

SLOVENIA

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Vesel Božič in Srečno Novo Leto

Merry Xmas and a Happy New Year

SOUTH AUSTRALIA

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NEWSLETTER

The Slovenia South Australia Newsletter is an initiative of the Slovenian Club Adelaide Inc. and is published by the Slovenian Club Cultural Subcommittee.



Photo: Robert Zajc / Sinfo

One of life's finer moments. Along the wine trail in the Primorska region of Slovenia. Don't you wish you were there with a glass of deep red teran wine in one hand and mouth watering Kraški pršut (dry-cured ham) in the other!

President's Address

Še eno uspešno leto Slovenskega kluba je komaj pasalo. Ob tej priliki bi se rad zahvalil odboru Slovenskega kluba, osebe pri kuhanju, čiščenju in vsem tistim kateri so pomagali tiho z delom in svojem prisotnostjo da naš klub je to kar danes je: majhen, prijazen kotiček Slovenske dežele.

Vsem članam in prijateljam v imeno odbora Slovenskega kluba Adelaide želim srečen Božič in novo leto 2007.

Tomo Leš
Predsednik

Another successful year of the Slovenian Club has just passed. On this occasion I would like to thank the committee of the Slovenian Club, the cooks and cleaners, and all those who have quietly helped with work and with their presence so that our club can be what it is today: a small, friendly corner of Slovenian soil.

To all members and friends, on behalf of the committee of the Slovenian Club Adelaide, I wish a happy Christmas and New Year 2007.

Tomo Leš
President

Translated by Rosemary Poklar

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).

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

Slovenia South Australia sponsors:

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

Contributions are being sought from the Slovenian community for Issue No.41 of the *Slovenia South Australia* Newsletter. Contact the editorial committee.

Slovenia South Australia Newsletter

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svetovani da naredite rezervacijo čimprej. Za podrobne informacije vprašajte svobodne odbornike v klubu.

Club Notices

Every Sunday night at the Club a tasty dinner is served. Everyone is warmly invited!

Celebration of the feast of St. Nicholas will be on December 10th at 3pm. There will be lots of surprises and fun for the children. Bring along the next generation and let them enjoy themselves in the company of old and new friends.

Christmas dinner will be in the Slovenian Club on Sunday December 17th at 6pm. Reservations can be made with Mrs Cvetka Jamnik until December 10th in the evening at the club, on telephone number 8269 6199, on Sunday afternoons or on telephone number 8344 4757.

Ring in the New Year at the Club on December 31st. Reservations for seats or tables can be made until December 17th in the evening at the club, on telephone number 8269 6199, or with Mrs Cvetka Jamnik on telephone number 8344 4757. Since the number of available seats is limited you are advised to make your reservations as soon as possible. For more details ask a free committee member at the club.

Tomo Leš

Translated by Rosemary Poklar

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.

Thank you to contributors to the **5EBI radiothon**, which was held in October. Your financial contribution assists in keeping the Slovenian program on-air.

\$100 – Finsbury Green Printing Slovenska Tiskarna Kras

\$50 – Kamilo Vernik, Mariana and Alenčica Frank, Slovenian Club Adelaide

\$40 – Davorina Gustinčič

\$30 – Barbara Stojanovič, Turelli, Rudi Ana Krajnc

\$25 – Franc Lavrenčič,

\$20 – Olga Ernest Orel, Tončka Kostač, Juliana Viola, Ivan Rozika Legiša, family Polajzer, Teresa Škvart, Anica Rant, Pajo Sonja Kovačević, Danilo Eva Krešević, Slava Gorkič, Roman Jagda Luin, Vlado Lah, Meri Puž, Štefanja Vitez, Štefan Lenka Ivančič, Emil Borlak, Cilka Jože Jerebica, Anita Frank Magajna, Ana Brand, Jože Sever, Francka Ponikvar, Nikolaj Dana Bric, Oto Rezika Trošt, Rudi Lynn Perkovič, Tone Gustinčič, Bocce Players Slovenian Club Adelaide, Štefan Maria Gabršek, Milena and Magda, Nik Magda Kodele, Tom Vilma Gojak

\$15 – Cvetka Petrovski, Maria Bernik, Anica Hans Szivatz

\$10 – Anica Zupančič, Danica Kaluža, David Ivanka Pahor, Ciril Galič, Marta Zrim, Frank Vida Končina, Milan Ivanka Lukač, Alojz Olga Hrvatin, Alojz Rozi Krešević, Anton Jesenko, Izidor Anica Strgar, Maria Zagorc, Jana Rudi Mezek, Berta Kačič, Francka Klobas, Ernest Milka Sapač, Miran Mia Jug, Cvetka Jože Jamnik, Cilka Petrena, Marica Milošič, Frank Rozika Šnofl, Alda Batista, Milan Lidia Vrabec, Mario Jenko, Polda Vatovec, Maria Tone Bunderla, Vojka Alojz Mahne, Adrian Vatovec, Claud Casini, Ana Vončina, Meri Franc Železnik, Francka Wetzel

\$5 – Ivanka Bole, anonymous

Lepa hvala vsem.

