at the Cannes Film Festival.

On the other hand, the Republic of Macedonia has become an attractive destination for many artists worldwide, who has marked the “Ohrid Summer Festival” and the “Struga Poetry Evenings” with their performances. We also had an opportunity to see the performance of a world renowned ensemble, accompanied by our artists – the orchestra of the Bolshoi Theatre with Simon Trpcheski.

In the future we shall remain true to our strategy for promotion of Macedonian cultural values both at home and abroad. Culture is undoubtedly the most important cohesive factor that erases all differences among the nations. It is an efficient mediator in the mutual introduction and in the observance of diversity of cultures, which, on their own, contribute to the wealth of the common European cultural mosaic.

Mariovo

The crater full of stars

Every truth is comprised of much more than the facts! That's a lesson you will quickly learn in primeval Macedonia. This life wisdom is very easy and clearly understood in Mariovo! Therefore, since you already are in Macedonia, devote one day of your life to see Mariovo. Your stake is big – life is composed of that happening to us during a day! – On the top of that, you can't ever get back a day of your life, just because you aren't satisfied with what you got!

Don't you worry: Mariovo, with its exclusive views, will pay you back! It will introduce you to such an intensive contemplation, so rare and worthy, that you will not, even for a moment, think to complain to the concierge at the hotel, called your life!

Now, let's go: Towards Mariovo! Towards Mariovo!

Take a ride, (with the first dew) from Skopje to Prilep. As you ascend towards Pletvar, look at the tall mountain wall on your left. That's the north edge of the star's crater in which Mariovo meditates for thousand years: from the sign Belovodica, on your left towards southeast, the passage- Ligurisa, which is one of the three accesses to the Mariovo volcano.

From Pletvar(990 m.), like a shell taken out of the Pelagonia plain: Prilep alone and distant. You will stay breathless when you see, in the middle of the town, the spectacular Markovi Kuli (Marco's Fortress) the fortification of



the Slavic greatest epic hero, Krale Marko(Kraljevich Marko/ Prince Marco) built on the top of the, hundreds meters tall, megalith rock of dark basalt and red granite. The rocks "Slonot" ("The Elephant"-well noted by Robert Ripley in his column of world's wonders "Believe it or not"), "Zhabata" ("The Frog"), "Baba" ("Grandmother"), are natural formations, not found anywhere in the world. The massive "Zlatovo" (1,422m) will remind you that the "Sugar Head" located in Rio de Janeiro, is just its' small copy. It's a sin if you don't have a bite of the famous Prilep's "kebap-chinia". At the sign Lagovo leave the main road going to Bitola, and turn south-west. Already you are trembling! Everywhere infinitely Pelagonia, deserted with no riders. In front of you the external wall of the Mariovo crater. On your right, just below the road, the village Shtavitsa,(from the famous Macedonian movie, by Milcho Manchevski, "Before the Rain") ; in front of

by **Ferid Muhic**
Professor of Philosophy



Macedonia
Welcome Centre

you the emerald green hills embraced at the passage “Sliva”(“Plum”, 1,120m.) Rinse well your face with the cold and, for the eyes, curing water from the fountain. Take a deep breath. You are entering Mariovo, the vast volcanic crater (1,000m²)! Unbelievable, on your right, perfect sculpture of girl’s breast with the nipple. The peak “Visoka”(“Tall” 1,471m.), the nipple are the remains of the wall from an ancient Payon’s fort-



ress. At the visible bottom of the grand calmed crater, send out, all the villages so well known from the Macedonian folk songs. The birthplace of Itar Peyo-(Wise Peter), the Macedonian twin brother of Nasredin Hodza, the main character of hundreds Macedonian popular tales. On your right a wood of wild pear trees, grafted, for the last 43 years, by a single pair of able hands and noble soul. In cosmic silence you will pass by the pears, meadows and huge megalith, reaching the Rasimbeg’s Bridge.

