

SLOVENIA

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NEWSLETTER

Slovenski Klub Adelaide 50 let 1957 – 2007 Slovenian Club Adelaide 50 years



The majestic power of the LIPIZZANER **The Lipica stud farm was established in Slovenia in 1580.**

The horses take their name from the village of Lipica where they have been bred since the 16th century. Lipica, located in the southwest of Slovenia, is the oldest European stud breeding the same horse since its beginning. May 19 1580 is remembered as the day when Archduke of Austria Charles II bought a stud farm and a deserted mansion in Lipica and the legend of the Lipizzaner began.

President's address

Sometimes it is hard to find the words to describe something but fortunately I do not have that problem.

Super – excellent, that is the atmosphere and feeling in our Slovenian Club Adelaide.

Our Club is very well visited by our members and more and more by non-members. With confidence then we can look to the future.

I would like to thank all members who are directly contributing with hard work and dedication and those of you who come and help our Club with your presence.

Kind regards to all.

Tomo Leš

Slovenia South Australia:

Input and involvement from all South Australian Slovenians is welcomed and encouraged. Expressions of interest and contributions should be forwarded to the President at least one week prior to the Slovenian Club Committee's scheduled meetings (second Sunday of every month).

editor:

Cultural Subcommittee

contributions:

Olga Hrvatin

Tomo Leš

Ernest Orel

Rosemary Poklar

Adrian Vatovec

Cassandra Vatovec

Sources: include STA, Slovenia News, Sinfo, Slovenia Business Weekly, Ice (Insight Central Europe), 24ur.com, Delo, Mladinska knjiga, SiOL.net, BBC News

Slovenia South Australia sponsors:

- Slovenian Club Adelaide
- Office for Slovenians Abroad, Ljubljana, Slovenia

Contributions are being sought from the Slovenian community for Issue No.42 of the *Slovenia South Australia* Newsletter. Contact the editorial committee.

Slovenia South Australia Newsletter

email contacts:

aivatovec@westnet.com.au

rosemary.poklar@dsto.defence.gov.au

Radio Committee

Contact the Slovenian 5EBI radio broadcast committee if you wish to acknowledge someone's birth, birthday, death, engagement, wedding, anniversary, get well wishes, achievement or some other community announcement.

Radio broadcast committee members are Vida Končina, Ernest Orel (President), Olga Orel, Cvetka Petrovski and Rosemary Poklar.

The Slovenian program has been broadcast in Adelaide for 30 years.

GLASBA - MUSIC

Slovenian Choir Adelaide (Slovenski pevski zbor Adelaide) rehearsals every second Sunday at 4.00pm, in the clubrooms.

**Kulturni Dan
Cultural Day**

Slovenian Club Adelaide

February 11, 2007



The cultural event was well attended.



Slovenian Choir Adelaide performed a number of songs. Choir members - Alda Batista, Ivan Benc, Emil Borlak, Mimi Božanič, Franc Goyak, Tone Gustinčič, Marjo Jenko, Jože Jerebica, Franc Končina, Poldo Vatovec and Adrian Vatovec.



Opening cultural speech by Club President Tomo Leš.



A reading by Olga and Ernest Orel about Slovenia's most famous poet France Prešeren after whom Cultural Day is honoured. The day is a public holiday in Slovenia underlying the importance of culture in Slovenian society.

Dober dan!

Danes proslavljamo – slovenski kulturni dan – Prešernov dan – spomin na njegove smrti. Dr France Prešeren je umrl 8. februarja leta 1849 v Kranju – neizmerno nadarjen človek komaj 48 let star.

»Memento mori

Dolgost življenja našega je kratka.

Kaj znancev je zasula že lopata!

Odperte noč in dan so groba vrata;

al dneva ne pove nobena pratka.»

Naš največji slovenski pesnik dr France Prešeren, ponosen gorenjec, je neskončno ljubil slovenski narod in s svojim delom je dvignil slovensko besedo v sam vrh evropske kulture – je ovekovečen ne kovancu evra. Rodil se je v vasi Vrbi 3. decembra 1800. Prišel je na svet kot tretji od osmih otrok Mini in Šimnu Prešeren. Mati Mina je bila nadarjena kmetica, znala je brati in pisati nemški in slovenski, bila je praktična gospodinja in rada je pela. Oče Šimen je bil špasen, dobrega srca.



Master of ceremony Rosemary Poklar.

France ni nikoli pozabil svojega rojstnega kraja – Vrbe

»O Vrba! srečna, draga vas domača,
kjer hiša mojega stoji očeta;
da b' uka žeja me iz tvojga sveta
speljala ne bila, goljiva kača!«

»Bliža se železna cesta,
nje se, ljubca, veselim;
iz Ljubljane v druga mesta,
kakor tiček poletim.«

V šoli so ga spodpirali starši in strici duhovniki
– vsi so želeli, da postane duhovnik. V
zadnjem letu francoske okupacije 1813. leta
je končal tretje leto v Ljubljani, kjer je bil
njegov ravnatelj prvi slovenski pesnik Valentin
Vodnik.

»Vodnik

»Ne hčere ne sina po meni ne bo,
dovolj bo spomina: me pesmi pojo!«

»Preblečen sem menišič bil,
in rad sem pel, še rajši pil.«

V Ljubljani je završil 6 latinskih šol, bil je
vedno odličnjak. Bede ni poznal, dobival je
štipendijo in zaslužil si je sam s poučevanjem.
Odšel je na Dunaj študirat pravo 1821. leta.
Prav takrat, ko je na samotnem otoku
atlantskega oceana Svete Helene izdihnil
Napoleon Buonaparte.

Leta 1825. je pokazal svoje pesmi sošolcem
in celo Jerneju Kopitarju – dunajskemu
učenjaku slovenskega rodu, ki je bil tam
vrhovni preglednik za vse slovanske knjige
tiskane v tedanji Avstriji. Kopitar – trmast in
ošaben, neisprosen – Prešernovih pesmi ni
hotel in ni mogel razumeti.

»Le čevlje sodi naj Kopitar!«

»Težka človeku ni zemlje odeja,
vzamejo v sebe ga njene moči«

Naj počiva v miru, a njegov duh naj živi med
nami!

Govor: Olga Orel

Recitacija: Ernest Orel



Original poem read and "performed" by
Ivan Legiša.

NA BALINA

Balinska krogla se kotali,
teče, teče, teče...

"Krivo teče,
je predolga!

Ju, a, a auuuuu...
Je zbežala z balinišča.

Daj Nikola!

Daj še eno –

po tej strani,

med te dve;

ne premočno!

Dobro si jo vrgel,

dobro teče,

lepa, lepa!

Prišla je do cilja,

ga je vzela –

pusti njemu!"

"Miro, udari!

Čakaj naj začrtam...

Dobro ciljaj!

Bravo, si zadel balina,

naših šest,

naša zmaga!"

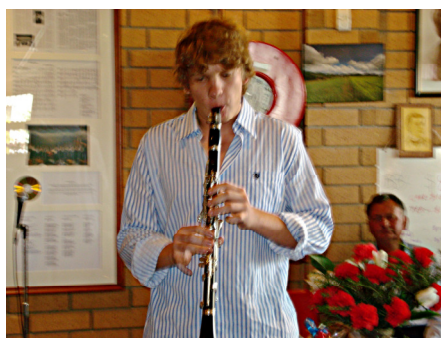
"Kaj se Miha dereš –

vraga!"

I. B. Legiša



Daniel Šmon entertained on the
accordion with a lively selection.



Davor Pavlin-Premrl played a Slovenian
folk song on the clarinet.