Slovenians supporting Slovenian program.

Listen to Radio 5EBI FM at 103.1mhz for the Slovenian program on Tuesdays at 7.00pm and Sundays at 2.00pm.

Multicultural Media in Australia

- There are more than 100 ethnic newspapers in Australia.
- Circulation figures vary from 250 for *Hooyce* (Armenian) to 98,000 for *Chieu Duong* (Vietnamese).
- The National Ethnic & Multicultural Broadcasters Council (NEMBC) has more than 500 members across Australia from 100-plus metropolitan and regional stations.
- NEMBC members broadcast in more than 100 languages.
- NEMBC members produce in excess of 1,700 hours of local programming each week.

continued on page 7

Klubska obvestila

Vsako nedelje zvečer je okusna večerja v klubu, vsi ste srčno vabljeni!

Miklavževanje bo 10. decembra ob 3 uri popoldne. Precej presenečenj in zabav za otroke bo. Pripelajte bodočo generacijo naj se razveselijo v družbo starih in novih prijateljev.

Božična večerja bo v Slovenskem klubu v nedeljo 17. decembra ob 6 uri zvečer. Rezervacija bo pri gospej Cvetki Jamnik do 10. decembra zvečer v klubu, na telefonsko številko 8269 6199, v nedeljah popoldne ali na telefonsko številko 8344 4757.

Pričakovanje novega leta bo v klubu 31. decembra. Rezervacija sedežev ali miz bo do 17. decembra zvečer v klubu, na telefonsko številko 8269 6199, ali pri gospej Cvetki Jamnik na telefonsko številko 8344 4757. Ker številka sedežev je omejena, ste

25. LETNO PRIZNANJE OLGI OREL ZA DELOVANJE PRI ETNIČNI RADIO POSTAJI 5 EBI FM ADELAIDE

V soboto 22. julija 2006 na 5EBI FM plesu je Olga Orel dobila priznanje za veliko in dolgo časno delo, 25 let, pri slovenski oddaji. Priznanje je od zveze etničnih skupin Avstralije in za leto 2005. Velike čestitke Olga!

25 YEAR AWARD TO OLGA OREL FOR RADIO WORK ON 5 EBI FM ADELAIDE

On Saturday 22 July 2006 at the 5EBI Ball Olga Orel received an award for her longstanding and hard work, 25 years, on the Slovenian radio program. The award was conferred upon Olga by the Federation of Ethnic Communities' Councils of Australia, acknowledging Olga's milestone achievement of 25 years voluntary service in 2005. A big and heartfelt congratulations to Olga for her outstanding achievement.



Olga Orel receiving her achievement award certificate and medallion from Jim Milanko, Chairman Radio 5EBI Adelaide.



WORK OF ADELAIDE SLOVENIANS APPEARING IN NEWSPAPERS IN SLOVENIA



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ADP z vse-
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reza 7. čle-

ciademokratov, saj razloži za
sprejetje ustavnega zakona potre-
buje dvotretjinsko večino.

MATIJA GRAH

SLOVENEČ
SLOVENCU
A Slovenian to a Slovenian



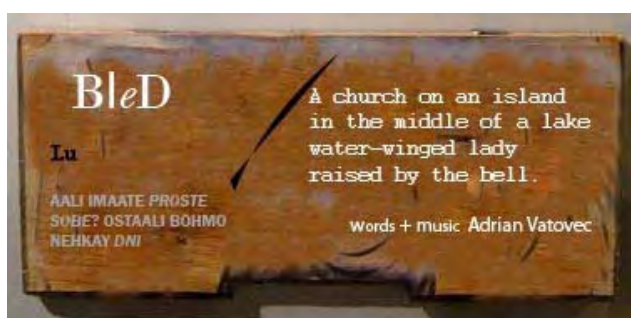
besedilo Ivan Burnik Legiša
skladatelj Adrian Vatovec

Ivan Burnik Legiša pripovedovanje, Rosemary
Poklar pripovedovanje, Leopolda Vatovec vokal,
Adrian Vatovec vokal in klaviature

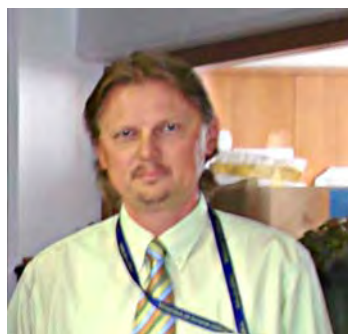
Slovenec Slovincu – DELO
newspaper (časopis)
Ljubljana, Slovenia, Saturday
June 24, 2006.
DELO is Slovenia's national
newspaper.



The Slovenia Times is a Slovenian newspaper in English that is published fortnightly in Ljubljana. The six part series titled *Lump in my throat* by Adrian Vatovec, appeared in the summer 2006 editions of the newspaper. Two parts from the series, written on bee-hive panels, are shown below.