Here is the river. The river Crna (Black)! This river being the epitome of the first verse of Solomon’s “Song of the songs” – Nigra, sed Formosa! I am black, but comely, O ye daughters of Jerusalem. Stop there, because of Crna and, because of the house of Blagoja Risteski – Platnar, the greatest poet of Crna, which he sung in the superb film triptych.

Further away, you will see Micko’s flock of ships. He will offer you the best Mariovo’s cheese, and you will hear truths that only Mariovo knows. Don’t leave the pure onyx rocks, shining in the grass by the road, untouched by your hand palms. On your right the road will lead you to the village Manastir. According to the legend, here was the mythical Aristopolis. On the main road, at you left, you will find the St. Elias monastery, the inn and the shadows of three imposing oak trees. Before Vitolishte, ask, or just walk for 10 minutes, to your right, into the woods. You will be absolutely impressed by the biggest oak of Macedonia, at least 800 years old. After Vitolishte, if you are riding an SUV, drive on, if you are on feet, keep walking, definitely towards Zhivoino. At Vrpsko, in the summer, you will taste the most delicious black mulberry in the world, the most erotic fruit you have ever seen. Descending, towards the bottom of the crater, takes long. At this point Crna is warm and quiet. Over half a million soldiers during the World War I, for months, stayed at this tiny space. The remains of the old military road, by the Blue Puddle and the Cold Water, will take you to the inflow of the Tikvesh Lake. The lonely fisherman will offer you the fish, the taste of which will make you wish God forgives, to you and the fisherman, ninety nine out of every hundred sins you made. From Kaimakchallan on the south part of the Crater, with the chapel, the memorial charnel house of the fallen soldiers forcing the Solun Front in 1918, and the urn of ashes from the heart of Dr.Rice, located on the peak (2,520m.a.s.l.), until the dark shadows of the backbone of the Selechka Mountain, on the north horizon, all the stars of the hemisphere gradually gather covering the sky. After a while the sky becomes too narrow and the stars begin to fill- in the crater Mariovo, from where one cannot hear, but one can feel the perfectly silent breathing of that unforgettable Crna (Black), though comely, O ye daughters of Jerusalem.

Those are the facts. The truth you will know, when you go.

Macedonians Commemorate Independence on the Feast Day of St. Eliah

Macedonian independence and the emergence of the Macedonian state are connected with the glorious feast day of St. Eliah and with the long history of the 20th century.

Every year on August 2nd, Macedonians celebrate their national statehood in the historical sites of Meckin Kamen in Krusevo and near Prohor Pcinski, in Kumanovo.

Macedonian freedom fighters started an insurrection on August 2, 1903, and established the first, although short-lived, republic in the Balkans.

On August 2, 1944, in the flames of World War Two, the antifascist, Communist and national liberation movement proclaimed the People's State of Macedonia, as part of federal Yugoslavia. On September 8, 1991, in a referendum, the Macedonian people voted for the country's independence during the break-up of Yugoslavia. The symbolism of the three St. Eliah Days was thus established.

The Ilinden Uprising and the Krushevo Republic

The 1903 uprising began with the birth of the Internal Macedonian Revolutionary Organization (VMRO) twenty years earlier as a consequence of the political, national, economic, and cultural oppression of the Macedonian nation under the Turkish Empire. VMRO became the newly established leader of the Macedonian liberation and social revolution movement, struggling for independence and social justice.

On August 2, 1903 –the Feast of St Elias(also known as Ilinden)—the uprising began with the fiercest battles



being fought in the Bitola region of western Macedonia. The greatest rebel victories were achieved in the Krusevo area. On August 3rd, 1903, the city of Krusevo with its 10,000 inhabitants of Macedonian and Vlach origin was liberated. The regional staff of the rebels immediately set out to organize a new local authority, with representative executive and legislative bodies. This authority has become known to history as the Krusevo Republic. Its leader and organizer was Nikola Karev, a teacher from Krusevo. However, the Republic lasted for only ten days; under siege, it could not withstand the bombardment of the enemy artillery. Its most tenacious defender was Voivode Pitu Guli, whose bravery was later praised in many folk songs.