Slovenian Club's annual Prešeren Award
was presented to Vida Končina by Tomo
Leš. Vida has presented the Slovenian
radio program on radio 5EBI for the past
15 years, and is a very deserving winner
of this award for her long standing
contribution to the Slovenian community.



Tomo Leš with Toni Bunderla who spent
most of the day roasting a sumptuous pig
on a spit for all to enjoy.



Barbeque boys – Štefan Ivančič and
Branko Kalc.



Alojz Hrvatin supplying the cooks with
liquid amber energy (beer).



Proud "nono" Franc Končina with grandson Nicholas Frankie, all of 12 weeks old.

Miklavževanje St. Nicholas Day

December 10, 2006



Božična večerja Christmas Dinner

December 17, 2006



Many people were in attendance to celebrate Christmas dinner with family and friends.



Danica Kaluža, Mima Zadnik and Poldo Vatovec.



SLOVENIAN EMBASSY

We would like to thank Božena Forštnarič from the Slovenian Embassy in Canberra for holding consular hours at the Slovenian Club for community members in January.

PIREDITVE – EVENTS

Slovenian Club Adelaide 2007

March 11 – Piknik / Picnic at Sandy Creek Oval (at the edge of the Barossa Valley)

May 6 – Materinski dan / Mother's Day Dinner

June 24 – Slovenski Klub Adelaide 50 let in Dan Državnosti Slovenija / Slovenian Club Adelaide 50th. anniversary and Slovenian National Day

Slovenian Club Adelaide receives free copies of Moja Slovenija for members to read.



We would like to thank Urad Vlade Republike Slovenije za Slovence v zamejstvu in po svetu and the magazine's publisher for this opportunity.

We receive 10 copies of each edition of Moja Slovenija magazine which members can read in the clubrooms or borrow to take home and **return** for other members to read.

Moja Slovenija is published monthly.

This service for community members was arranged by Adrian Vatovec.

Marathon swimmer takes on Amazon

A swimmer who has tackled the Yangtze, Mississippi and Danube is starting a bid to become the first person to swim the entire length of the Amazon.



Martin Strel, known as the "fish man", plans to swim the nearly 5,400km (3,375 miles) from Peru to Brazil, despite the dangers lurking beneath. The Amazon, the world's biggest river, is home to piranha fish and crocodiles. Mr Strel, 52, who is from Slovenia, acknowledged there were risks but said that it was his dream.

There are many potential pitfalls: poisonous freshwater stingrays, bull sharks, piranhas, anacondas, rapids, whirlpools, and the possibility of tidal waves.

But Mr Strel is philosophical. Speaking to the BBC, he said "I'm concerned of course, but if I think of that stuff I would never jump into the water."

And when asked about the toothpick fish that can enter the body by swimming up the penis, and can only be removed by surgery, the marathon swimmer's practicality is as evident as his courage.

"I never urinate straight into the water, I always urinate straight into my wetsuit."

He says he is confident that his long-distance swim will go according to plan because of meticulous planning and the support of his back up teams.

More than 45 people, including doctors and trainers, will accompany him through Peru and Brazil.

And should he be attacked or concerned for his safety, he will be able to rely on the armed members of his retinue.

He plans to finish his swim in 70 days, averaging about 85km a day.

If he is successful, he will be able to add this feat to his other records.

He already features in the Guinness Book of World Records for swimming the Danube, Yangtze and Mississippi rivers.

You can follow Martin Strel's progress by visiting his website - www.amazonswim.com/



SLOVENIA'S MASS MONSTER

Dušan (Dean) Madzarovich



Dušan (Dean) Madzarovich is one of Slovenia's most notable and famous bodybuilders. Dušan's achievements include winning the 1994 IFBB Grand Prix Belgium, at the ripe old age of 22, and the 1995 Mr. Universe, at 23.



Dušan puts his achievements down to intense training, he started training at 15 years of age, coupled with a disciplined attitude toward diet. Dušan trains 5 times a week, every muscle group once a week during the competitive season.

His schedule is the same both pre-contest and off-season with some cardio three times a week on the bicycle for 30 minutes. His year-round diet includes eggs, meat, protein shake, rice ... to keep his physique, and supplements with vitamins and amino acids.



Dušan lives in the Slovenian coastal town of Koper and works as a personal trainer in his own gym, Fitmania (www.fitmania.net).

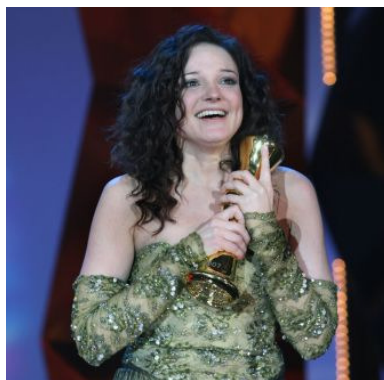
Dušan's Competition History:

2001 Mr. Universe - 1st
2001 IPFA Mr. World - 1st
1999 WABBA World Championship - 1st
1995 Mr. Universe - 1st
1994 IFBB Grand Prix Belgium - 1st
1994 Mr. Slovenia - 1st
1992 Mr. Slovenia - 1st
1991 Mr. Slovenia - 1st

EUROVISION 2007



Alenka Gotar with her song *Cvet z juga* (Flower from the South) will represent Slovenia at this year's Eurovision song contest in to be held in Helsinki, Finland, in May. Gotar sings soprano at the Ljubljana and Maribor opera houses and studied singing at the Basel Music Academy, before being invited to Salzburg's Mozarteum in 1999. She graduated in 2000 and enrolled in a post-graduate course on singing and opera.



*Cvet z juga –
Moj beli cvet / Moj daljni svet / Daj, vrni se / Moj bodi spet
Za vedno vse moje / V življenju tvoje je /
Cvet z juga, blizu morja še / Jaz čakam te*

Kulturni Dan v Sloveniji

Pestro dogajanje ob dnevu kulture

V ljubljani tradicionalni recital, v Kranju Prešernov Smenj



Kulturne slovesnosti za največjega slovenskega pesnika v Kranju

Ljubljana - Ob slovenskem kulturnem prazniku so po vsej Sloveniji potekale številne prireditve in slovesnosti.

Dramski umetniki iz vse Slovenije so se udeležili tradicionalnega recitala poezije **Franceta Prešerna**. Združenje dramskih umetnikov Slovenije ga je priredilo ob pesnikovem kipu na Prešernovem trgu.

Na sankališču v parku Tivoli je bilo mogoče v sklopu prireditve ŠOLT Pesem pod padalom prisluhniti prebiranju poezije Franceta Prešerna in drugih avtorjev v slovenskem in tujih jezikih. Zaradi neugodnih vremenskih razmer je letos v celoti odpadel padalski del prireditve. V knjigarni Konzorcij v Ljubljani so pripravili celodnevni program. V prvem delu je bil posvečen avtorjem, ki pišejo v slovenščini, četudi to ni njihov materni jezik. V drugem je beseda tekla o antologiji slovenske poezije 20. stoletja *Nevihta* sladkih rož.



Recital Prešernovih poezij so pripravili tudi v Kranju, kjer je potekal Prešernov smenj. Na prizorišču pred Prešernovim gledališčem so se zvrstile številne plesne, folklorne, pevske in glasbene točke. Kranj je bil v duhu 19. stoletja, saj so se po njem sprehajali igralci, oblečeni v kostume iz Prešernovega časa.

Številne galerije in muzeji po državi in v zamejstvu so pripravili dan odprtih vrat.