SLOVENIANS IN SLOVENIA DEALING WITH SLOVENIANS ABROAD



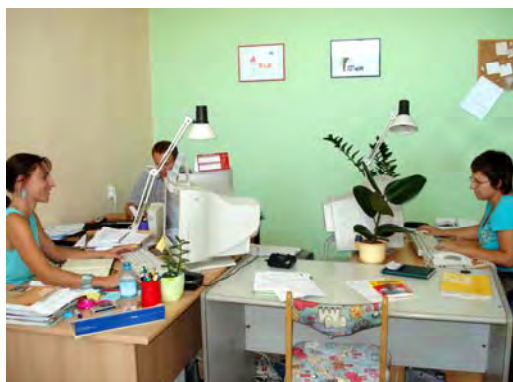
Office of the Government of the Republic of Slovenia for Slovenians Abroad. State Secretary Zorko Pelikan (far left), and Secretary Jurček Žmauc (left). The Office's mission is to develop relationships with Slovenians living abroad through seminars and other means.



Radio Slovenija. Maca Švabič (above left) and Lili Brunec Klančar (above right) can often be heard giving reports from Slovenia on 5EBI and SBS Slovenian radio programs in Australia.



DELO newspaper journalist Dragica Bošnjak (left) with Adrian Vatovec.



The publishing team of Moja Slovenija magazine from left are Ana Mrzlikar, Edvard Vrtačnik and Andreja Kočar.



DELO newspaper building in Ljubljana (above).

POTICA – recipes for that special occasion

Dober tek želi Anica Vatovec

translated by Rosemary Poklar

Skutna Potica

Testo:

1 kg moke
sol
3 rumenjake
3 žlice sladkorja
1 žlica ruma
12 dkg masla
8 dkg kvasa

Nadev:

1 kg skuta
2 dl goste smetane
10 dkg masla
4 rumenjake
2 vanilin sladkorje
15 dkg sladkorja
5 žlic krušnih drobtin
8 beljakov
1 jajce
0,5 dl mleka za premaz

(Stopljeni masli dodamo sladkor in kvas, pustimo da malo raste.) Moki dodamo sol, rum, stopljeno maslo in rumenjake. Zamesimo testo in ga pustimo počivati 1 uro. Nato ga razvaljamo na 1 prst debelo. Za nadev zmešamo skuto, smetano, rumenjake, sladkor, vanilij in maslo. Nazadnje primešamo še sneg vseh jajc. Če je nadev preredit, ga zgostimo z drobtinami. Vse dobro premešamo in nadev namažemo na razvaljeno testo. Namazeno testo zvijamo in ga položimo v namazeno pekač. Pustimo da potica vzhaja, tako dolgo, da se pečica ogreje na 180° C. Potico premažemo z razžvrkljanim jajcem. Večkrat prebodemo in pečemo 50 minut. Ko potico zvrnemo iz pekača, jo premažemo z mlekom in pustimo, da se malo ohladi, potem jo posipamo s sladkorjem v prahu.

Cottage Cheese Potica

Dough:

1 kg flour
salt
3 egg yolks
3 tablespoons sugar
1 tablespoon rum
12 dkg butter
8 dkg yeast

Filling:

1 kg cottage cheese
2 dl thick cream
10 dkg butter
4 egg yolks
2 (packets) vanilla sugar
15 dkg sugar
5 tablespoons breadcrumbs
8 egg whites
1 egg
0.5 dl milk for coating

(Add the sugar and yeast to the melted butter and leave to grow a little.) Add salt, rum,

melted butter and egg yolks to the flour. Knead dough and leave to rest for 1 hour. Then roll it out to the thickness of 1 finger. For the filling, mix together cottage cheese, cream, egg yolks, sugar, vanilla and butter. Last, add the beaten egg whites. If the filling is too runny, thicken it with the breadcrumbs. Mix everything together well and spread the filling over the rolled out dough. Roll up the dough and place in a greased baking tin. Leave the potica to rise for as long as it takes the oven to heat to 180° C. Coat the potica with the beaten egg. Prick it many times and bake for 50 minutes. When you tip the potica out of the baking tin, coat it with the milk and leave to cool a little before dusting it with icing sugar.



Types of Potica – traditional walnut filled Potica (left), Cottage Cheese Potica (top), and Modern Potica (right)

Moderna Potica

Kvašeno testo

40 dkg moke
5 dkg kvasa
2 celi jajci
2 žlici sladkorje
mleko po potrebi

Rumeni biskvit

4 rumenjaki
4 žlice sladkorja
4 žlice moke
½ pecilnega praška
sneg beljakov

} mešaj

} dodaj

Rjavi biskvit

Enako kot rumeni le, da dodaš 2 žlici čokolade.

Orehov nadev

½ kg orehov
20 dkg sladkorja
1 kisla smetana (2 dl)
1 celo jajce
mleko po potrebi

Skutni nadev

½ kg skuta
20 dkg sladkorja
1 kisla smetana (2 dl)
1 celo jajce

Kvašeno testo

orehov nadev (polovico)
rumeni biskvit
skutni nadev
rjavi biskvit
orehov nadev (polovico)

Naj se ti lepo posreči. Je zelo dobra in lepa.