Krushevo Manifesto

The temporary government was “to impose taxes on citizens by temporary order, to requisition food for insurgents and the population of the town and surrounding villages, requisition clothing and footwear for insurgents and militarized citizens, and materials for their armament; to take care of wounded and sick insurgents, citizens and peasants; to maintain order and peace in the town and alike.”

Concurrent to the establishment of the temporary government, several commissions were formed to carry out the tasks assigned by the government. These included an Internal Commission, to maintain public order; a Food Commission; a Civil Commission responsible for construction and hygiene; a Clothing Commission; a Financial Reform Commission; and a Financial Commission. In the establishment of both the temporary government and the commissions, the principle of proportional representation of all nationalities was applied.

One of the most important acts of the Krushevo Republic was the manifesto issued by the Krushevo General Staff. Addressing the Moslem population it states:

“We have raised no gun against you. That would be to our shame. We do not raise our guns against the peaceful, hard-working and honest Turkish man who feeds himself, as we do, by blood and sweat—he is our brother. We have together lived with him, and want to so live again...”

Continuing, the staff summoned all citizens of Macedonia to a struggle against tyranny:

“Come brothers, Moslems, come and fight against your and our enemies! Come, under the flag of autonomous Macedonia! Macedonia is our mother and she calls for our help. Come and help break the chains of slavery and free ourselves from misery and suffering so that streams of blood and tears are dried up!”

While the Krushevo Republic was quickly brought to an end, “in spite of its short existence, it represents one of the most significant phenomena in [the Macedonian] national-liberation movement. Created in the flames of the struggle against the feudal system of the Ottoman state, it was at the same time an expression of the desire of [the Macedonians] for the creation of a national state. Hence, the proclamation of the Krushevo Republic represents the highest accomplishment and one of the most important state-legal acts of the Macedonian insurgents.”

The Second Ilinden

In a pamphlet published in 1924, IMRO member Dimo Hadzi Dimov wrote:

« Macedonia has had its first Ilinden; it was followed by bloody days of destruction and terrible suffering. There will be a second Ilinden, in the new and safer age of the victories which are close at hand. This second Ilinden is near, it is coming. And in that day those who still remain from the first Ilinden will embrace their new leaders and rejoice in the ideal they have achieved. »

(the texts quotes media sources and excerpts from MI-AN Encyclopedia)

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Cricket takes off in Macedonia



“Cricket” and “Macedonia” have not always been the most likely words to be found in the same sentence, but the growing popularity of the annual Macedonia Cricket Club summer tournament is now changing that, and fast. Now in its third season, the international 20/20 cricket competition has gone from strength to strength, and marks the real emergence of the sport of cricket in Macedonia.

One of the driving forces behind the introduction of cricket into Macedonia is Ray Power, Chairman of the British Chamber of Commerce in Skopje. “We’re always keen to foster closer ties between Macedonia and the UK, but the chamber originally lent its support to the first cricket match in Macedonia without really knowing how successful the tournament would become. We were overwhelmed by the level of interest!”

This year’s tournament will be the biggest yet. Eight teams from across Europe will convene in Skopje between July 11th and July 18th for a week long tournament, before the victors are crowned champions and take home the much coveted winners’ trophy. Favourites this year are tipped to be the Welsh

team, but with an interesting variety of participating nations including Croatia, Hungary, Bulgaria, Serbia, Romania and the Ukraine, the mix may well produce unpredictable results.

Last year’s tournament was a huge success, achieving TV and newspaper coverage across the globe, and this year’s expanded tournament is expected to extend that media interest further.

Held in the grounds of one of Skopje’s most prestigious hotels, the Aleksandar Palace, the tournament is also accompanied by some exciting festivities. A VIP seating area is available, for those who like to sit back and enjoy a good game of cricket in style, and sponsorship from some of Macedonia’s largest brands will ensure that a good spread is laid on for fans. That will be sure to include the famous English cup of tea – without which cricket would just not be cricket... Fans are warmly invited to come to see what all the fuss is about!

“Shall we go to the disco tonight?
I’m afraid I can’t, I have a game of cricket...”

