



Macedonia Welcome Centre

m a g a z i n e

Edition 4 • Decembar 2010



Gligor
Chemerski

Vila Vodno, mosaic - Land remembers

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*In the arms
of the blazing land*

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Although a southern European country, Macedonia is known in the winter for its high mountain peaks covered by snow.

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Children's Games and Toys in Macedonia in the Period between the two World Wars (1918-1941)



The game has always been a complementary part of the everyday activities of Macedonian children. By taking a look at the traditional toys and games we obtain a perspective on what life was like for the Macedonian children many years ago.

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МАГАЗИН



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хедонизам

49
ноември 2010
69 ден.

A home away from home

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



As winter is rapidly approaching, the falling autumn leaves turn into dozens shades of yellow, being less and less on the Macedonian trees. The colder it gets outside, the more we develop a need to be at our warm homes, preferably next to a fireplace, preparing slowly for the seasons' holydais.

Recently Macedonia Welcome Centre together with Karpoch Municipality inaugurated the International Club, a place where all foreigners living and working in Macedonia will find the hospitality and the warmth they are missing. It is intended they find their home away from home. The International Club is envisaged to be the place where Macedonians and Internationals will meet and get together, interchanging positive experiences and cultures. One will be able to learn to speak Macedonian language and get familiar with our literature, Macedonian folk songs and dances, English conversation, Yoga, Cooking, international dancing. We will be also organizing numerous outdoor entertaining activities and visits to many interesting places all over Macedonia.
All information about the activities of the International Club may be found on the web site of the Macedonia Welcome Centre www.dmwc.org.mk.

We urge you to visit our site A.S.A.P., and we suggest you visit it frequently in order to stay in touch with us and be acquainted with the schedule of our activities. This way you will be able to take part in those activities that suit you best.

In this autumn/winter issue of our Magazine you will find many interesting texts about the Macedonian mountains in the winter, the famous Macedonian sheepdog the Sharplaninets, Ball Dancing in Macedonia, the toys and games of Macedonian children between the two World Wars and about our trip to Berovo , and its surroundings. You may also read about the prominent Macedonian poet Mateja Matevski ,the 50th anniversary of art creation of the famous Macedonian painter Gligor Chemerski , and the exhibition organized on that occasion.

Dear reader of the Macedonia Welcome Centre Magazine, as you all know we are sending you a free copy of the Magazine at your work address, in case you missed it or you are not receiving the Magazine please note that you can always obtain a free copy at the Together shops in Macedonia, or at our premises in the International Club.

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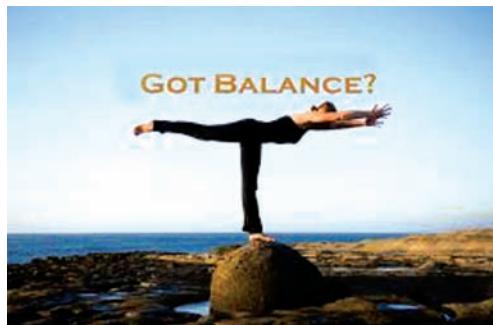
Balance

by Irina Gjeorgieva
Yoga Instructor



When you hear the word balance, what is your first thought? What is your first image?

In everyday life we look for a balance in everything we do. If we give too much sun to our favourite flower it will dry out, if we give too much water it will become rotten. If we have an imbalance of minerals or vitamins in our body we feel weak, and if we have a bacterial imbalance we may feel ill. By practicing Yoga we are bringing balance not only to our physical body, but also to our mental and spiritual body. Yoga postures practiced in a particular way, with awareness of the movements and in harmony with one's own breathing, balances the nervous system and increases bodily control and mental concentration. As a result



of this, the muscles of the body become supple and firm. The important endocrinial system is controlled and regulated so that the correct quantities of different hormones are secreted from all the glands around the body. This has a direct effect on our physical well being and our mental attitude towards life.

Asanas, (bodily postures) makes the body flexible and able to adjust itself easily to changes in the environment. The sympathetic and parasympathetic systems are

brought into a state of balance so that the internal organs that they control are neither overactive nor underactive.

To summarize, we can say that these asanas maintain the physical body in optimum condition and encourage an unhealthy body to become a healthy one.



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The Value of Small Literature

by Robert ALAGJOZOVSKI,
cultural manager, literary critic



It is often said that literature is the soul of a nation. It is especially true for small nations whose uniqueness and identity is expressed in the literary creation.

Macedonia is a country rich with a variety of literature. In the six decades since the codification of the standard Macedonian language, there have become many excellent writers from all literary genres; from drama to prose and poetry. There are many writers who have made extraordinary developments in the rhetorics and semantics of the language, and who have enriched the language with new words and phrases. We are especially happy to have many of our bards still living among us, including poets such as Mateja Matevski, Bogomil Gjuzel and Radovan Pavlovski, the prose writer Mitko Madzunkov and the playwright Goran Stefanovski.

Unfortunately, because of its limited financial and technical capacities, Macedonian literature is not well known in the world. Although this is the case, the Country is host to one of the world's most outstanding annual poetry festivals, the Struga Poetry Evenings. This is where the values of our literature are shared and acknowledged by many of the world's most celebrated poets. Some of our writers' works have been trans-

lated into many other languages. But today's globalisation asks for a more systematic approach in the translation of the literature, in order for us to take part in a global intercultural dialogue.

As a result, two projects of Macedonian literature translation have been borne.

The first project is called Babylonia, by Blesok publishing, where a few hundred Macedonian books have been put online, both in the original text and translated into several other languages. Macedonian literature reaches its global audiences by the use of contemporary media tools. These books can be accessed at www.e-books.com.mk

The second project is the translation of 130 volumes of the best Macedonian literature into the English language. This government supported project is making the literature accessible to wider audiences in many libraries throughout the world, including Macedonian public libraries. Now these books are finally among us.

This time of the year is the ideal time to broaden your literary horizons, when the days are shorter and colder. So why not settle down in a warm and cozy room and indulge yourself in some Macedonian literature?

Berovo

A Weekend Away

The week-end of October 9-10 “Dobredo-jde” Macedonia Welcome Centre organized a guided tour to Berovo with an overnight stay at the Hotel “Manastir.”