Modern Potica

Leavened dough

40 dkg flour
5 dkg yeast
2 whole eggs
2 tablespoons sugar
milk as required

Yellow sponge cake

4 egg yolks
4 tablespoons sugar
4 tablespoons flour
½ (packet) baking powder
beaten egg whites

} mix

} add

Brown sponge cake

The same as for the yellow sponge cake except that you add 2 tablespoons chocolate.

Walnut filling

½ kg walnuts
20 dkg sugar
1 sour cream (2 dl)
1 whole egg
milk as required

Cottage cheese filling

½ kg cottage cheese
20 dkg sugar
1 sour cream (2 dl)
1 whole egg

Leavened dough

walnut filling (half)
yellow sponge cake
cottage cheese filling
brown sponge cake
walnut filling (half)

May it turn out well for you. It is very good and nice.

Wishing you good appetite!

continued from page 2

- SBS Radio broadcasts in 68 languages to a potential audience of almost one million each week.
- SBS TV's Worldwatch news service broadcasts in 18 languages and SBS can re-voice television commercials into any of the languages.

Multicultural radio stations are the only radio stations in Australia that play music from all four corners of the world.

GLASBA - MUSIC

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

SLOVENIAN EMBASSY

The new chargé d'affaires at the Slovenian Embassy in Canberra is Gregor Kozovinc who replaced Bojan Bertoncel in September. Gregor, together with Božena Forštnarič, can be contacted at the embassy regarding consular activities such as citizenship, passports, pensions, etc.

Božena was in Adelaide in October at the Slovenian Club offering consular services to the Slovenian community. These services are highly appreciated by the community.

Embassy contact details are at the back of this newsletter under Useful Addresses.



**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.

Club members can read Moja Slovenia in the clubrooms or borrow the publication to take home and return for other members to read.

Moja Slovenija is published monthly.

EUREKA

Rad vam povem, niti ni tajnost! Polastila se nas je zlata mrzlica in v torek 10. oktobra, s Premier Stateline coach - avtobusom, ob 8h zjutraj, smo polni pričakovanja odpeljali s klubskega dvorišča proti **Ballaratu z neugasljivo hajko na zlato.**

Vso pot nas je spremljalo in ogervalo toplo sonce. Ko je nastal čas za razbremenitev, šofer David je ustavil vozilo vsakih par ur in ker je poznal kraje in njih tisoč skrivnosti, nam je vsepovsod odkril kaj lepega.

Kot bi nas kdo drezal v živec, potovali smo kakor bi imeli v sebi čimveč prožnega duha. Hihitanje in muzanje se je razlegalo od konca do kraja prostornega avtobusa. Verjetno tako hecno se smejejo in potujejo le potepuhi. Od tu dalje opuščam vse bahanje. Da zabeležim trezno in doživeto, kot je treba.

Po devet urni vožnji - Ballarat - tu smo pred Park View Motor Inn Motelom in našim domom za naslednje tri noči. Po osvežitvi in kratkem sprehodu nas je čakala, primerno naporu, dobro naložena večerja.

Drugo jutro, novi listi starih pouličnih brestov so se magično srebrili v zaspanih očeh radovednih potnikov. Ballarat, stopetdeset let staro mesto z devetinsedemdeset tisoč prebivalci, ima dve univerzi, široke z drevjem zasajene ulice, veliko razkošnih zgodovinskih palač in drugih zanimivosti. S četrtr arskimi parcelami ter z mnogimi parki, brez modernih stolpnih je mesto zelo razpotegnjeno in prijetno.

Na pot, na pot! Mimo Wendouree jezera, ki je zaradi suše prazno, smo se srečno pripeljali v botanični vrt. Ogledali smo si spomenik vojnih ujetnikov, vseh vojn. Občudovali smo in se čudili dragocenim marmornatim kipom in levoma s človeškimi zobmi.



Ballarat

Nazaj v srce mesta in sicer, v Ballarat Fine Art Gallery. To je največja pokrajinska galerija, kjer je med drugim razstavljena originalna Eureka zastava že od leta 1895.

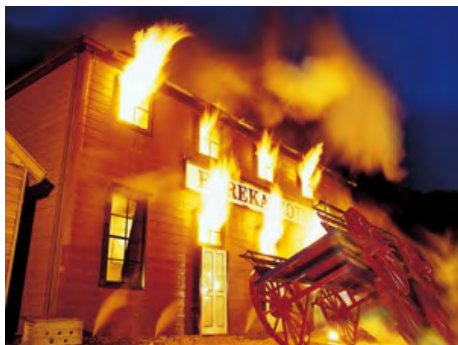
Po ogledu mesta je nastal čas pouličnih dirk, z lovom na sladoleđ in na sadje, ki ga je v ballaratskih trgovinah težko najti. Popoldan je bil določen za pogled nazaj v zlato dobo davnega leta 1851, ko je kraj iz stopetdesetih duš, v manj kot dveh tednih narastel na dvajset tisoč ljudi. Vse je še ohranjeno, kot je bilo tistega davnega leta. V prahu in vročini hodili smo mimo:

Pekarn, kovačnic, šol, livarn, hotelov, bank, mimo zasilnih bivakov, itd. Mrzlica, mrzlica! Z mislijo sem blodil in razmišljal, kako neki so mogli takratni siromaki, od vseh koncev in krajev, peš mrzlično riniti naloženo samokolnico, da so končno: Potni prašni, opikani od muh in komarjev prišli na cilj.