Dates 11th to 18th July
Place Aleksandar Palace Hotel
Tickets Free entry.
VIP entry available

The Magnificent bonsai garden Horti Expert



Bonsai Buxus sempervirens "Vardar Valley" 550 years old



I had suggestion that I shouldn't miss it. That is that I have to visit the Garden Centre of Horti Expert MK, known as Bonsai Garden. It is located right across the Hotel Alexander Palace.

Horti Expert MK is a private company founded in 1992. What I had learnt was that their primary area of expertise is landscape design and landscaping, the main activities also include production and sales of ornamental plants and trees and, planning and installation of irrigation systems.

The company does landscape design and landscaping of individual houses, residential complexes, industrial buildings, office buildings, hotels, shopping centers, highways, public squares, parks and other urban spaces.

Their reference list displays the diversity of the landscape projects that they do in Macedonia and in the region.

What I saw in the Garden Centre?

When I saw the Garden Center for the first time, I was astonished by the surroundings. The place where the garden is located is so well chosen, that when you go there you feel like you are entering another world. Situated in the city park, developed over a small lake, fairly hidden by the tall trees of the park, the garden simply allures you to enter.

When you make the first step, you stand still, allowing your eyes and body to feel the colors and the ambiance, the smell, all of your senses are on and you perceive everything by moving your head around, with your eyes reaching far to the end of the garden.

I have never seen so many colors combined in one whole, and even more, so many colors of bushes, plants and trees. I was amazed to realize later on, that those colors are not permanent and that the garden changes with every season. From red-orange in autumn, greenish blue in spring, lightly yellow and red in summer and unbelievable other colorful shades in winter. Changing the looks of a place, by simply changing plants and putting them next to each other is something that we should use for all parts of our life. You can see everything; plants that you never have believed existed, you will find there. I have to mention some of them that I





Spring



Summer



Autumn



Winter

know and some that I learnt: Blue spruce (*Picea pungens glauca*); Japanese maple (*Acer palmatum atropurpureum* and *Acer palmatum dissectum* “Garnet”); Azalea; Rhododendrom; Boxwood; Roses and many many more. Just when you think you had enough and when you think that there is nothing else that may surprise you, you see a separated fenced place like a small

galaxy. That’s the Bonsai garden. It is exceptional exhibition of authentic styles of species of trees that are domestic and those that are not naturally found in Macedonia. This exhibition is unique, not only in Macedonia, but wider in the region. The entrance in the Bonsai Garden opens new horizons for appreciating the Bonsai culture as a new type of exterior and interior art, unique

by the age, styles, and different species of trees.

The collection contains bonsai trees of different age and type, with the oldest one being 550 years old, and it is known in the world book of bonsai as *Buxus sempervirens* “Vardar Valley”.

And they have this device that is driven by their emotions:

To plant a garden is to believe in tomorrow!





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Liljana Dirjan

poet. Born 1953 in Skopje. Graduated at the Department of Yugoslav Literatures and Macedonian, University of Skopje. Study visits to Paris, 1981/82 on a scholarship granted by the French Government, and 1982/83 by the Gulbenkian Foundation for a course in Armenian at the Faculty for Oriental Languages. Worked as a journalist mainly at the woman's magazine "Zena" where she is now editor-in-chief and director. She is one of the ten founders and member of the Independent Writers of Macedonia Association. Author of the following books of poetry: **Natural Occurrence** (1980), awarded with the "Miladinov Brothers" prize for best book of the year, **Live Measure** (1985), **Wormwood field** (1985), selected and new poems, Selections of her poetry: "Champs d'absynthe" (editions Est/Ouest, Paris 1996, translated by Harity Wybrands), **Heavy Silk** (1997) and in German **Schwere Seide** (Corvinus Presse, Berlin 2000, translated by Sabine Fahl) and **Cocoons**, 1999 (Chattanooga Chapbooks, Tennessee, USA, translated by Peter H. Liotta).