V pesnikovem rojstnem kraju spregovoril Ciril Zlobec

Slavnostni govornik letošnje prireditve v Vrbi na Gorenjskem je bil pesnik **Ciril Zlobec**, ki je spregovoril o pomenu Prešerna za Slovence. Že od jutra so se v Vrbo stekale poti pohodnikov, ki so se podali po poti kulturne dediščine, ki se vije mimo rojstnih hiš **Matije Čopa**, **Frana Saleškega Finžgarja** in **Janeza Jalna** vse do Prešernove.

Minister za kulturo sprejel Janeza Maticiča in Radka Poliča

Minister za kulturo **Vasko Simoniti** je opoldne v vili Podrožnik priredil sprejem za dobitnike Prešernovih nagrad in nagrad Prešernovega sklada.

Udeležila sta se ga dobitnika Prešernove nagrade, skladatelj in pianist **Janez Maticič** ter dramski in filmski igravec **Radko Polič-Rac**, ter nagrajenci Prešernovega sklada skladateljica **Urška Pompe**, arhitektka **Vesna** in **Matej Vozlič**, pisateljica **Suzana Tratnik** in intermedijski umetnik **Marko Peljhan**. Zbranim je ob klavirski spremljavi **Jake Pucharja** zapela **Darja Švajger**.

Kot je ob tej priložnosti dejal Simoniti, nas Prešernova umetniška in človeška drža tudi danes navdajata s spoznanjem, da je za velike prelomne korake v življenju in umetnosti potreben poseben pogum, ki z nadarjenostjo obrodi velike brezčasne stvaritve. Slovenska kultura, tako Simoniti, ne more biti "pritlehno tekmovališče in obrekovalnica, ampak prostor osebnega dostojanstva in poštenega soočanja umetniških potencialov in pogledov na svet".

Simoniti se bo na povabilo Slovenske prosvetne zveze in Krščanske kulturne zveze zvečer udeležil osrednje prireditve ob slovenskem kulturnem prazniku v domu Articelo v Celovcu, kjer bo slavnostni govornik. Sicer pa se je minister že v nedeljo udeležil slovesnosti, ki so jo ob

slovenskemu kulturnemu prazniku pripravili v Katoliškem domu prosvete Sodalitas v Tinjah na avstrijskem Koroškem.

Guinnessa pa ni bilo

Na kulturni praznik je bilo živahno tudi pod zemljo, in sicer v Postojnski jami. Žal pa predvidenega dogodka in glavne atrakcije (dan se je resnično imenoval Dan kulture in atrakcij), na katerem bi bili priča Guinnessovemu rekordu, ni bilo. Avi Šorn bi namreč moral poizkusiti postaviti nov Guinnessov rekord z dvigom balona v Koncertni dvorani. Ustavilo se je pri Ministrstvu za okolje in prostor, ki ni izdalo pozitivnega mnenja o omenjenem podvigu. Organizatorica in pobudnica dogodka zavarovalnica Slovenica Življenje je prijeten dogodek izpeljala in v Postojnski jami so obiskovalce pričakale lutke, jamski ljudje, vitezi, Big Band RTV Slovenije, Anika Horvat, Romana Kranjčan, Bojan Emeršič ter presenečenje dneva – zmagovalka letošnje Eme Alenka Gotar.



Še zadnji pogled na številno občinstvo, ki je na koncu dobilo še Prešernovega Povodnega moža v izvedbi Bojana Emeršiča.



"La Diva" Alenka Gotar je zapela tudi našo najpesem za Helsinke.

Diabetes

Diabetes je vse bolj pogosta in neozdravljiva bolezen, s katero naj bi se samo v Sloveniji spopadalo okoli 100.000 bolnikov, v svetu pa več kot 180 milijonov! Bolezen sicer ne boli, a lahko povzroči kup težav, če je ustrezno ne zdravimo.



Merjenje glukoze v krvi.

Kaj je diabetes?

Diabetes je kronično stanje, pri kateri celice trebušne slinavke ne proizvajajo dovolj inzulina oziroma telo proizvedenega inzulina ne more dovolj učinkovito uporabljati. To glukozi, ki jo dobimo iz zaužite hrane, oteži prehod v celice, ki zato ne delujejo normalno. Pri tem pa je motena tudi presnova ogljikovih hidratov, beljakovin in maščob.

Tipi diabetesa

Bolezen se pojavlja v treh oblikah:

Diabetes tipa 1: Diabetes prvega tipa je avtoimuna bolezen, kar pomeni, da se obrambni sistem telesa obrne sam proti sebi. Telo zmotno misli, da so celice, ki proizvajajo inzulin v trebušni slinavki, klice in jih zato začne uničevati. To pa privede do tega, da trebušna slinavka sčasoma ne proizvaja več inzulina. Ta tip bolezni se pogosto pojavlja pri otrocih in mladostnikih.

Diabetes tipa 2: Trebušna slinavka sicer proizvede nekaj inzulina, a nikakor ne dovolj, da bi s to količino spravila glukozo v telesne celice. Poleg tega se lahko zgodi, da telo inzulina, ki ga že proizvede, sploh ne zmore tako dobro uporabiti kot bi ga moralo. Pravimo, da so v tem primeru celice odporne na inzulin. Diabetes tipa 2 se v veliki večini pojavlja pri odraslih.

Nosečniški diabetes: Ta tip bolezni se pojavlja le pri nosečnicah in tudi traja le za časa nosečnosti. Trebušna slinavka v tem primeru proizvaja veliko inzulina, ki ga telo ne zna dobro oziroma pravilno uporabiti. Celice razvijejo odpornost na inzulin, kar pomeni, da ga ne morejo uporabiti tako kot bi ga morale, s tem pa se raven glukoze v krvi dviguje.



Inzulinska injekcija.

Kako bolezen prepoznati?

Večina ljudi sprva sploh ne zazna težav, a vseeno obstaja nekaj opozorilnih znakov in simptomov, v primeru katerih je dobro obiskati zdravnika, ki bo opravil ustrezne teste, to so:

- pogosto uriniranje - poliurija
- huda žeja - polidipsija
- nenadna izguba telesne teže
- huda utrujenost
- pogoste infekcije kože, dlesni, vagine ali mehurja;
- zamegljen vid
- ureznine in modrice, ki se zdravijo zelo počasi
- pogosta razdraženost ali muhavost
- povečan občutek lakote
- mravljinca ali odrevenelost rok, nog ali podplatov
- zelo suha ali srbeča koža

Zdravljenje

Sladkorna bolezen je bolezen, s katero živimo celo življenje. Zdravila, ki bi bolezen za večno ozdravila žal ni, zato je potrebno spremeniti način življenja in redno jemati zdravila, saj le tako lahko odpravimo simptome in znake bolezni ter preprečimo morebitne komplikacije, ki jih diabetes lahko povzroči.

Sicer pa se zdravljenja posameznega tipa sladkorne bolezni nekoliko razlikujejo med seboj:

- Bolniki z diagnozo diabetesa tipa 1 morajo inzulina jemati redno, vsak dan, saj ga telo ne proizvaja. Inzulina pa telo potrebuje zato, da hrano spremeni v energijo.
- Bolniki z diabetesom tipa 2 morajo jemati zdravila za diabetes, včasih pa je ob tem nujno tudi jemanje inzulina. Poleg tega je potrebno paziti na prehrano, skrbeti za redno telesno aktivnost in po potrebi tudi zmanjšati telesno težo.
- Nosečnice, ki so zbolele za diabetesom, morajo inzulina jemati vsakodnevno.

Ob tem pa je potrebno poudariti, da mora vsak bolnik redno spremljati

stanje glukoze v krvi s pomočjo glukoze metra.