Eureka Stockade zastava

Istega dne, po večerji, smo doživeli še en razburljiv dogodek. Namreč na površini dvajset arskega Sovereign Hill-a so nam uprizorili dramo: "Blood on the Southern Cross." Drama celovito pedstavi v živo, kot se je takrat dogajala bitka: "Eureka Stockade". Gledali smo v celotno razpletanje pretresljivih dejanj, od požara Eureka Hotela, do spletke in bitke same, ki je zatrla upor, a vseeno olajšala življenje rudarjev.



"Blood on the Southern Cross."

Ob gledanju drame nam je domišljija še dodajala in predla po glavi, vsakemu po svoje. Rdeči plameni požara so razsvetljevali okolje in naša lica, ko pa je gromozonsko poknilo iz topa nam je vzelo sapo.

Nekoliko preplašeni smo se potem zarežali na vsa usta.

Tretji dan smo zastavili korak preko "Macedon Ranges."

V bližini Daylesford-a smo vzstopili v istoimenski, v galerijo obnovljen samostan. Bil je ustanovljen leta 1890, razpuščen leta 1986. Ima sedmero individualnih galerij, trdijo, najlepših v Avstraliji. Nekateri mu dajejo laskavi naslon: "Tempelj umetnosti, hrane, kulture in zgodovine."

No ja, v Viktoriji se pač radi izražajo v superlativih!

Ob slovesu pred galerijo Daylesford se je gospe R. Sever, na debelo posutem šodru nesrečno spodrsnilo. Navkljub, da smo z njo vsi sočustvovali in jo tolažili, vendar ji ni nihče s kakšnim čarodejnim 'Abra Kadabra' znal pomagati. Upamo vsaj in ji želimo, da bi kmalu spet lahko veselo zaplesala.

Po obilnem vegetarjanskem kosilu smo se brez teže nahrbtnikov, z vrh Mount Macedon počasi spuščali v dolino začuden nad lesenimi hišami, ki se ob cesti levo in desno skrivajo po grmovju. Izgleda vsaj, da nas pepelnica sreda ni prav nič naučila.

Za naslednjo postajo so nam izbrali Yulong Lavender Farm. Zadišalo je po sivkinem cvetju, pogled se nam je razlil preko sivkinih gred. V notranjosti so nam ponudili suho cvetje, razne terapevtske žavbe, aromatična olja - za masažo in aromaterapijo in še kaj.

Nazaj domov! To petkovo jutro smo zopet strpali prtljago na avtobus. Da bi več vidli je avtobus zapeljal proti Grampians hribom in si oddahnil šele v kraju "Halls Gap". Od tam je cesta zavijala navzgor v Grampians National Park. Šli smo mimo ožganih melišč, mimo belih 'Black Boys', ki so kot sanjavi žandarji čakali, da se bahavo razcvetijo.

Težko je stisniti v en sam stavek toliko lepote, prisrčnosti in življenske izkušnje. Vsak je lahko s poti pobral nekaj zase, ki mu bo še dolgo ostalo nepozabno.

Ob drdranju motorja tih zdaj brskam po svoji malodušnosti in spet molčim. Misli kar same blodijo po osušeni planjavi; visijo na posameznih hribih, strmijo v stare fajbrove in pločevinaste hiške in se motajo po prepečenih žitnih poljih, travnikih in suhih potokih.

Kdor je pridno opazoval se je vrnil bogat, z dobro voljo. Morda drugič bomo šli še ... kam?

Pred večernim mrakom, z zlatim prahom obteženi, prepričani, da smo bogati, z radostjo v srcih smo se razšli.

GOSPA OLGA HRVATIN, hvala za dobro organiziran izlet, za Vaš trud, za brige in skrbi!

Ivan Legiša

SLOVENIAN TOURIST

During November 2006 Lučka Lesjak Soklič from Slovenia visited Australia and her itinerary included Melbourne, Adelaide, Cairns, Brisbane and Sydney. Lučka bravely drove from Melbourne to Adelaide along the Great Ocean Road, no small feat considering she had never driven on the "other side of the road" (in Europe they drive on the right hand side) and she was travelling alone! She said it is one thing to see the size of Australia on a map but you really don't appreciate the distances until you travel them. Lučka has completed a degree in Architecture from Ljubljana University which included a year's study in Vienna (she speaks German and of course Slovenian). She is currently undertaking post-graduate studies in architecture in Ljubljana.