Macedonia through the eyes of the writer

Liljana Dirjan
from the book "Private Worlds"
(translation: Marija Jones; prof-reading:
Mathew Jones)

RETURNING HOME

On the JAT flight from Belgrade to Ohrid there is barely any room for the few of us who boarded the flight in Skopje, looking for our seats. The remaining seated passengers, tired and exhausted, can barely breathe. Somewhere before Ohrid, when the azure of the lake and the redness of the roofs in Trpejca appear in the portholes and the pilot announces we are about to land, one of the passengers says aloud: Take out your tissues because we are back home after twenty years. And about fifty Macedonians from Australia start fumbling in their seats, collecting their luggage and their sleeping children. Their large cowboy hats cause true chaos. A pigeon feather falls into my lap. I use it now as a bookmark to divide the read and unread part of Theodore Zeldin's 'An Intimate History of Humanity'.

A TABLE IN THE LAKE

That evening, on August 28 1985, on the

Bridge of Poetry in Struga, I was sitting in the first row, next to Yanis Ritzos, the winner of the Golden Wreath, and Milan Komnenić, a poet from Serbia. In between a Greek and a Serb, I was waiting for my turn to read my poem (I've already forgotten which), because I had won the Brothers Miladinov Award. I was wearing a white dress with black dots. I was so animated (the single photo I have from the event proves it). I exchanged barely a word or two in French with the Greek, a few more with the Serb. There were thousands of people in front of us, lit torches and boats with sails. That image was enough to carry this night with me for my entire life. But that evening had its follow up...

Some time after midnight, still in my white dress with black dots, I set off back on foot towards the hotel Eurotel where my room was. Amidst the darkness of the dusty road I was walking on my own. Apple trees replete with fruit as juicy balls entered my vision. I could not sleep. I went out onto the balcony. It was some time between two and three in the morning. I heard (though I couldn't see) voices coming from the other side of the lake. The dawn was slowly breaking and the sun's rays fell gently on the water surface. They lit the space. It seemed to me



Macedonia
Welcome Centre

there were people sitting at a table in the middle of the lake. I could here the sounds of 'I was born in pain' streaming across the lake and I went downstairs. And in my white dress with black dots I waded into the water. It was cold and smooth. I continued wading through the water very slowly for about 200 meters towards the open waters of the lake. I was getting nearer to those three men sitting on chairs in the water. I reached the table. I can now remember only one face. They stood up (the water was reaching their chest) and they offered me half a chair beside them, in my half dry half wet dress (my most silky dress until then). I was finally amongst my brothers (I have three brothers). In the moment that followed, as if amongst three lovers (arranged throughout one entire life), it seemed that I had sat with them in the water, from the beginning of the world, reclining on Poetry, while around us swam the pearly fish plašica, swam, swam, pearly, pearly, plašica, plašica, swam plašica, pearly swam...

THE TOMATOES OF ROBINSON OF LJUBANCI

There is a lock on the gate. A dog starts barking. Chickens start flying around. My friend Robinson eats alone. He is afraid of pesticides. He grows tall tomato plants. He fed them all summer using the drop by drop watering system. He protected them from parasites by spraying them with water in which dried nettles were dipped. He spoke to each tomato plant separately. He fell asleep the other night, he says. It got cold. He covered himself with a blanket. The temperature dropped. Stars shone over the tomatoes. Their plastic sheet was close by but they could not wake their owner, they just looked at the milky shine and shivered. Their slender bodies were attacked by the cold that night. In the morning he came to the vegetable garden to bid them 'good morning' but they had been 'burnt' by the cold. Now, he shows me, with sadness, the slender darkened stalks with drooping green fruit. I risk his hating me—I pick the only red fruit. I bite into it. Red, fresh, juicy transfusion runs through my body. The morning shines. Bees buzz.

The House Closest to the Smolarski Waterfall

We parked the car at the end of the village beside a cherry tree. The fruit hanging from the

highest branches glistens in the sun and underneath the children graze the cherries from a branch broken off the tree, filling their reddened mouths and spitting stones. The sun is scorching, the river gurgles.