Možne komplikacije

Neustrezno zdravljenje ali sploh ne zdravljenje diabetesa lahko privedejo do kroničnih ali akutnih zapletov. Med **kronične zaplete** uvrščamo: kronične zaplete na malih žilah v ledvicah, kronično okvaro žilic na očesnem ozadju, kronično okvaro živcev, srčno-žilna obolenja ter diabetično nogo.

Akutni zapleti pa se pojavljajo v obliki hipoglikemije (stanje znižanje koncentracije sladkorja v krvi) ali hiperglikemije (stanje zvišane vrednosti koncentracije sladkorja v krvi).

Kako se izogniti težavam?

Res je, sladkorni bolniki boste morali, od trenutka, ko boste izvedeli zanj, podreti svoje celotno življenje. Zato upoštevajte nekaj zlatih pravil:

Redni zdravniški pregledi!

Kot sladkorni bolnik boste že tako deležni pregledov povezanih z zdravljenjem bolezni. Vseeno pa letno vsaj enkrat opravite še temeljit splošen zdravniški pregled. Ker vaš zdravnik ve, kakšno je vaše zdravstveno stanje, bo še bolj pozoren na morebitne spremembe, ki jih lahko povzroči bolezen. Priporočljivi so tudi redni obiski okulista ter zobozdravnika, saj lahko bolezen povzroči zaplete z vidom ali dlesnimi. Posebej občutljive so vaše oči v primeru, ko niste dovolj dosledni pri nadzoru nad boleznijo, če imate visok krvni pritisk, bolezen ledvic ali povišan holesterol. Dlesni pa so na udaru zato, ker visoka raven sladkorja v krvi slabi imunski sistem ter s tem omejuje njegovo zmogljivost za borbo proti bakterijam in virusom, ki povzročajo infekcije. V ustih je bakterij nešteto, zato so nenehno na udaru za nove infekcije.

Redna cepljenja!

Tudi redna cepljenja lahko pripomorejo k boljšemu zdravju in zmanjšanju možnosti za komplikacije v primeru diabetesa. Zato poskrbite, da boste cepljeni proti gripi (neglede na to, koliko ste stari) in pljučnici (še posebej, če zaradi diabetesa že imate težave kot so bolezni ledvic ali srca, ali če ste starejši od 65 let). Ne zanemarite pa niti obnove cepljenja proti tetanusu (ki se ga obnovi približno vsake 10 let) ter, če se še niste, se cepite tudi proti hepatitisu B.

Skrbite za noge!

Diabetes lahko poškoduje živčne povezave v nogah ter s tem zmanjša občutek za bolečino. Prav tako lahko bolezen zoži ali zapre arterije, s čimer zmanjša dotok krvi v noge. S tem, ko zmanjša pretok krvi v tkivo pa se rane težje celijo.

Stran s cigaretami!

Če imate sladkorno bolezen in če poleg tega še kadite, so možnosti za razvoj srčnih bolezni, kapi in drugih bolezni, pri vas povečane. To se zgodi zato, ker kajenje zožuje arterije, s tem pa se zmanjša tudi dotok krvi v noge. Zožene arterije povečujejo možnost srčnega napada in kapi pa tudi rane se težje celijo. Kajenje tudi povečuje možnost za poškodbo živcev in bolezni ledvic ter slabi imunski sistem, zaradi česar ste bolj dovzetni za prehlade ter infekcije dihalnih poti.

Nadzorujte krvni pritisk ter krvni sladkor!

Visok krvni pritisk lahko poškoduje krvne žile, če pa je ob tem prisotna še sladkorna bolezen, to lahko privede do srčnega napada, kapi ali drugih življenjsko nevarnih stanj. Tudi z nadzorom krvnega sladkorja se lahko izognete komplikacijam kot so težave z očmi, ledvicami, krvnimi žilami in poškodbam živcev.

Izogibajte se stresu!

Stres poveča proizvodnjo hormonov, ki zavirajo učinek insulina, kar posledično poveča vsebnost sladkorja v krvi. Če ste veliko pod stresom, potem poskrbite, da se boste redno in zdravo prehranjevali, da se boste gibali ter da boste jemali zdravila. SiOL.Net

Nikoli dovolj?

Vsi smo kdaj imeli podobno "težavo". Nikakor se nismo mogli nasititi ene vrste hrane. Za tablico čokolade bi šli tudi peš v megli več kilometrov, če bi bilo treba. Samo da bi zagrizli v tisto, zaradi česar se nam cedijo sline. Torej - strokovnjaki za prehrano pravijo, da se to še zdaleč ne dogaja samo nosečim ženskam.



Na željo po določeni vrsti hrane namreč vpliva več dejavnikov. Lahko gre za pomanjkanje vitaminov in mineralov, po drugi strani nam lahko pravo prehrabeno mrzlico povzroča stres, pri ženskah lahko na potrebo po določeni hrani vpliva cikel. Kaj se dogaja z vami, če se kakšne hrane ne morete nasititi ...

Čokolada

Najverjetneje ste ženska (moški zelo redko dobijo napad po čokoladi) in se prebijate skozi PMS in boste z njo spodbudili hormone sreče. Če to ni razlog, potem vam najverjetneje primanjkuje cinka.

Zdravilo: Če sumite, da vam primanjkuje cinka, potem je najbolje, da si privoščite rdeče meso ali morsko hrano. Dan začnite s polnozrnatimi izdelki. Če je razlog PMS, nadomestite potrebo po sladkem raje z energijskimi ploščicami. Energija bo trajala dlje.



Kava

Ne govorimo o skodelici kave, ko vstanete in ki ji nato sledi še ena čez dan. Ampak ko se pojavi potreba po tretji, četrti, peti itd. skodelici, potem je to dokaj jasen znak preobremenjenosti in stresa. Vaše telo ni sposobno proizvajati dovolj energije in si jo zato "sposojate" v kavi.

Zdravilo: Kakšna antistresna terapija z masažo ne bo odveč. Poleg tega počasi omejite porabo kofeina, in sicer vsak dan skodelico manj.

Močno začinjena hrana

Spet smo pri cinku. Ta namreč uravnava čutila za vonj in okus in

kadar ga v vašem telesu primanjkuje, je možno, da vam nobena hrana ne diši tako, kot bi morala in potem dodajate vse mogoče začimbe. Močne začimbe pa spet spodbudijo okušanje.

Zdravilo: Več morske hrane, rahlo začinjenega rdečega mesa in polnozrnatih izdelkov.



Kruh in testenine

Najbrž ste pod stresom, depresivni ali pa samo neskončno lačni. Največkrat telo zahteva ogljikove hidrate, ko zahteva serotonin (hormone sreče).

Zdravilo: Povečajte količino proteinov v prehrani, ki bodo poskrbeli, da se bosta tvorila serotonin in endorfin.

Mlečni izdelki

Če goltate sir in lokate mleko, se najbrž sliši čudno, ampak verjetno vaše telo težko prenaša mlečne izdelke. Predvsem če je želja po teh izdelkih pospremljena tudi s prebavnimi motnjami in težavami z dihanjem.