Berovo is a rather small (7.000 inhabitants), but historically significant, Macedonian town. Located in the eastern region of Macedonia, the area boasts a unique combina-



tion of pristine natural beauty, a varied cultural and historical heritage, and a legacy of traditional music and handicrafts. At an altitude of 800 – 900 m, on the slopes of the Maleshevo Mountains , it is a town considered to have the highest concentration of oxygen in the Balkans and the most sunny days in Macedonia.

Nearby Berovo Lake, a very important marine tourist attraction built in 1970 on the Ratevska River, is 5 kilometers away. It is 2.5 km long, and 0.5 km wide, at an altitude of 986 m.,and is surrounded by centennial pine, beech and oak trees. Bathed in sunshine, and blessed with ideal natural climate conditions, this ecologically clean site is considered by locals to be a real “open-air spa.” Along the lake there are many villas, and wonderful picnic, recreation and sports terrains The mountains surrounding Berovo lake provide inviting places for relaxing walks, cycling and tracking trails are for mountaineering and mountain-biking lovers. Adventure seekers looking for challenges, those keen on fishing and hunting and as flat- water kayakers can all find here exactly what they have been looking for.

The Malesevo Mountains are situated in the most eastern region of the Republic of Macedonia and border the republic of Bulgaria. The ridge length is about 32 km. The highest point is the summit Kadiica, at

1932 meters. All the summits in the Malesevo massif are located west of the town of Berovo. In the Malesevo territory, there are more than 120 natural springs. A transversal trail which bands the most southern and the most northern part of the Malesevo area stretches from Prevedena (1200m) to the top Kadiica (1932m). Its total length is 45 kilometers. Hikers should expect the time for walking the trail to be approximately 12 hours. Because of the length and the transversal character of the trail, the use of a local tourist guide is highly recommended. Some locales for resting on the trail are in village Dvoriste sheepfold near Karaula Divna, motel near dethrone of Klepalska Reka, in the vicinity at Ravn Reka.

Hotel “Manastir is located on the outskirts of Berovo, within the alpine beauty of the Maleshevo mountains, nearby the monastery of St. Archangel Michael, which was actually the inspiration for the hotel’s specific architecture. The hotel is highly respectful of Berovo’s history and traditions. Its goal is to provide an atmosphere of relaxation and harmony, where guests can enjoy the timeless beauty of the surroundings and savor authentic ethnic cuisine.

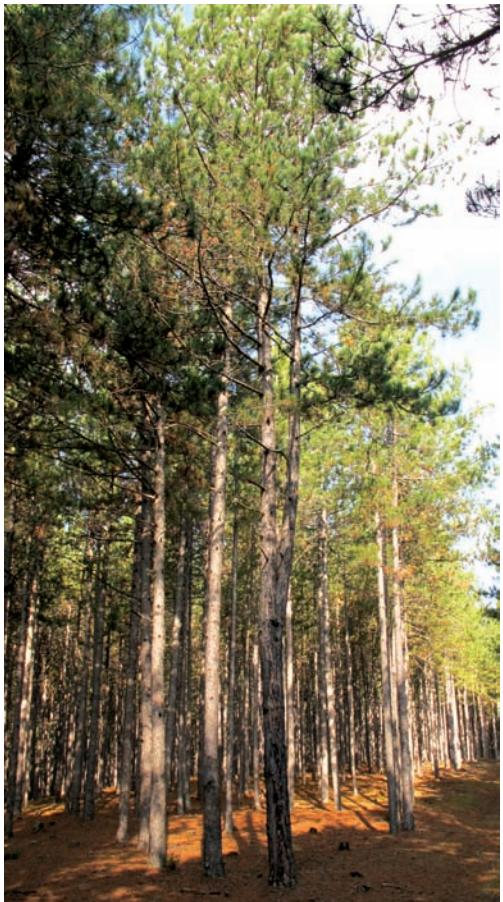
In the early 19th century ,Berovo was a rural settlement with 200 houses and a small church that had fallen into decay. The inhabitants at the time decided to have a new





church built at the site known as Mogila. The parish priest, Friar Peco, was assigned to obtain a building permit from the Turkish authorities in Radovic. The Turkish governor, Vali, gave the permit but made sure to set conditions for construction of the church as difficult as possible. The church was to be built low, below the road level and not to be visible. Construction was to end in forty days, and Friar Peco was to give his youngest daughter, Sultana, to the Vali for his harem. The people of the town prevailed and the church building was finished and covered with stone blocks, soot, and lime (so as not to be noticed) in 40 days. Seeing that the church had been completed and Sultana had fled to Kyustendil, the Vali immediately ordered the execution of three church elders in front of the church, and Friar Peco was imprisoned for three years. Sultana returned to Berovo only when she learned that the Vali had been murdered.

The three gates of the church face the town, the river and the pine forest. A large porch dominates the monastery yard and in the dimness of its interior oil lamps lighten images of saints, painted in a characteristic style that is antonymous to Byzantine canons. Only the icon of Noah was painted by George Veljanov from Strumica in 1818. From 1897 to 1920 the painter, Gavril Atanasov, also worked in the monastery. The icon of the Dormition of the Theotokos (Mary, the mother of Jesus) was painted by Gregory Pecanov from Strumica in 1878. The residential quarters are of a free-style construction. They attract with the warmth of the wood used, shaped in a 19th century old-urban style. Four sisters coming from the Veljusa monastery live together with the last nun of the previous lineage. The sisterhood of the monastery is active in Byzantine-style icon painting. The renewal of fresco painting in Macedonian monasteries was begun by the sisterhood. The female monastery within the church played an im-



portant role in World War II, as well as in making people literate, since it was exactly

there where the first cell school was opened, a period from which a number of old books have been preserved, subject to respect and admiration among the contemporary generations.

The first female monastery was built in 1840 in a 19th century architectural style, twenty years after the construction of the Church of the Holy Archangel Michael. The first nuns to live there were the daughter-in-law and the daughter of Friar Risto, a son-in-law of Friar Peco. They had their monastic tonsure (removal of the hair of the head) with a blessing from the Rila Monastery's abbot. Eugenia I was the first abbess of the monastery. At its peak, in the first half of the twentieth century, the monastery numbered up to 60 nuns, with a rich and developed economy, a theological seminary, a weaving mill, and the first single-phase hydro-power plant in this area was in the monastery.