A woman hangs washing on a wire. Good day, landlady, we say, the few of us who have set off early in the morning to see something 'unseen'. Good day, good people, have a good day, take some of these cherries – she says, hanging a white sheet, while her face remains on the other side. –How far is the waterfall from here? – Some say 500, and some say more than 1000 meters climbing. It is supposed to be high up. Strength is needed for the climb. – But, in your estimate, how far is it? – I am not from here, I am only married in Smolare, for some 30 years, I've never been to the waterfall. –Why haven't you? –Well, that's for idle people, I always have so many things to do around the house, and the waterfall will always be there.

FIELD WORK IN ETHNOLOGY

A student of Ethnology chose the following as a topic of his seminary work: medicinal plants and their use in the area of Porečje.

He asks an old woman what she uses as a cure for colds. I use some brandy in which I soak the towel in which I wrap my throat. And when your legs ache? I massage them with brandy, damn them, it burns a bit, but it helps. And when you have a stomach-ache? I drink some of the brandy, and the old woman goes on, brandy for back-ache, brandy for toothache, brandy for everything. Granny, continues the student, and what do you take when you suffer from headache? And she responds: Well, there is this small, just a tiny white wonder, you take it between your fingertips. Granny, what plant is it from, that tiny thing, does it grow here, what do you call it... asks the student, holding the voice recorder in his hands. The old woman struggles to describe it and says: But, it is this small, white, when you take it with water, the headache is gone, the clamps around the head give in.

The old woman rises from her little stool, picks up a tin pot filled with wheat and starts calling the chicken: pi, pi, pi... She turns towards the student, as if enlightened by her discovery and says: I've remembered son, it is called an aspirin, damn it. Surrounded by the chickens, she adds: If I knew where the person who invented the aspirin lived, I would travel on foot to bring him a live hen and 12 chicks, God bless him!

Art

Cosmos and light of the spirit

"So God created man in his own image"
Genesis 1:27

We can define Art as Cosmos and Light of the Spirit. It is a Cosmos opened to infinity, expanding in concentric circles, and constantly enriched with new galaxies. Except God, nothing speaks so powerfully about man like Art, which produces the most precious product of all the products that he could have created and imagined: Beauty. Poetry, painting, sculpture, music, dance... They are all divine acts of the Spirit which are transcendent by definition, and they elevate man from the earthly towards the heavenly, towards the primal authentic source of his origin and existence.

And truly, Art is the most prominent sign that man did not reach its holy fire through blind evolution, but that it is

ignited in every atom of his Spirit by the Creator Himself, even during his conception at the beginning of Creation. Since then, that eternal fire, like a genetic code, is left as a legacy and the most worthy property we inherited from our Father in heavens. It is the most powerful evidence that He created us in his own image and likeness, not only physically, but also spiritually. Art, being a gift, contains many other gifts and powers within itself. Among other things, it also possesses healing powers for the man thrown into fate and suffering, thrown into the dark night of history, in life under the burden of evil, in which he builds a home on the foundations of pain. But even in such a life, man passes through the dangerous labyrinth of existence with the light of Art, which possesses the power of faith - the same Jesus talks about in the New Testament. And with it, same as with faith, he can move mountains. In that sense, we can understand William Blake who says that we don't need only faith for our salvation, but also Art. It is needed because it radiates the beauty and the good, the light in which man and mankind come to know their divine origin. As such, Art is absolutely transcendent and carries within itself the utopia of spiritual happiness, cleansed



of any crude existential mud, social restraints or historic catastrophes. Art promises this utopia, which was ingeniously, as a prophetic vision, sensed by Dostoevsky: "Art will save the world". It will perhaps happen when all human souls, like the beasts and the stones lured by Orpheus' music, will come and drink from its spring. God, may that day come sooner.

Kiro Urdin, one of the most prominent Macedonian contemporary artists, was born in Strumica in 1943. He holds a law degree from the University of Belgrade, but never worked in the legal profession. He dedicated his life to the arts, becoming one of the most original, and world conceptual artists of our time. His artistic career started in 1972 when he became the chief set designer for telecasts dealing with musical works. In 1973-74 he studied at the Academies des Arts Plastiques in Paris and was the first assistant of the feature length movie *Time, Water*. Since the early eighties, Mr. Urdin has exhibited his works worldwide including at the Melys Gallery, in New York in 1987, the Mirror Studio in New Orleans, the Galerie Messara in Paris and in Yokohama, Japan, in 1988. In 1989 his works were showcased at the Galerie Laburthe-Tolra.