Zdravilo: Kaj storiti v takšnem primeru, vam bo najbolje povedal zdravnik. Da bi ugotovili netoleranco, je najbolje, da vsaj štirinajst dni ne jeste mlečnih izdelkov. Po štirinajstih dneh lahko jeste mlečne izdelke in če bo to povzročilo reakcijo, se posvetujte z zdravnikom. SiOL.Net

FILATELIJA – PHILATELY

Poštna znamke – Postage stamps



Poroka

Poroka je v taki ali drugačni obliki stara skoraj toliko kot človeštvo. V različnih časih in krajih so jo pojmovali različno, danes pa ob tej besedi večinoma pomislimo na lepe obleke, prstane, poročni šopek in drugo cvetje, poročno pogodbo, poročne priče ali botre, darila, balo, gostijo ali svatbo in vse ostalo, s čemer so skozi stoletja na različnih koncih sveta zaznamovali in še zaznamujejo ta dogodek. Čeprav lahko poroka danes pomeni nekomu tudi socialno varnost ali možnost za pridobitev državljanstva, sem prepričana, da je za večino mladoporočencev še zmeraj obred, ki si ga želita dva, ki se ljubita. Zakaj? Tak par vidi v poroki njeno simboliko in mističnost. Poroka jima pomeni združitve, ne samo v fizičnem ampak tudi v duhovnem pomenu, ne samo združitve enega z drugim, ampak tudi združitve obeh z nečim višjim, združitve narave z nečim nadnaravnim, mističnim. Poroka duhovno obogati njuni življenji, ju naredi polnejši, hkrati pa jima simbolizira izvor življenja. Pošta Slovenije nas z izdajo posebne znamke opozarja na čudovite trenutke naših življenj in nam pomaga razumeti bistvo poroke. Prepričana sem, da bo vseč tako tistim, ki ta mistični dogodek šele pričakujejo, kot vsem tistim, ki jim pomeni čudovit spomin. Staša Bračič

Wedding

Weddings of any kind are almost as old as mankind. Wedding ceremonies have varied widely over time and place. Today, the idea of wedding usually

brings to mind images of beautiful dresses, wedding rings, bride's bouquets and other flowers, marriage contracts, best men and bridesmaids, wedding presents, bridal trousseaus, wedding receptions and all the other things that have been and still are important elements of this event. People marry for different reasons. Still, I am convinced that for most of the newlyweds-to-be the wedding is a ceremony uniting two people in love rather than two people seeking financial security or even citizenship. For couples in love, the wedding is more than just a ceremony. It is a celebration filled with symbolism and mysticism of two lives coming together and becoming united both physically and spiritually, the whole forming an entity higher than its individual parts. Therefore, the wedding is about more than just the union of two people — it is about the intimate sharing of two lives, enhancing each individual's spirit and symbolizing at the same time the source of life. Post Slovenia's wedding stamp provides a unique way to celebrate one of life's most treasured moments. I am confident that it will appeal both to newlyweds helping them to add an extra personal touch to their wedding invitations and to the married couples serving as a keepsake reminder of that very special day.

Staša Bračič

Pošta Slovenije

ZGOŠČENKE – CDs



KINGSTON – HOPLAŽA

Reggae and Cuban pop flavour.

Internet: www.kingston.com



BRIGITA ŠULER – LEPA ROŽICA (BEAUTIFUL FLOWER)

Pop/folk with a dance beat.
Internet: www.brigita.info



TRUTAMORA SLOVENICA

Zvočnost Slovenske duše. Ansambel za arhivsko oživiljanje slovenske ljudske glasbene dediščine.

Sound image of Slovenian soul.

Ensemble for the revival of Slovenian folk musical heritage based on archival sources and instruments.

RTV Slovenija.



deeJayTIME – BELI ALBUM (WHITE ALBUM) VOLUME 11

Top 5 album on the Slovenian music charts with emphasis on contemporary dance music.

Internet: www.menart.si

What's Cooking?

in Slovenia ...

Gorenjska prata

Na Gorenjskem so v času kolin ob praznikih in nedeljah včasih radi pripravljali prato - iz mesa svinjske glave.



(Foto: Jure Vrandečič)

Sestavine za Gorenjsko prato

SESTAVINE za 10 oseb:

1 kg suhe prekajenega svinjskega mesa, 0,8 kg starega belega kruha, 0,3 l mleka ali čiste mesne juhe, 1 čebula, peteršilj, 6 jajc, sol, poper, 1 svinjska mrežica, maščoba.

Gorenjsko prato so včasih pripravljali iz mesa svinjske glave, narezanega kruha, jajc in začimb ter spečeno v svinjski mrežici. Vsaj en dan star kruh narežemo na kocke in ga navlažimo z mlekom. Prekajeno svinjsko meso skuhamo, ohladimo, meso zrežemo na kocke. Čebulo sesekljamo in jo na malo maščobi svetlo prepražimo. Meso in kruh rahlo zmešamo, dodamo čebulo, sesekljan peteršilj, razžvrkljana jajca, sol, poper. Kruh ne sme biti preveč namočen, da jed ni lepljiva. Računati moramo s tem, da se navlaži tudi z jajci. Pripravljeno zmes damo v svinjsko mrežico, jo oblikujemo v štruco in spečemo. Pečemo počasi na 160 stopinj 40-60 minut. Prata mora biti lepo zapečena. Ponudimo kot toplo glavno jed z obilico solate ali kislim zeljem.

Srednje šole za gostinstvo in turizem v Ljubljani : Jure Škoberina in Lidija Mahkovic z mentorjem Juretom Vrandečičem.

in Australia ...

Aussie meat pies



Makes 4

Ingredients

1 tablespoon olive oil
1 large brown onion, finely chopped
500g lean beef mince
1 tablespoon cornflour
3/4 cup beef stock
3/4 cup tomato sauce
2 tablespoons Worcestershire sauce
1 tablespoon barbecue sauce
1 teaspoon Vegemite
2 sheets frozen, ready-rolled shortcrust pastry, thawed
2 sheets frozen puff pastry, thawed
1 egg, beaten

Method

Heat oil in a saucepan over medium-high heat. Add onion. Cook for 3 minutes or until soft. Add mince. Cook for 4 minutes, stirring with a wooden spoon, or until browned. Mix cornflour and 1 tablespoon of stock to form a paste. Add remaining stock. Add stock, sauces and Vegemite to mince. Bring to the boil. Reduce heat to medium-low. Simmer for 8 minutes or until thick. Cool. Preheat oven to 220°C. Place a baking tray into oven. Grease 4 x 8cm base measurement pie pans. Cut 4 x 15cm circles from shortcrust pastry. Use to line bases and sides of pans. Fill with mince. Brush rims with water. Cut 4 x 15cm circles from puff pastry. Place over meat. Press to seal. Trim. Brush with egg. Season. Place pies onto hot tray. Bake for 20 to 25 minutes or until golden. Serve. Source

Recipe by Dixie Elliott



Seen & Heard



On January 1, 2007, Slovenia became the 13th EU state to use the euro, which replaces the tolar, a currency introduced in 1991 as a symbol of the country's independence and an instrument aimed at cutting Belgrade's monetary control over the Slovenian economy.

The European Commission applauded Slovenia's changeover to the euro as swift and problem-free.



Jože Plečnik (1872-1957) – architectural works in Ljubljana, Prague and Vienna.

Plečnik year kicks off with exhibition on great architect. Ljubljana, 07 January (STA) - The year 2007, the 50th anniversary of the death of architect Jože Plečnik, was designated Plečnik year in Slovenia. The main exhibition on Slovenia's greatest architect opened on January 7 in the Narodna galerija arts gallery, with Culture Minister Vasko Simoniti saying Plečnik is now known throughout the world.



Plečnik exhibition at the Narodna galerija arts gallery.



Maketa parlamenta by Jože Plečnik.



Sunita Lyn "Sunni" Williams, became the third person of Slovenian heritage to take part in a NASA space mission. Sunita who has both Slovenian and Indian heritage was assigned to the International Space Station as a member of Expedition 14. As a nod to her Slovenian heritage, Suni took onboard kranski sausages. She was born on September 19, 1965 in Euclid, Ohio, USA.



Sunita Williams has now spent more time walking in space than any other woman, setting the record in February 2007 as she and a crew mate upgraded the international space station's cooling

system. Williams broke the previous record of more than 21 hours when she and Michael Lopez-Alegria completed the second of what could be a precedent-setting three spacewalks in nine days. The new record for women is 22 hours and 27 minutes.