Berovo is also famous for its celebration of the great religious holiday of the Mother of God's Assumption, known among the people as GOLEMA BOGORODICA. Every year on August 28th, Berovo organizes the holiday hosted in the male monastery, an event attended by a great number of Orthodox Christians, culture and tradition lovers as well as tourists. The Mother of God, a Macedonian medieval style church was built in 1972-75 next to the monastery, on the foundations of, and on the very spot where there had been, the old church

We highly recommend Berovo to all adventurers, nature and culture lovers.



**5% discount for the members of
Macedonia Welcome Centre**

The Mountains of Macedonia

A Winter Wonderland

Although a southern European country, Macedonia is known in the winter for its high mountain peaks covered by snow. The Shara peaks, known as the Queen of Macedonian mountains, are depicted on the national coats of arms, as well as on the municipal emblem of Skopje. Even the name Macedonia is believed to be derived from a compound word meaning *high mountains* or *high lands*. Approximately 80% of the country consists of hills and mountains. The average altitude of the terrain is 850 meters. In Macedonia, there are 34 mountain tops higher than 2000 meters, the highest of them being Korab at 2,764 m.

The mountains belong to two general chains. The eastern Osogovo-Belasica

groups are the older mountains. They are spread across the eastern part of the Republic of Macedonia.

The mountain in Shar Mountains group belongs to the Dinaric chain and they are younger mountains, situated in the western and central part of the country.

Winter tourism is mainly centered on the alpine-like Dinaric Mountains.

It is our intent to share information in this article which will guide visitors to the best mountains to visit in winter and those with the most developed ski resorts and winter tourism centers. Macedonia's winter tourism is rapidly developing and offers unforgettable beauty throughout the country.



Shar Planina

In ancient times, the mountains were known as *Scardus Oros*, *Scordi montis* and *Scordus*, it is believed that the modern name derives from these ancient ones. The Shar Planina massif is located between Gostivar and Tetovo valleys in the south-east, Mavrovo Lake on the south and the Korab massif in the west. It stretches on a surface of 1600km. It has 23 peaks at above 2500 meters of altitude and 39 lakes (27 on Macedonian territory). The uppermost parts of the mountains

are frozen with large amounts of ice and snow. Vegetation on the mountains includes crops up to around 1,000 m, forests up to 1,700 m and above that line high pasture. The Šar Mountains are the largest compact area covered with pastures on the European continent. They are most known as the origin of the dog breed Shar Planinec which was bred on these pastures. Most frequently used approaches are the one via Tetovo and the Popova Shapka ski-centre or via the village Vratnica.

by
Robert
Alagjozoski



Macedonia
Welcome Centre



Bistra

Bistra is one of the most interesting mountains. It has many peaks higher than 2,000 meters and the highest one is Medenica, 2,163 meters above sea level. Limestone erosion on the mountain created 14 limestone fields. A large part of the mountain is included within the boundaries of the National Park. Not only do these mountains provide magnificent visual landscapes, they also offer some of the best skiing in the Balkans. A beautiful lake, fabulous scenery, ski runs, monasteries, clean air and a healthy environment all combine to make this an ideal winter destination.

Lake Mavrovo which is located just beneath the ski center makes the National Park of Mavrovo a very popular weekend resort all year round.

The Mavrovo Ski Center is an interesting and highly enjoyable ski resort. It has more than 30 hotels and more than 1.000 villas, chalets, offering variety of restaurants, clubs and other kinds of entertainment.

Its three chairlifts start from the doorstep of the area's hotels at an elevation of 1255 meters above sea level. Eleven more lifts bring the resort's capacity to a respectable 10.000 skiers an hour. The highest T-bar lifts are at 1860 meters. Large parts of the resort are well protected from high winds. Ski trails are very well prepared with several snow machines. These well-groomed runs offer easy learning grounds to beginners and the easy access to off-track skiing gives advanced skiers a wonderful playground. Snowboarders will enjoy practicing their sport at the purpose-built half pipe and rail. All the trails are well-lighted, so night skiers can take advantage of less-crowded slopes.





Baba Mountain

Baba Mountain is located between the cities of Bitola and Resen. The western border of the massif is lined by Lake Prespa and Resen Field, and the eastern by Bitola Field. The highest point is the peak Pelister at 2601 meters.

The best approach to the mountain is the

one via Bitola, through the villages of Trnovo and Magarevo. The road leads to the beautiful "Molika" hotel which is only 15 minutes on foot from the "Kopanki" mountain lodge, where there is a ski lift and skiing pist. The one of the most beautiful glacial lakes in Macedonia, the "Golemo Ezero" (Big Lake), can be reached only on foot.



Kozuf Mountain

Kozuf is the first natural barrier in the Republic of Macedonia that is directly exposed to the influences of the Mediterranean and the Aegean Seas. Its highest peak is Zelenbeg, at 2171 meters above the sea level. A new and modern ski center has recently been built on the mountain. A ski jumping hill is going to be completed soon.

Kozuf is a ski destination which offers complete enjoyment and recreation. The conditions that this mountain massif affords are gracious and their uniqueness is due to the perfect position north exposure that results with qualitative and long-lasting snow suitable for ski runs as well as free riding runs.

Wherever you travel in wintry Macedonia you will be greeted with the mountains lovely and snow capped welcome. Trees are shimmering with frosty branches and lakes are often icy horizons. Winter in the mountains holds exquisite charms for nature lovers, photographers and the outdoor enthusiasts.





Krushevo

Situated at an altitude of 1,330 meters above the sea level, Krushevo is the highest town in the Balkans. It is located on Bushava Mountain, about 30 km away from Prilep. Krushevo is a well-known winter ski center and health resort. Its historic architecture and natural beauty make the town an ideal setting for pleasant winter holidays. With its many older houses, Krushevo represents a museum of old architecture. The city occupies a small space but is filled with a number of historical and cultural

monuments from various moments in the past: the house of Nikola Karev, a monument from the Second World War ; the monument for the Ilinden Uprising within Gumenje village, the museum of the Ilinden Uprising and the Krusevo republic; the Stone of the Bear; a gallery of icons, as well as the gallery of paintings of Nikola Martinovski, one of Macedonia's best painters. The town is linked to the ski centre on Mount Bukova by a gondola ski lift. There are three runs in this small resort with gentle slopes making them ideal for beginners and children and two ski lifts on the mountain.