In 1994 he begun work on the Planetarium, an original painting that the artist repainted each time he arrived at a different place on globe. The work took him from the cradle of civilization, the Byzantine church of St Panteleimon at Nerezi, Macedonia, to historic sites like Jerusalem, Egypt and the Nile, Stonehenge, The Great Wall of China, Machu Picchu of the Inca's and the Massai tribe of Kenya, to world metropolis like Paris, London, Berlin, New York, and finally to the Netherlands where Planetarium is on a permanent display.

The artist divides his time between his native Macedonia, his permanent home in Belgium, and the world. He has been associated with the Macedonian Arts Council since 1995.



Laser tretment of enlarged vines



The enlarged veins are a very often disorder in the modern population. It is common for the both sexes, but more in women. Enlarged veins in feet can appear also in young age and

later step by step to go worse, so usually the hard complications appear later. It relates to numerous functional disorders and a very negative esthetic effect. In this condition the reason is weakness of veins and therefore the same one enlarges. It causes a retarded blood circulation and stagnation in the lower parts of feet. In the later stages appears a disposal of hemosiderin pigment and darken color of the skin, the same skin is attenuated, and wounds can appear that disappear very hard. The patients have pain in feet, they are tired and function more difficult, their activities are limited. This is very important because enlarged veins appear also in the young persons who are in a full working condition. A little bit more this disorder appears in women and an esthetic point is very important for them. Beside enlarged veins more significant enlarged capillaries appear that are visible on the skin as dark blue streaks.

There are more options of enlarged vein treatments. The treatment can consist of sanitary-diet life regime application and resting, elastic hose wearing, and various ointments and medicaments. It is important to note that application of these treatments the varicose development can be lagged and hardness allayed, but already enlarged veins cannot be repaired in a normal previous stadium. In the particular situations a sclerosant therapy with Aethoxysklerol can be applied. The best results are obtaining using a surgical therapy. It is very important to determine an appropriate diagnostics in order to choose an

adequate surgical treatment. In diagnostics besides the clinical examination, it is the most important the echo Doppler examination. The classic surgical treatment is consisting of an extirpation on the big epitaxial vein (v. saphena magna), and rarer v. saphena parva, so and a local extirpation of side varicoses. After these operations the patients wear elastic twists, stay in hospital a few days, and after some weeks they are complete recovered. The new laser technology and radio-frequency ablation in the enlarged veins treatment gives new aspects in this disorder cure. With the laser and VNUS device application for radio-frequency ablation a minimal invasive approach in the varicoses treatment is enabled. With the same ones an obliteration of big vein saphena can be done, from the estuary in the deep femoral vein till above of the place where begin the insufficiency. Sometimes the small vein saphena can be obliterated. The treatment is practiced in a local tumescent anesthesia. The local anesthesia is applying across a special pump and the vein that is under laser treatment is complete under anesthesia in the whole length, and the skin is rising in order to avoid its injury during to the laser treatment. The work is controlled by echo Doppler permanently. After finishing of the treatment with Laser or VNUS radio-frequency ablation, a phlebectomy is done with small pricked incisions on the skin using special instruments (side varicoses removing). The bleeding is negligible because previously is done a laser treatment of insufficient big vein saphena. This treatment can continue with sclerosation at the same or subsequent days. The bandaging is done with elastic twists. After the treatment the patient can go home, and the patient is ready to come back on the work next day. In the first private hospital "Re-Medika" exists a multiuse surgical laser, VNUS device for a radio-frequency ablation and whole necessary equipment, so and consumed materials for this kind of operation on varicose enlarged veins of lower extremities. In the last 6 months more than 70 patients were treated with excellent functional and esthetic results.



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