I spent a few hours with her on a Friday afternoon on her rapid fire trip to Adelaide and I must say her command of the English language is excellent, fluent, not once having to venture into my broken Slovenian. Lučka visited the Botanical Gardens, North Terrace and Rundle Mall, and after some Singapore style noodle soup at the Adelaide Central Market we drove down to the seaside of Glenelg discussing the various architectural styles of Adelaide and the popularity of Glenelg as a beach haven. She returned to Adelaide City by tram as she wished to experience a tram ride while in Australia.

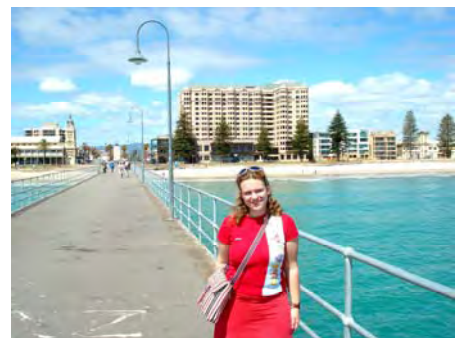
We hope Lučka enjoyed the rest of her stay in Australia.



Lučka at the Adelaide Central Market.



Sketch of Glenelg Town Hall by Lučka Lesjak Soklič.



Lučka on Glenelg Jetty.

Adrian Vatovec

Sporočila - News

Čestitamo gospe Cvetki Jamnik za prejeto podelitev priznanja od Rdečega križa za pet in sedemdeseto daritev krvi. Malo nas je tako tihih in pridnih kot je naša Cvetka. Nikdar ne bomo vedeli komu vse je pomagala, mogoče tudi kateremu od nas. Istočasno daruje svoj čas in pomaga pri Rdečem križu vsak ponedeljek.

Čas je zlato in koliko ga porabi v Slovenskem klubu nihče ne ve, saj ji nikdar ni nič pretežko.

Sposobna in pridna. Hvala Cvetka in še enkrat čestitamo!



We congratulate Mrs Cvetka Jamnik on receiving an award of recognition from the Red Cross for 75 donations of blood. Few of us are as quiet and diligent as our Cvetka. We will never know all those whom she has helped, perhaps even one of us. At the same time she donates her time and helps at the Red Cross every Monday.

Time is golden and how much she uses at the Slovenian Club nobody knows, after all nothing is ever too hard for her.

Capable and diligent. Thank you Cvetka and congratulations once again!

Sončnice

Zakaj sončnice? Srečni smo vsako jutro kadar odpremo oči in se ozremo proti soncu, ki nas osvetljuje in užijlva že vsa leta. Prav tako se sončnica obrača proti soncu in če jo dobro pogledate se Vam nasmeji, Vas pozdravi, se ji lahko potožite, in vse bo ostalo med sončnico, soncem in Vami.

Samo mlade gospe in gospodje na starih petah se zbiramo v našem Slovenskem klubu vsako tretjo sredo v mesecu. Sivi, bolani, močni, polni dobre volje in srečni, da smo še tukaj. Do sedaj smo se zbrali štirikrat, poklepetali, zaigrali biljard, boče, bingo, karte ali pokramljali v prijazni družbi. Naše kuharice so nam skuhale kosilo, katerega plačamo pet

dolarjev, se okrepimo, posladimo, popijemo kavo ali čaj in se zabavamo naprej.

Letos smo imeli naše zadnje srečanje sončnic 15. novembra. Gospe Rozika Snofl, Anica Szivatz, Francka Wetzel in Maria Koči so nam postregle s šunko, prestanim krompirjem in dinstanim zeljem. Posladili smo se s sirovimi palačinkami. Gospa Rozika in Anica sta nam pripravile božično darilo, naloženih krožnikov finega domačega peciva za kar jima posebna hvala.

Želim vsem sončnicam vesele Božične praznike, zdravja in zadovoljstva v novem letu in na veselo svidenje 17. januarja 2007.

Pridružite se nam,
Lep pozdrav
Olga Hrvatin

Sunflowers

Why sunflowers? We are fortunate every morning when we open our eyes and turn towards the sun, which illuminates and delights us all year. Just so the sunflower turns towards the sun and if you look carefully it smiles at you, it greets you, you can complain to it and everything will stay between the sunflower, you and the sun.

Only young women and men on old feet gather in our Slovenian Club every third Wednesday of the month. Grey haired, ill, strong, full of good cheer and happy that we're still here. Until now we have gathered together four times, we've talked, played billiards, bocce, bingo, cards or chatted a little in friendly company. Our cooks cooked us lunch, for which we paid five dollars, we refresh ourselves, eat sweets, drink coffee or tea and continue to enjoy ourselves.

This year we had our last sunflower meeting on November 15th. Rozika Snofl, Anica Szivatz, Francka Wetzel and Maria Koči served us with ham, potatoes and cabbage. For sweets we had cheese pancakes. Rozika and Anica prepared a Christmas gift for us, heaped plates of fine homemade pastries for which special thanks to them both.