Diplomats who have spent part of their diplomatic careers in Macedonia remain our true friends

Which are the fundamental principles on which Macedonia grounds the building of its relations with the rest of the countries in the world, in both the bilateral and multilateral sense of the word?

The approach of the Republic of Macedonia in the building of its relations with foreign countries, regardless of them belonging to the immediate or wider surroundings, is grounded upon our commitment to friendship, openness towards others, relations of partnership and all-encompassing cooperation in the various areas of social life. It is within this framework that we endeavour to promote our values and interests, primarily building upon the significance of the national, cultural and spiritual identity as our specifics. Hence, mutual respect and sincere approach are the basis for good bilateral relations.

How do people see Macedonia from the outside? Is it recognizable to them as a country and which are the features that help them identify Macedonia?

Macedonia is a small country and, as such, it is certainly unlikely that it will be as recognizable as the big countries in the world which possess well established global images. Macedonia and Macedonian citizens are forced to fight for every second of publicity in foreign television reports, for every line in the world's newspapers and magazines, for even the most minuscule chance of being visible at the international level. Instead of politics and problems, we should endeavour to make our hospitality, the beauty of Macedonian nature, the goals of Goran Pandev, the concerts of maestro Trpevski, the memory of Mother Teresa, as well as everything else which can place us on the global map, our marks of identification.

Apart from the formal, how important are informal contacts and communication in diplomacy and the promotion of the country's international position?

At official meetings, protocol leaves little



or no space for informal contacts, but, quite often such meetings provide the basis for starting good friendships. Indeed, the friendly relations with colleague diplomats are un-

undeniably useful in the attempts to paint the real picture of the Republic of Macedonia, as well as to bring our values, beliefs and traditions closer to them and help them experience our country as closely as ourselves. Politics is only a part of the overall mosaic called diplomacy, whereas the political decisions and relations largely depend on closeness, contacts, friendship and mutual trust.



Which are the informal, additional qualities and stories which help form the basis for building friendships with Macedonia?

It can be a glass of good Macedonian wine, the unique Macedonian traditional folk music, getting to know the Macedonian tradition, the food, visiting the Macedonian churches and monasteries radiating with their history and spirituality, as well as anything which allows foreigners to experience Macedonia from within and forge a special relationship with our past, present and future. There are countless examples of foreign diplomats, politicians and ambassadors who, after experiencing our country, have developed a strong attachment to it, an attachment which has made them lasting friends and supporters of our views, positions, decisions and initiatives.

Can a change be noticed in the attitude towards Macedonia once a world leader or diplomat has visited the country?

Absolutely, yes. Often the situation in Macedonia is quite different than the perception which certain diplomats, leaders and even tourists had of it before visiting our country. Various influences, situations reported in a biased manner or erroneous interpretations of reality result in creating prejudices in people's minds. It often occurs that foreigners come to our country baring such a previously created distorted image of it in their minds and that image instantly disappears once they see that everything they have heard before is ungrounded. Actually, that is one of the main tasks of our public diplomacy, i.e. to eliminate the stereotypes in the eyes of the European and global community and present the Macedonian truth as it really is.

Can you name specific examples of people from abroad fostering a special friendly relationship with Macedonia and what actually sparked that friendship?

There are a number of such examples. However, I could pinpoint the example with the former Greek Ambassador to Macedonia, Theodora Grosomanidou, who after staying in Macedonia for several years, recommended to the Greek authorities to accept the reality that most countries have recognized Macedonia under its constitutional name, as well as to rise above the prejudices and recognize the dignity and the existence of the national identity of its smaller neighbour. We can speak of true friendship only if that friendship is based on sincerity and honest intentions.

How much can ambassadors and other diplomatic representatives residing in



Macedonia act as bridges of friendship between Macedonia and their respective countries? Has the Ministry of Foreign Affairs developed a strategy to engage the foreign representatives and, if so, in what capacity?

A part of the job description of a diplomat is to create bridges of friendship and links which could be useful to the two countries engaged in such a relation. The diplomats who have spent part of their diplomatic careers in Macedonia remain our true friends who continue lobbying for Macedonia in

their countries and offering it their assistance, which is particularly useful for the Macedonian diplomacy and the Macedonian state, in general. In their subsequent careers, some of the foreign ambassadors to our country, in a way continue acting as informal ambassadors of Macedonia to their host countries by making use of their contacts and influences. Fostering the relations with them is very important because it is precisely these people that form the core of the Macedonian lobby groups around the world.

A horizontal row of five wine bottles against a black background. From left to right: 1. A dark bottle with a gold foil seal and a small label that reads "Kamnik". 2. A white bottle with a similar label. 3. A pink bottle with a red label that says "SEXY". 4. A white bottle with a blue label featuring a globe. 5. A dark bottle with a gold foil seal and a label that includes "MERLOT".

CHATEAU

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King of Dogs

The Sharplaninets probably comprises the oldest true Molosser in the world, rendering it to be of key importance not only in cynological but moreover historical terms. The name "Sharplaninets" (Шарпланинец) is a Macedonian word and basically means Shara Mountain Dog, whereas the Serbian equivalent "Šarplaninac" actually represents the much more common spelling of this name. Nevertheless, the Sharplaninets is an autochthonous breed of Macedonia, where it still can be found in respectable numbers to this present day. Today, these powerful dogs are employed as unrivaled protectors in the area of Shara Mountain as well as Korab, Bistra, Stogovo, Mavrovo, Pelister and Deshat. However, as Shara Mountain itself extends from Macedonia well into neighboring Kosovo, today the breed is consequently registered under the accurate name MACEDONIAN-YUGOSLAV SHEPHERD DOG - SHARPLANINETS. The Sharplaninets is a truly ancient breed and the privilege and responsibility that comes with caring for this breed should therefore be shared by all peoples from this Balkan region..