During the spacewalk, which lasted more than seven hours, small amounts of toxic ammonia leaked from a fluid line. The liquid ammonia, which freezes into flakes when it hits the vacuum of space, did not appear to touch either astronaut.



Cardiologist Metka Zorc was named the Woman of the Year by readers of one of the most popular Slovenian women's magazines, Jana. Zorc is a co-founder of the third Slovenian centre for cardiovascular diseases, MC Medicor in Izola, which can compete with the best such centres in the world.

National Geographic Prints First Full Article on Slovenia.

The international edition of the National Geographic magazine published in its January 2007 issue a story dedicated entirely to Slovenia for the first time ever. The story focuses on the rich archaeological heritage in the Ljubljana river that winds through the capital of Ljubljana. The article, published in the international and Slovenian editions of the magazine, features archaeologist Andrej Gaspari, a diver with a desire to keep the artefacts that span over 9 millennia in Slovenia.



Weaving its way through the marshlands of central Slovenia, the unassuming Ljubljana River is one of the richest river archaeology sites in Europe. Sport divers and underwater archaeologists have recovered some 10,000-13,000 artifacts from different historical periods spanning nine millennia—all in a single 12-mile (19 kilometers) stretch.



Scabbard clasp and clothing fasteners, 650 B.C.–A.D. 50



Late Bronze Age axe, 12th–11th century B.C.



A new way to reach Ljubljana castle. The funicular railway car has begun operation connecting the Krekov trg (square) with Ljubljana Castle. The car can take up to 33 passengers along its ride up the slope to the castle 70 metres above, and takes only about a minute. The Funicular services are operated daily from 10 a.m. to 9 p.m. and the fare is €2.00.



Australian Chamber Orchestra (ACO) violinist and artistic director Richard Tognetti is to direct a music festival in Slovenia in 2008. Most recently a rare violin worth \$10 million has been bought by an anonymous Australian and loaned to the ACO, and in particular for Richard Tognetti to play. The extraordinary gesture is in recognition of Tognetti's prodigious artistic abilities. The violin, created by Giuseppe Guarneri del Gesu in 1743 and known as the "Carrodus", is one of 100 in existence, and has not been played since 1953. Tognetti praised the investment the benefactor made in Australian culture. "It's an example of the European style of American philanthropy. It's all too rare in this country of beer and cricket."

There were 2,011,614 people living in Slovenia at the end of September 2006, a 0.2% (3,098 persons) rise compared to June 2006, according to the national Statistics Office. According to the data, 988,397 men and 1,023,217 women lived in Slovenia at the end of September.



Prešeren Awards conferred as Slovenia celebrates culture. Ljubljana, 07 February (STA) - Composer and pianist Janez Matičič and actor Radko Polič-Rac received the coveted Prešeren Prize for life-time achievement in the arts at a ceremony on Wednesday, the eve of Culture Day, a national holiday that pays tribute to Slovenia's greatest man of letters, France Prešeren (1800-1849).



Kurentovanje - Ptuj

Winter gets banished in carnivals around Slovenia. Ptuj/Cerknica/Cerkno, 18 February (STA) - Thousands of masks and tens of thousands of spectators converged on Ptuj, Cerknica and Cerkno, three Slovenian cities that have the longest history of carnivals in the country. While there was not much work to do in chasing away the mild winter, the revelers nevertheless made sure that it got banished for this year.



Carnival parade in Cerknica



Slovenia is taking its first steps towards seriously limiting where people can smoke. With general public approval, new legislation restricting tobacco is almost certain to pass. The new law will ban all smoking in public places, including places that had previously been spared, like bars and restaurants. The legislation is expected to be accepted in June. Slovenia's new tobacco law, besides implementing an indoor smoking ban, will also make it more difficult for minors to buy cigarettes. The current law, for example, allows tobacco products to be sold in grocery stores or in other places selling food.

Slovenians upset over maps showing disputed border with Croatia. There's upset in Slovenia over official maps and documents published in Croatia which appear to include part of Slovenian territory. The documents show the Bay of Piran evenly divided between the two countries. The Slovenian foreign ministry has launched an official protest saying the documents prejudice the ongoing process to formally establish a permanent border between the two countries.

Most Slovenian pensioners will benefit from a 3.2% rise in pensions this month (February). This is according to a decision taken on Friday, 16 February by the Pension and Disability Insurance

Institute (ZPIZ).

The rise is the result of an adjustment to increases in salaries, which is made twice a year. While most pensions will go up by 3.2%, some will increase by 3.8%, including those paid out to people who retired after 1 January 2006.

In line with the decision of the ZPIZ board the lowest bracket base pension as of 1 January is EUR 467, while the highest base pension is EUR 1,868. The war veterans' pension amounts to EUR 397, while the old age pension under the law on the pension insurance of farmers totals EUR 198 and state pension EUR 155. According to ZPIZ, Slovenia had 531,075 pensioners at the end of 2005, while a total of 846,890 people paid insurance to the pension purse.

BUSINESS SLOVENIA

Australia's biggest electrical retailer Harvey Norman posted a 16.7 percent lift in sales to \$2.71 billion for the six months to December 31, 2006.

Television, laptop computers and iPods were all strong sellers over Christmas and were expected to remain so for the rest of 2006-07. The sales of \$2.71 billion included the group's operations in Australia, New Zealand, Slovenia and Ireland.

Women earned an average of EUR 1,069.07 a month in Slovenia in 2004, while the average monthly salary paid to men was EUR 1,149.33. This means that women got an average EUR 80 less than men or 93% of what men earned, according to a report from the National Statistics Office. A comparison among regions shows that the highest earnings were paid to employees in central Slovenia (the Osrednjeslovenska region). The average salary there exceeded the average for the whole country by 14%. The lowest monthly earnings in 2004 were recorded in the Pomurje region in the northeasternmost part of Slovenia, which is the least developed among the country's regions.

Airport operator Aerodrom Ljubljana, exhaust system maker Akrapovic and Litostroj E.I., a maker of water turbines, won on Tuesday, 13 February the Rating of the Year award by the rating agency Dun & Bradstreet and its Slovenian partner I. According to I, the awarded companies have the lowest risk factor, operate successfully and do not make

hazardous business and capital transactions.

LETTERS TO THE EDITOR

Urednik

Sprejema članke v slovenščini ali angleščini. Dobrodošla je tudi dobra kritika in vsaka dobra ideja.

Letters to the editor are to be addressed to Slovenian Club President. The Slovenian Club Committee reserves the right to withhold publication of any letter which in their opinion constitutes personal criticism or attack of an individual or organization.



Spoštovani,
Verjamemo, da vsak človek globoko v sebi čuti družinske korenine, korenine svoje dežele. Kultura naših staršev, prednikov nas spremlja vse življenje. In ker sodobni svet vedno bolj prežema globalizacija, vsak posameznik še toliko bolj išče svojo posebnost, drugačnost ter obuja in neguje kulturno, iz katere izvira.

Tudi Slovenske organizacije širom sveta krepite kulturo svojega naroda, čeprav v okolju daleč od domovine. Gotovo ste vi, ki ste odšli v svet, še bolj ponosni na svoj materni jezik, domačo potico ali glasbo, kot mi, ki smo ostali doma.

V Vinski kleti Vipava bi z veseljem sodelovali z vami. Radi bi vam ponudili nekaj slovenskega – vina Vipavske doline. Ob kozarcu našega vrhunskega vina se boste spomnili na slovenske zelene griče in zapelo vam bo srce.

Imamo skupne korenine. Bodimo povezani!