I wish all sunflowers a merry Christmas, health and happiness in the New Year and to a happy meeting again on January 17th 2007.

Come and join us,
Kind regards

Olga Hrvatin
Translated by Rosemary Poklar

Government Establishes Councils for Slovenians Abroad

Ljubljana, 13 July 2006

The cabinet adopted on Thursday a decree establishing the Council for Slovenians Abroad and the Council for Slovenians in Neighbouring Countries which were envisaged as consultative bodies as part of the recently passed Act on Slovenians abroad.

The Council for Slovenians Abroad is comprised of 19 members - of which six represent state institutions and civic society organisations from Slovenia and 13 represent Slovenians abroad, a president and a vice-president.

While the Prime Minister is to act as the council's president, the responsibilities of the vice-president are to be carried out by the incumbent head of the Office for Slovenians Abroad.

The make up of the Council for Slovenians in Neighbouring Countries is identical apart from the division of the members with five representatives coming from state institutions and civic society organisations from Slovenia and five from Slovenians in neighbouring countries.

Veleposlaništvo Republike Slovenije

Veleposlaništvo Republike Slovenije v Canberri bi vas želelo obvestiti, da bo Republika Slovenija z dnem 28. avgustom 2006 pričela z izdajo novih biometričnih potnih listin (e-PL). Biometrični potni list, imenovan tudi elektronski potni list (e-PL), je potni list nove generacije z brezkontaktnim čipom in najmodernejšimi zaščitami, in bo tudi v prihodnje zagotavljal visok standard zaščite državljanov pri potovanjih. Navidez se ne bo bistveno razlikoval od dosedanjega, vseboval bo nove zaščitne elemente, med temi čip s fotografijo imetnika dokumenta, na platnici pa bo posebna mednarodno dogovorjena oznaka, ki nakazuje, da dokument vsebuje čip.

Pričetek izdajanja novih biometričnih potnih listin prav tako ne bo vplival na veljavnost že izdanih potnih listov, kar pomeni, da trenutno veljavnih potnih listov ne bo potrebno menjati do poteka njihove veljavnosti (dosedanji potni listi RS bodo ostali v

veljavi do izteka v dokumentu označene veljavnosti).

Nekatere dodatne informacije:

Cena biometričnega potnega lista
Cena e-PL ostaja na diplomatsko konzularnih predstavništvi RS po svetu enaka dosedanji (v Avstraliji 140 AUD).

Vsebina čipa

Na brezkontaktnem čipu, ki bo nevidno vgrajen v biografsko stran potnega lista, bodo shranjeni le tisti podatki, ki so tudi sicer vidno zapisani v potni list in biometrična fotografija imetnika.

Dostop do podatkov na čipu

Čip, ki bo v potnem listu, bo brezkontaktni. Čip bo »zaklenjen«, kar pomeni, da bo lahko podatke z njega prebrala le avtorizirana oseba na mejnem prehodu s pomočjo posebne naprave.

Potovanje v ZDA

Republika Slovenija izpolnjuje sedanje zahteve za potne liste ob vstopu v ZDA (strojna čitljivost in digitalizirana fotografija) in bo z novim biometričnim dokumentom izpolnila tudi ta pogoj. Slovenski državljani bodo tudi v prihodnje lahko potovali v ZDA brez vizuma, to velja tako za imetnike novega (biometričnega) kot tudi sedanjega (starega) potnega lista RS. Tako tudi za vstop v ZDA po 26. 10. 2006, starih potnih listov ne bo potrebno zamenjati pred potekom njihove veljavnosti.

Abeceda vitaminov

Človeško telo poleg kalorij za svoje normalno delovanje nujno potrebuje tudi vitamine in minerale. Ker jih ne more proizvajati samo, jih moramo vnašati s hrano ali s prehranskimi dodatki. Pripravili smo preglednico najpomembnejših vitaminov in naveste, kako in kdaj jih jemati, da boste v prvih pomladnih dneh pokali od zdravja.

Vitaminski in mineralni morajo biti v primernem razmerju, da najbolje delujejo. Vitaminski se v osnovi delijo na tiste, ki so **topljivi v maščobi**, in tiste, ki so **topljivi v vodi**. V prvo skupino sodijo vitamini A, D, E in K. V telo jih vnašamo z maščobo v hrani, njihove zaloge pa se kopičijo v maščobnih tkivih. Teh vitaminov ni potrebno uživati vsak dan, prekomerne količine pa se kopičijo v telesu. V skupino vitaminov, ki so

topljivi v vodi, sodi devet vitaminov, njihove presežke pa lažje odstranimo iz telesa kot tiste iz prve skupine.