Unequivocally, the Sharplaninets is the most popular representative of the living species in all of the Balkans. His reputation, by far, exceed that of all other animal kinds together. Considering the comparative indicators, an objective historical appraisal would have to place him even before man. He converted his life into a feat. He let people create legends about him. He promoted them into leaflet-writers, copywriters, chroniclers, typist, stenographers... To those that knew him best he created an opportunity of becoming famous as the king's biographers. Fascinated by him, the people are willingly becoming his minstrels, troubadours and travelling singers who devoted their lives in worshiping his majesty the Sharplaninets, the King of dogs. Due to his qualities and deeds, he became a true nuance in the conscious of most of the Balkan's population, an ornament and a symbol of an authentic subculture. What is most impressive, and what leads to a sweeping contemplation, is the fact that the subculture of his fans, undoubtedly ethically positively, is the most stress-marked in relation to all cultural or sub-cultural patterns in the region, and probably in the world.

His aura is stamped as a key motive in the mental ornament of those people to whom good personal values still have meaning. Today, the Sharplaninets is more than a hobby; it is more than an income resource, more than an affirmation of one's efforts, or a good investment. Now days, the Sharplaninets is a cultish species, a paradigm



matic cultural matrix, and undoubtedly a constituent anthropological totem. He is a foundation of the self-esteem, a base of the axiological identity of the individual, an argument for one's own self-affirmation; but the Sharplaninets is subsumed and undisputedly accepted concentrate of the idealized group values; he is a personal identification, a status symbol, a family sentinel, a prestige epitome of whole local

By Ferid
Muhich



Macedonia
Welcome Centre

regions, a metaphor for the best competences, incarnation of the highest values, and to the most faithful admirers he even represents the collective heraldic symbol of the fundamental national pride and dignity.

The main feature of the Sharplaninets' character is his consistency. With this king you always unmistakably know where you stand. The threshold of aggressiveness varies in the population as a whole, but on individual level it is very stable and predictable. The manifestly aggressive one is always aggressive. The quiet one, who attacks only when what was entrusted to him is directly threatened, is always steady. There is no slyness. He does not succumb easily to the irritating influence of health condition, fatigue, hunger, thirst.



ality, than from piles of books of scholar's ethics debates. The Sharplaninets is the best theoretical and practical live lesson about moral. He will teach you about the delicacy of the mutual understanding, the nuance of the utmost gracefulness and respect of the friend, the finesse of good manners not learned in any instruction book of "bon-ton". And finally, the quality of the telepathic communication constituted in all cultures as the narrowest specialty of dogs, with the Sharplaninets it is strongly stressed. Once he friendly, profound and clear looks in to your eyes, you will never ever feel alone and unprotected.



It is not appropriate to talk about the Sharplaninets, as with the mythical heroes, one only sings about him. Basic warning for the one that chooses him as a friend: the Sharplaninets doesn't acknowledge a master, he chooses a friend for life. You will learn from him more about the values of unconditional trust, unlimited sacrifice and loy-



welcome

Municipality
of Karpos



www.karpos.gov.mk

R I - T R A D E

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Children's Games and Toys in Macedonia in the Period between the two World Wars (1918-1941)

Toys and games have been an enormous part of children's lives since the early stages of humanity. They are probably one of the most powerful vehicles available to children in trying out and mastering new skills, concepts, and experiences. Playing can help children develop the knowledge they need to connect in meaningful ways to the challenges they encounter in school, and contributes to how children view themselves as learners. It also helps children to develop a positive attitude toward learning. From the cultural perspective, games and toys are important phenomenon tightly connected to other cultural factors: above all the family, the education process and the upbringing within it. The only way to maintain the culture of any ethnic group is to pass the traditions and beliefs on to the children. What better way to do this than with games and toys?

In different regions in Macedonia, the presence of the same type of game can be noted but under a different name. For example, a game with wooden sticks with precisely determined rules was called "kutana" in the Ohrid region, whereas in the Melesh region it was known as "zaloska" and a very similar game "chelik-chamnik" was known in another area as merely "chelik." The same principle can be applied to the game hide-and-seek known as "mizenka kri-

enka" which was known by some as "miz-dup" or only "mizenka" or "krienka."

Another game with five stones was called "pet kamen," "pet kamchi" or "kamchina."

A game with marbles was known as "jashici" or "ashici." The children in the eastern part of Macedonia often played a game called "taliga," but the same game in another part of Macedonia was called "plochka," which is actually the game hop-scotch. Many of the games required certain physical skills and, therefore, the older children usually

participated in these. The games which required physical skills involved stone throwing, jumping over some kind of obstacles such as a piece of wood or pulling a rope, etc.

As a toy, the ball was present everywhere; however, the material

from which it was made varied. There were balls made of corn-cob hair in the regions where corn is the predominate agriculture, or of well sewn patches or of animal fur (by trimming horses in spring). Balls were also made of straw. Regardless of the material the balls were made from, they had a short life, but to the children's satisfaction they performed their essential operation quite well. The most frequently played ball game was called "da bie da bie."

In the period between the two World Wars, the children in Macedonia also played draughts or checkers which is called "dama." For this game, the children used beans or small stones of similar shape and size.



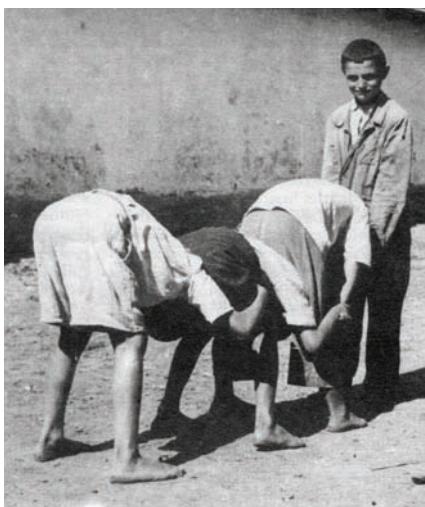


Children's games in Macedonia were influenced by the availability of natural materials and plants (stones, sand, mud, wood, beans, seeds, sticks) and their use in children's game vary according to the region, as well as to the local community's perception how the children should be educated and nurtured. In those days, the use of manufactured toys was very rare in Macedonia. The first manufactured doll was a real attraction in Strumica a few years before the beginning of World War II; children gathered to touch the doll and admired its perfection.