Vabimo Vas, da nas obiščete na spletu www.vipava1894.si ali pa pokličete in pišete na elektronski naslov. Z veseljem vam bomo odgovorili na vaša vprašanja.

Veselim se sodelovanja z vami in vas lepo pozdravljamo,
Primož Šušmelj
Vipava 1894 d.d.
Vinarska cesta 5
5271 Vipava

Slovenija

T: +386 5 3671200

F: +386 5 3671244

e-mail: primoz.susmelj@vipava1894.si

Vipava, 01.02.2007



ŠPORT - SPORT



Hobart - Slovenski jadralac **Vasilij Žbogar** se je na odprtem prvenstvu Avstralije v razredu laser v Hobartu v finale uvrstil kot 13. z 62 točkami, saj je po odštevanju najslabšega rezultata v njegovem seštevku še vedno 46 točk za drugo diskvalifikacijo. Po osmih kvalifikacijskih in pred štirimi finalnimi plovi vodi domačin **Tom Slingsby** z osmimi točkami, drugi je njegov rojak, lanski svetovni prvak **Michael Blackburn** (10), tretji pa Kanadčan **Michael Leigh** (16).

Gold Coast - Najboljša slovenska teniška igralka Katarina Srebotnik se je na turnirju v avstralskem Gold Coastu veselila zmage v konkurenci dvojic.



Velenjčanka je v finalu turnirja z nagradnim skladom 133.000 evrov združila moči z zmagovalko turnirja med posameznicami, Rusinjo Dinara Safina, in s 6:3 in 6:4 ugnala češko-rusko navezo Iveta Benešova - Galina Voskobjeva. Srebotnikova, ki je tako osvojila že svoj 14. turnir med dvojicami, je s posamičnimi nastopi v Gold Coastu sicer končala v drugem krogu, ko jo je ugnala Rusinja Jelena Vasinina.

"To je že moja štirinajsta zmaga v dvojicah. Prišla je v pravem trenutku na začetku sezone, saj je po dolgem premoru pomembno zmagati čim več tekem in s tem dobiti samozavest za naslednje turnirje. S Safino sva potrdili, da sva zelo uigran par. Ta lovorika mi bo koristila tudi v igri posameznic, kjer me naslednji dvoboj čaka že v ponedeljek v Sydneyju. Prav veliko časa za pripravo ne bom imela, vendar upam, da mi bo današnja zmaga dala krila, da grem po novo trofejo," je po zmagi povedala Katarina Srebotnik.

Gold Coast, 06 January (STA) - Slovenia's best tennis player Katarina Srebotnik won the Australian Women's Hardcourt doubles final on Saturday at Royal Pines. Together with Dinara Safina of Russia, who won the singles competition, Srebotnik beat the Czech-Russian pairing Iveta Benesova and Galina Voskoboeva 6-3 and 6-4.

Doubles - Final

(2) Safina/Srebotnik (RUS/SLO) d.
Benesova/Voskoboeva (CZE/RUS) 6-3
6-4

CONGRATULATIONS ČESTITKE

All the best - vse najboljše!

Births - Rojstvo

Howard (nee Kosir) – Allen, Sonia and Annelese are thrilled to announce the arrival of Brooklyn Anne, born January 10, 2007. 8lb. 12oz.

Birthday – Rojstni dan

December – Tončka Kostač
January – Ivanka Ivančič, Kristina Paluza
February – Marjo Jenko, Cvetka Jamnik, Ivanka Lukač, Jože Jamnik, Juliana Viola, Elonora Gregor, Marjo Paluza, Danica Kaluža

Wedding Anniversary –

Obletnica Poroka

50th – *zlati jubilej / gold* - Štefan and Rezika Gabršek, December 2006.

Please let the editorial committee know of milestones and achievements for inclusion in the newsletter.

Obituary – Osmrtnica

The Slovenian Club, on behalf of the Slovenian community of South Australia, wishes to express its sincere condolences to the family and friends of :

Jože Sever

Born in Krog, Prekmurje, Slovenia, 27/2/1928.

Passed away Adelaide, 15/01/2007. 78 years old.

Committed at Cheltenham Cemetery. Much loved brother to Tony and Vera (deceased) in Australia, Rosie, Milica and their families in Slovenia. Special friend to Frances.

PERSONAL NOTICES

Notices to be forwarded through the Club President, in writing (Slovenian or English). All letters will need to make mail delivery by the weekend prior to the scheduled Club Committee meetings to ensure inclusion in the next issue of the newsletter.

HALL HIRE HALL HIRE

Main Hall (seats 250)

members: \$350.00

non-members: \$700.00

Clubrooms (seats 120)

members: \$135.00

non-members: \$250.00

Hall&Clubrooms (seats 350)

members: \$450.00

non-members: \$850.00

Further information from the Club President or Secretary

USEFUL ADDRESSES**Slovenian Club Adelaide***Founded in 1957*

11 Lasalle Street

Dudley Park SA 5008

tel: 8269 6199

fax: 8269 2406

*Slovenian Club opening hours:**7.00 – 8.00pm Fridays for Yoga**2.00 – 10.30pm Sundays***Slovenian Catholic Church**

51 Young Avenue

West Hindmarsh SA 5007

tel: 8346 9674

fax: 8346 3487

email: tretjakj@picknowl.com.au

5EBI FM Radio

(stereo FM 103.1mhz)

10 Byron Place

Adelaide SA 5000

office tel: 8211 7635

studio tel: 8211 7066

*Slovenian program times:**Wednesdays 7.00 – 7.30pm**Sundays 2.00 – 2.30pm***Veleposlaništvo Republike Slovenije**

(Slovenian Embassy)

Advance Bank Centre

Level 6, 60 Marcus Clark Street

Canberra act 2601

PO Box 284, Civic Square

Canberra ACT 2601

tel: (02) 6 243 4830

fax: (02) 6 243 4827

email: vca@mzz-dkp.gov.si

internet: www.gov.si/mzz/dkp/vca/eng/

Urad Republike Slovenije za Slovence v zamejstvu in po svetu

(Office of The Republic of Slovenia, for Slovenians Abroad)

Železna Cesta 14

1000 Ljubljana Slovenia

tel: +386 1 430 2810

fax: +386 1 478 2296

internet: www.uszs.gov.si

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(Slovenian Ministry for Culture)

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tel: +386 1 478 5900

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internet: http://www.kultura.gov.si/

Slovenska Izseljenska Matica

(Slovenian Emigrant Association)

Cankarjeva 1/11

1000 Ljubljana Slovenia

tel: +386 1 425 1673

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internet: <http://www.zdruzenje-sim.si/>*publisher of slovenija.svet***Slovenian Media House**

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Sylvania NSW 2224

Internet: www.glasslovenije.com.au*Internet publisher***Slovenian Australian Institute**

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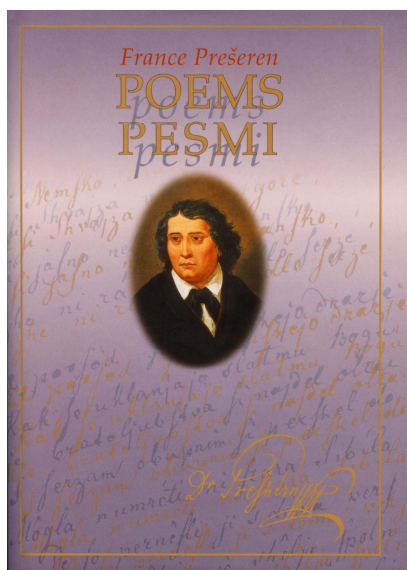
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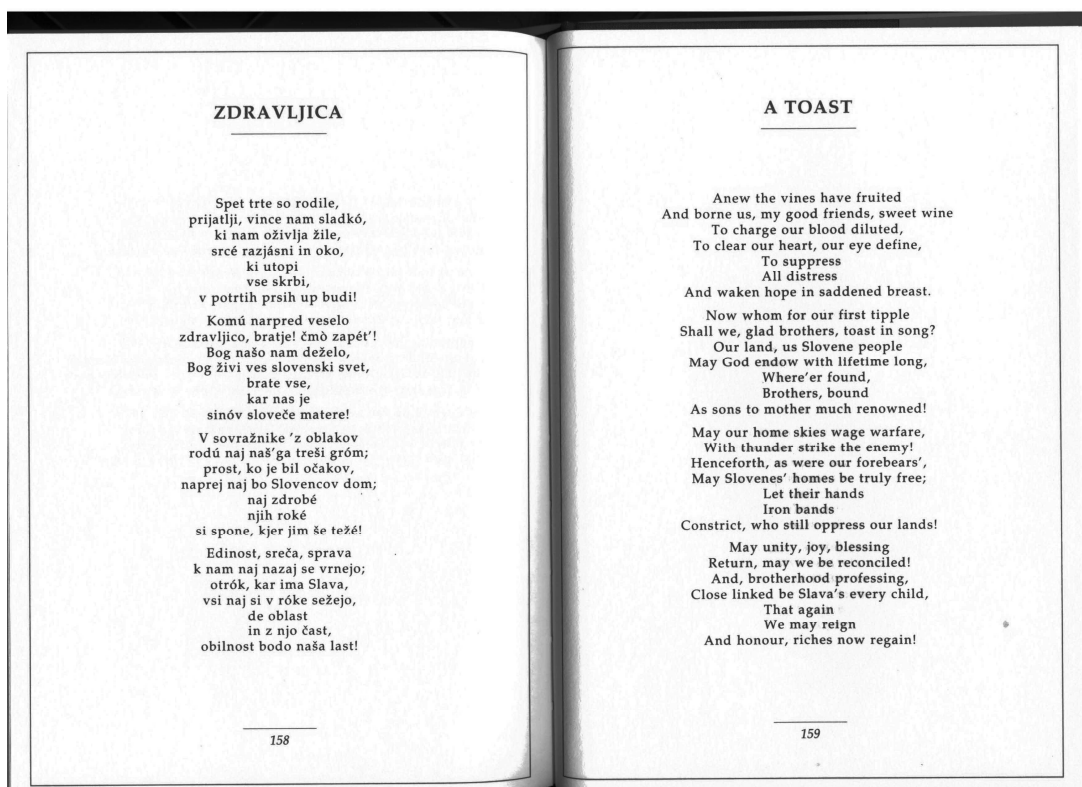
FRANCE PREŠEREN

(1800 – 1849)

A book of poems by Slovenia's "national poet" in both Slovenian and English.

Published by the Municipality of Kranj, Slovenia.

An extract from the book of the poem Zdravljica, meaning A Toast, which today is Slovenia's national anthem, is shown below.



PREŠEREN'S FIGS

Dried figs covered with white or brown chocolate. The poet Prešeren was known for always carrying figs in the pocket of his overcoat. The children knew of this habit and, as he walked down the street, they called after him, begging, "Doctor, figs!"

Source: Creative Slovenia by Janez Bogataj

P.S. Prešeren's chocolate covered figs can be purchased at the Ljubljana markets amongst other places in Slovenia.

Visual Artist : Silvana Angelakis

profile

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THE fish crops up as a fairly regular symbol in the etchings of Adelaide artist Silvana Angelakis.

"People think it's because of the family business," she says, referring to well-known fish retailers Angelakis Brothers, established by her husband's family. "But it goes back to my own background."

"My family lived by the sea (in former Yugoslavia). We came to Australia by sea. We lived in the Glenelg migrant hostel – by the sea ... and they are just lovely things to draw."

Silvana has fond memories of growing up in Glenelg – even though she often felt out of place as a child.

"No one wanted to swap sandwiches with me in the playground," she says, referring to a time when you couldn't buy a capsicum in the supermarket and her lunch box was considered "wog food".

Her family, from Slovenia but living in what is now Croatia, fled Tito's Communist regime in 1957 when Silvana was just two years old. Denied permission to leave the country, Silvana's mum took her and her brother for a "holiday" to Italy, while her father and a friend took a much more dangerous route on foot over the border, using perfume to put the border control dogs off their scent.

The reunited family took the first boat they could: it happened to be heading for Australia and, as a skilled migrant, Silvana's father, a toolmaker, soon found work at Adelaide's Kelvinator factory where



PICTURE: BRETT HARTWIG

he worked until it closed in the early 1980s.

"Creating etchings is hard work, physical work: I like that," says Silvana, suggesting this aspect of hard work could be a relic of her working-class upbringing, which spurned reading books as a sign that you had far too much time on your hands, and painting as something that children did.

Silvana's mother, however, unwittingly opened the creative floodgates

when she took her teenage daughter back to meet her Slovenian relatives.

Silvana had left school at 16 after completing her Leaving Certificate at Brighton High School and fulfilled her parents' dream for her – securing a secretarial position in a nice, clean office. But it wasn't Silvana's dream. "I used a dictaphone to type letters and felt literally chained to the desk," she says.

"Travelling overseas was a pivotal moment for me," she says. "Travel

does open your eyes to the world and what is out there – and I saw there was so much more out there for me."

Returning to Adelaide, Silvana, went to night school to study pattern making. It seemed a natural step. Growing up in a household with little money to spare, Silvana and her mother had made all her clothes, copying from pictures in magazines. At 24, Silvana and a partner opened a bridal business.

She then spent a number of years

working in costume and set design for theatre – from puppet theatres to opera.

And since graduating from the North Adelaide School of Art in 1997, her work has been hung in galleries around the country and she has been involved in numerous exhibitions.

Silvana is working on a series of etchings for a four-woman exhibition to be held next August at ATT in the Dame Roma Mitchell Building in Light Square. "Etchings suit my work habit. A stop-start process that takes a long time," she says. "It's also an indirect method of working – and you're not totally sure exactly how it will turn out."

Turning once more to one of her fish etchings, Silvana muses: "Fish are beautiful things to draw. They nurture and feed us. They have spiritual connotations."

"My family came to Australia at a time when there was a skills shortage and skilled migrants were needed."

"I remember one classmate telling me: 'My mum says people who pierce their ears are barbarians'. I didn't know what barbarian meant – but I certainly knew it was not a compliment."

"There is a skills shortage again, and there is a new wave of skilled migrants coming in. And I see the same kind of prejudices."

"Food. Maybe we can use food to bridge those cultural gaps."

Rosemary Cadden



Silvana Angelakis has work on display at the Adele Boag Gallery on Unley Road (www.adeleboaggallery.com) and Smart Art in Kent Town. She is currently working towards an exhibition for 2007. Visit her website: www.silvanaangelakis.com



If you are involved with Media, Culture, Archiving, or Teaching the Slovenian language you could find yourself at an **ALL EXPENSES PAID** seminar in Slovenia. As the seminars are conducted in Slovenian you must be able to understand Slovenian.

In addition there is a specific seminar aimed at younger people of university age.

Refer to the notice board in the Clubrooms for announcements of upcoming seminars.

These are excellent seminars and not to be missed!

Already this year there have been seminars for Slovenian language teachers and for people working in the cultural field.

The Office for Slovenians Abroad (Urad Republike Slovenije za Slovence v zamejstvu in po svetu) runs these seminars for people who are **actively** involved in their local Slovenian community.

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