Everyday children's games involved universal activities like pretending mother-child game with self-made dolls. Girls usually participated in these games. A similar pretending game was imitating adults (usually teacher, craftsman etc) providing opportunity for children to identify themselves in the world of adults. Parental atti-

tudes and traditional perception of gender roles had shaped and had strong impact on children's games. Actually, a certain model of behavior was favored for the girls and another for the boys. Through the games the girls were taught to become good mothers, good housewives and pretty women (especially in urban regions). On the other hand, boys were taught to be superior in every aspect. The boys were also more likely to be sent to school. The majority of traditional games also complied with the believed gender roles in traditional Macedonian families. Consequently, the girls were playing with dolls made of sewn patches or straw, and for the boys were reserved toy weapons and competitive games. If the boys and the girls were not members of the same family, especially in the western part of Macedonia, they would rarely play together. There were separate games for girls and games for boys. The games children played and the materials they used were vastly determined by their family, its social status and the region where the family lived.

The game has always been a complementary part of the everyday activities of Macedonian children. By taking a look at the traditional toys and games we obtain a perspective on what life was like for the Macedonian children many years ago. The way children played, the materials they used and their ideas while playing - in essence, the contents and the structure of the game - fully reflect the past economic and social conditions of the society, as well as the cultural values of the people and the region.



**Lena Damovska, Ph.D
Vice-Dean for International cooperation
Faculty of Philosophy
University "St. Cyril and Methodius "-
Skopje**

Ballroom Danci



The majority of my life has been consisted of dance performances, competitions and championships, and a large amount of trophies have been won for both Latin-American and Standard dances. All the stages of my dance career have been interlaced – from competitor, instructor and choreographer, to trainer, adjudicator and finally the manager of a dance school. My international experience includes seminars, championships and adjudicating during championships in some of the world's leading countries for dance, such as Italy, Slovenia, Austria and the UK.

It looks like the ballroom tradition is turning into a light, classical repertoire of the popular concert venues. As a violinist, I have been playing the waltz and marches of Strauss and Mozart for many years, approaching this music the same way: nice, pleasant, hard to play and easy to follow. When you live outside the major European cities with centuries long Court traditions, it might take you time to realize the niche between the last waltz of Court Ball in a fairytale, (remember Cinderella?), and the actual music of the New Year's Viennese Concerts. It least, it took me a while. Once you sense the Court Ball in the waltz, it all of a sudden becomes a different music story!

**by
Tereza
Babamova**

**Violinist, and
Manager
of the Music
Program of
Prima Danza**

In Macedonia, one may sit in the audience and enjoy this dance music in concerts around New Year, as well as in a few other musical occasions. If your feet start moving with this music, you are in trouble as there is no space to move around and dance! You are only in the auditorium...

But no, not necessarily! If you are a Court Ball Dance lover, there are now several occasions and places you can do so. The Viennese Ball in Skopje has a ten year tradition. For the past two years, the dance school "Prima Danza" is fully in charge of the dance program of this event. The manager, Mr. Vlatko Pavleski, has a life-long passion for ballroom dancing. He has been taking part in these Viennese Balls in Skopje since they began. In the year 2000 he organized another ballroom event, in which dance couples from seven countries performed a fantastic show for the guests.

Ballroom dancing plays a significant part in the life of aristocrats, diplomats, and army officers. Treated as a sport, it is considered to go hand in hand with tennis, croquet and horseback riding...and one definitely needs to display both manners and

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ng in Macedonia

posture during ballroom events and official receptions. The Court Ball dances, still danced on some occasions today, include the waltz, galop, polka, march, and quadrille. These are often associated with the symphonic music of Strauss and other Viennese composers. Therefore, in Vienna on January 1st, Court Ball dance music is officially performed in ten different venues: seven are concerts, one is a dinner and concert, and two are the opera performances of Die Fledermaus. In Skopje, the two major orchestras play their New Years' concerts two weeks apart, one around the New Year's Eve, and one on the religious holy day Vasilitsa, (the New Year in the Gregorian calendar).

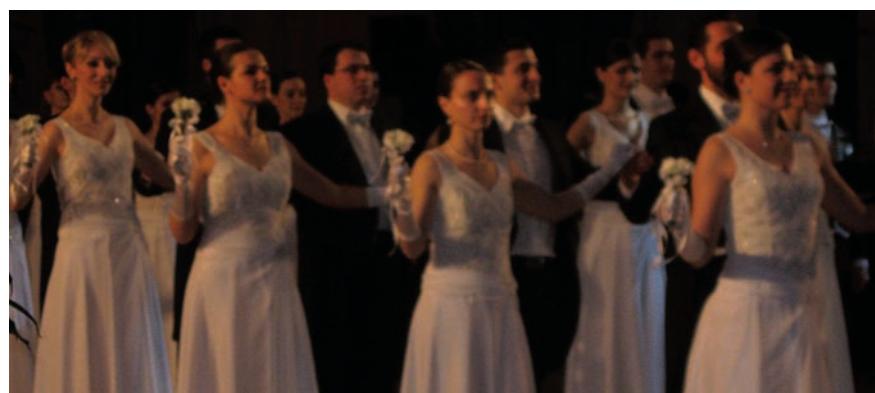
Some of the competitive disciplines that are in the category of Standard Dances, have their roots in some forms that were gladly danced in fancy ballrooms and dance parties throughout the history of Europe and America. The Viennese waltz for instance, is a standardized version of the waltz style



literally created by the Austrians Johann Strauss and Josef Lanner.

We have been huge fans of the Vienna New Year concerts, ever since our dance school moved to the current facilities. We have been gathering in our club to watch the projection of the concert broadcast on the large video beam, and to dance. Even the New Year's Eve Celebration is in the name of the fancy waltz dances. In October, we spent a Friday evening in tribute to Johann Strauss, in celebration of his birthday, (he was born in Vienna on October 25 in 1825) in what we

felt was the most appropriate way. Here, the charm of the Court Ball dance is alive throughout the whole year. You can feel like Cinderella and have your dream come true whilst you're dancing. You can learn how to do the main ballroom dances, or take part in our dance music ensemble throughout the whole year. We hope that what we do throughout the whole year will raise the profile of the Viennese Ball in Skopje in the future.



Tribute to the United Nations Woman Guild Geneva

The United Nations' Women Guild is a non-profit Organization founded in 1970 by a small group of women in New York, in accordance with the principles of the United Nations Charter. Today it is an organization of approximately 500 members

where international friendship and understanding continually grows; where women from over a hundred countries share opportunities for recreation, learning and voluntary service; where fundraising activities to assist needy children are the primary goal.

Article 3. In all actions concerning children, whether undertaken by public or private social welfare institutions, courts of law, administrative authorities or legislative bodies, the best interests of the child shall be a primary consideration.

Convention on the rights of the Child

In the last four years the United Nations' Women Guild-Geneva funded 3 Projects submitted through the Permanent Mission of the Republic of Macedonia to the United Nations Office at Geneva and other International Organizations in Switzerland. The Projects' objectives had very strong community-based approach for achieving sustainable improvements in the lives of children as well as

promoting a rights-based approach by strengthening the public services that benefit children. The UNWG Programme in Macedonia covered basic social services with a particular focus on those that affect children such as school rehabilitation or construction, classroom furniture, teaching and learning materials, improving working condition in pediatric hospital facilities.

Project funded by the UNWG-Bazar 2007
“Dimitar Miladinov” Primary School, Skopje/Renovation of the school



Project funded by the UNWG-Bazar 2008
 Mini preschool Center for Children, Bitola
 Rehabilitating a classroom and purchasing classroom equipment



The children of Macedonia and Mrs. Emilija Miladinova Avramcheva, as a member of the United Nations Women Guild-Geneva, would like to express their gratitude to the United Nations' Women Guild -Geneva and its donors for their generosity, and the assistance offered.

Mateja Matevski

Mateja Matevski is a central figure in the second generation of Macedonian poet-intellectuals who came to maturity with their nation in the 1950s and shaped the main directions of its contemporary literature. The founding generation of Macedonian poets who came before them—that of Blaze Konески and Aco Sopov—had fought the battles for modernism beside their Serbian colleagues and against the Zdanovite realists of the early socialist days. Now a second generation, university poets educated after the war, brought a new complexity, an informed literacy, and a heightened symbolic complexity to that literature. Poets such as Radovan Pavlovski shaped Macedonian natural imagery to new surrealistic power; Gane Todorovski and Vlada Urosevic brought contemporary and urban subjects into the poetry, but it would be Bogomil Gjuzel and especially Matevski who would bring that poetry to a new formal and referential awareness, a sense of form, and a consciousness in composition perhaps necessary to gain for it the high regard that it now enjoys in the world.

Cold February lying in your breast
is frozen like a spring howls like a dog
biography
Poet, literary and theatre critic, essayist,
translator. Born 13th March 1929 in Istan-

bul. Graduated from the Faculty of Philology in Skopje. Worked as a journalist for the Macedonian Radio and Television, editor of the cultural and literary programme, editor-in-chief and director of the Television as well as Director General of the Radio Television Skopje. He also held the function of President of the Commission for cultural relations abroad and was a member of the Presidency of Socialist Republic of Macedonia. Was an editor for the publishing house "Koco Racin". Professor of History of World Drama and a professor at the Faculty of Dramatic Arts in Skopje. Was editor of the literary journals "Mlada literatura" and "Razgledi". One-time president of the Macedonian Writers' Association, president of the Council of the Struga Poetry Evenings Festival, "Racinovi sredbi" and Macedonian Literary Foundation. Member of the Macedonian Academy of Sciences and Arts, and honorary vice-president of the Macedonian P.E.N. Centre. Member of the Macedonian Writers' Association since 1956. Corresponding member of the North-American Academy in the Spanish language.). Holder of the French Legion of Honour, Arts and Literature. Thirty books of his poetry have been published in twenty foreign languages. He has published over forty books of translations from Spanish, French, Slovenian, Russian, Albanian and Serbian.



The Lake

*After many a year and many a dream
I again returned
to the lake
with the sweet waters
hidden in the hills' loins*

*The sun's diamond's
still cutting it*

*Not a stone in its depths
nor grass to obscure its throat
under the waves
nor the bird with its prey*

*I'm only an eye the eye of the sun
that ruffles its ancient
waters*

*Oh leave me by this lake
leave me there
by the bitter lake
dead
The poplar*

*Green fountain-jet balanced in si-
lence
sadly erect and peacefully upright*

*Children crumble
the nests of sounds
and yet it's so hopelessly alone*

*Lean, support yourself, you innocent
on the wind's shoulder
Don't bend, rise up for one brief
glance
across that uneven
tall
waving meadow of houses*

*Then awake the gorge
from its red grasses:
they remember the soil
that gave you birth
Crimson. Crimson. Crimson.*

*Like a song carried off
into the blue sea
of mountains
the sunset
drowns...*

*From grass to shepherd's pipe
from flock to cloud
all luxuriant
inflamed*

*From breasts to song
from step to fountain
all phenomenal
and pampered*

*A flock enamoured of the shepherd's
pipe
a bell lost in a song
an eye crazed over a peony*

Crimson. Crimson. Crimson.

Snow

*Where are now those hands so gen-
tle
which caressed
that open book
Outside the window snow is softly
falling
and the barefoot flakes
are filling every nook*

*Where are now those hands so pale
which closed
so many books in their time
Or are they already fired with ins-
piration
labouring over
new lines*

*Where are they where? I'm waiting
waiting
for them to flutter
over the book that's lying
abandoned, but instead the wind
alone
in the dry leaves
is sighing*

*Her gentle hands are gone are
gone
The question's ringing in the throat
hopelessly*

*Outside the answer's snowing sno-
wing*

*Snowflakes are swirling swirling
ceaselessly*

Cold

*On my forehead lie
the shades of night
by the cold stone
my day breaks*

*My dream exfoliates
in sleepless nights
my day crumbles
in the sun's embroidery hoop*

*The earth holds me
the cloud carries me
and the stone escapes
from my deaf soul*

*In vain you call
In vain you seek
the blue doves
of years*

*Translated from Macedonian
by Ewald Osers*

50
years
of fine
art
creation
and still
going

Gligor Chemerski



On September 30th, the Ministry of Culture of the Republic of Macedonia together with the Macedonian National Gallery inaugurated a monographic and retrospective exhibition of the prominent Macedonian painter Gligor Chemerski, to honor the 50-th anniversary of his creation. Due to the immensity of the art work presented, the exhibition is situated at both galleries, Daut Pashin Hammam and Chifte Hammam, and will last two months.

I considered myself painter ever since being 15. Also, that was the way my uncle, Petar Mazev, one of the greatest names in the Macedonian painting art, treated me. I hung around with all of his generation of artists, which in the

last century's 50-ies years represented the hope in the future of the artistic freedom. From the early childhood I knew by heart the whole Mediterranean and European history of art. Maybe just because of that, during my studying period at the end of the 50-ies and in the 60-ies, during the times of the absolute domination, I would even say

The Macedonian contemporary painter Gligor Chemerski was born in Kavadarci in 1940. He acquired his art education in Skopje, Belgrade and Paris. In 1965 he graduated (Bachelor and Master degree) from the Belgrade Academy of Fine Art. On a scholarship of the French Government in 1969-1970 he worked and studied in Paris, and for 15 years he is one of the permanent painters of Galerie de Fleure . He carried out several study visits to Turkey, Egypt, Italy, Greece, Netherland, Sweden and USA. For his art work, Gligor Chemerski was awarded both nationally and internationally. His first exhibition in 1960 was followed by more than 50 individual exhibitions, both home and abroad. He also produced several monumental art objects in Skopje, Vrutok, Kavadarci and Kochani. The Freedom Monument in Kochani includes his 320m² mosaic frieze. His last monumental work is the outstanding mosaic in the Residence of the President of the Republic, Vila Vodno.



Macedonia
Welcome Centre



the dictatorship of the abstract “painting,” I turned toward the older and stricter sources: from Goto, Machalo and Piero della Francesca, toward the Middle Ages, the classics and before the classics, toward Egypt and the civilizations on American soil before Co-loombo - that is everywhere where I could recognize suggestiveness and the deeper, ritual side of art.

Rather early I discovered that every strong painting is abstract, but that every abstraction is not painting. I was excited by the fact that in the large fresco ensembles in the Macedonian churches from the Middle Ages, as well as at the altar icons, from the large ones to the smallest ones, there is a story as well as mise-en-scène, there is an apologetically canonized order, and yet the painting is absolutely free in its expression, abstraction, transposed form and transposed spirit. That's how it is everywhere on the whole space of the strict and at the same time luxurious Byzantine art civilization. It is, of course, understood that my goal was not to repeat myself after the old masters, but to create live and contemporary painting art. From Skopje I moved to Belgrade, from Belgrade to Paris, searching for my painting family.

Matise, Picasso, Brak, Leger, Chagalle and Dubufet were still alive then. The great painting artist of Serbian origin, but living in Paris, Bata Mihailovich introduced me to his circle of friends - the widely known group COBRA, Jorn Linstrom, Appel, Alechinsky.

They all lived in the synthesis of the abstract and figurative, between the clean expression and the story.

In my painting “the stories” are mixing, but the time of the light, which is the real time of the painting, is all but one. The ancient pastorals and the biblical dramas, the joy, the fertility, the abundance are also alive today. But, the suffering is alive, too. The things pushing me to paint are all those that bring joy to me or those that torture me and forcing me to transform them on canvas or on paper into color, light, into rhythm, into exciting and strong visual suggestion which will have secure consequences. I have with me “The Knight and the Snake”, “The Princess and the Mermaids” and “The Women – The Apple Trees”, descendants of Eve. I am certain that they, as well as countless other things, belong to the present. It is important for them to enter our eye and our spirit through powerful art painting. I paint them in abundance of color, rhythm and unbinding body gesture. That way the canvas gets chromatic energy, personal eroticism, everlasting nourishment and urge for the visual appetites. To be able to live longer in the eyes of the others, of those that have the need for the same visual delight, everything that is powerfully painted continues to live on in that particular way.

Gligor Chemerski

Early detection of prostate cancer



Marjan Kuzmanoski, MD
Urologist,

mortality rate. In comparison with the other urology centers in the neighborhood and Europe, the number of early diagnosed cases that deserve surgical treatment is significantly small in our country. When the disease is localized in the gland, the condition is with an asymptomatic course. In such stage of the disease, its complete healing might be attained.

Rectal echo examination

An endorectal ultrasound (in RE-MEDICA it is the most sophisticated one, from the manufacturer TOSHIBA) of the rectum is done to visualize the size, form, structure, organienost/localization, severity, pathologic vascularization of the prostate, as well as the possible pathologic tissue changes that might have malignant characteristics.

Who and how the procedure is to be performed

According to the European Association of

Detection of prostate cancer in Macedonia is still a key problem in the treatment of the second leading malignant disease in the male population, with a very high mor-

Urology (EAU) diagnosis of the prostate cancer is done exclusively by an urologist, based on previous clinical and laboratory examinations (PSA), and the decision for further treatment is also made by the urologist. A digital rectal examination – a doctor inserts a finger into the rectum – is crucial in the assumption and orientation: where to look for the carcinoma, which sites are the most appropriate to take several tissue specimens. EAU guideline recommends taking prostate tissue samples by the so-called Vienna protocol for prostate biopsy, most often 6+6 cylinders of prostate tissue 15-20 mm in length. All other biopsies, made according to some other protocols or empirically stated rules, are wrong and improper since they do not define the origin of the obtained tissue samples i.e. the biopsy sites. Thus, there is no real picture of the prostate condition (although the diagnosis has been established), which is crucial for its further treatment - surgical or conservative one.

Early detection- efficient treatment

Surgical interventions – radical prostatectomy and laparoscopic radical prostatectomy are procedures for removal of the entire prostate gland along with its capsule. This treatment is a choice in the early stages of the disease.

Not only there is sophistication within diagnostic frames, but the transrectal ultrasound-guided prostate biopsy is the unique recommended procedure (by EAU) that confirms prostate cancer.