Vitamin C

Je pomemben antioksidant, ki pomaga pri celjenju ran, raztaplja vitamin E in je pomemben za zdrave zobe, kosti, dlesni, vezi in žile. Poleg tega vitamin C izboljša absorpcijo kalcija, železa in folne kisline. Če ima naše telo ves čas dovolj vitamina C, lahko s tem zmanjšamo tveganje za raka, srčno kap in mnoge druge bolezni. Potrebe po tem vitaminu so povečane po operacijah, kadar smo pod stresom in pri sladkornih bolnikih. Še posebej veliko pa ga potrebujejo kadilci. Pri preveliki količini vitamina C se lahko pojavijo slabost, driska, zniža se količina bakra in vitamina B₁₂ v telesu. Največ tega vitamina je v beluših, brokoliju, limonah, pomarančah, kiviju, jagodah, brstičnem ohrovtu, rozinah, ananasu, zeleni papriki, mango in v paradižniku.

Vitamin A

Pomemben je za dober vid, krepi imunski sistem in je ena najpomembnejših sestavin za zdrave in trdne kosti. Pri preveliki količini se lahko pojavijo glavoboli, bruhanje, zamegljen vid in težave pri delovanju jeter. Največ vitamina A je v pomarančah, v rdeči, rumeni in oranžni zelenjavi, solati, jajcih in govejih jetrih.

Vitamin E

Zagotavlja normalno delovanje celic in sprošča encime. Pomemben je za

tvorbo rdečih krvnih teles, uravnava pa tudi delovanje živcev in je pomemben antioksidant. Preprečuje arteriosklerozo in bolezni srca, znižuje povišan krvni tlak, krepi imunski sistem, ščiti pljuča pred škodljivimi vplivi okolja. Ublaži lahko simptome menopavze in zmanjšuje možnosti za Alzheimerjevo in Parkinsonovo bolezen. Če ga vzamemo preveč, lahko povzroči želodčne bolečine ali oslabi delovanje imunskega sistema. Največ vitamina E je v rjavem rižu, solati, zelju, kiviju, oreščkih, stročnicah, papaji, semenih, soji, špinaci, paradižniku, rastlinskih oljih, ovseni in pšenični moki.



Vitamin D

Pomemben je pri absorpciji kalcija, fosforja, magnezija in cinka. Poleg tega skrbi za trdnost zob in kosti ter dobro delovanje mišic in žlez. Prevelika količina lahko zmanjša količino kalcija v kosteh in zobeh, prizadene ledvice in povzroči arteriosklerozo. Veliko ga je v jajčnem rumenjaku, ribah in mleku.

Vitamin K

Pomemben je za dobro cirkulacijo krvi in spreminja glukozo v glikogen, ki se skladišči v jetrih. Zadostna količina vitamina K preprečuje osteoporozo in druge spremembe v kosteh. Veliko ga je v brokoliju, solati in zelju.

Vitamin B₁

Sprošča energijo iz proteinov in maščobe, uravnava želodčno kislino

in izboljša cirkulacijo. Omogoča normalno delovanje živčnih celic in je nujno potreben za rast. Veliko ga je v beluših, avokadu, brstičnem ohrovtu, brokoliju, rjavem rižu, ribah, stročnicah, slivah, svinjini, piščančjem mesu, ovseni moki, arašidih, suhih slivah in riževih otrobih.

Vitamin B2

Omogoča tvorbo rdečih krvnih teles in tako preprečuje slabokrvnost, sodeluje pri tvorbi hormonov, sprošča energijo iz maščob in proteinov ter dobro vpliva na vid. Dober je tudi za preprečevanje migren, najdemo pa ga v beluših, avokadu, brokoliju, brstičnem ohrovtu, stročnicah, mleku, oreščkih, piščančjem mesu, špinaci in jogurtu.



Vitamin B3

Omogoča delovanje živčnega sistema, je sestavni del želodčne kisline in omogoča raztapljanje maščob. Zmanjšuje količino holesterola v krvi in pomaga izboljšati pacientovo stanje po infarktu. Nekateri ljudje so alergični na prevelike količine vitamina B3, zato morajo biti pri jemanju še posebej pazljivi. Prevelika količina lahko povzroči težave z jetri, rano na želodcu ali luščenje kože. Najdemo ga v brokoliju, korenju, kvasu, regratu, stročnicah, ribah, paradižniku, svinjini, krompirju in polnozrnatih izdelkih.

Vitamin B6

Sodeluje skoraj pri vseh procesih v telesu in omogoča delovanje živčnih celic in zdravje las. Preprečuje lahko tudi depresijo in nam pomaga ohraniti možgane v kondiciji tudi v zrelih letih. Prevelike količine tega vitamina lahko povzročijo preobčutljivost na svetlobo in poškodbe živčnega sistema. Veliko vitamina B6 je v bananah, fižolu, kvasu, brokoliju, rjavem rižu, korenju, piščančjem mesu, ribah, grahu, krompirju, soji, špinaci, sončničnih semenih in svinjini.

Vitamin B12

Pomemben je za delovanje živčnih vlaken, pomaga pri tvorbi novih celic in preprečuje slabokrvnost. Lahko zmanjša možnost infarkta in količino holesterola, pomaga pa tudi proti depresiji. Veliko ga je v kvasu, jajcih, jetrih, mleku, ostrigah in morskih sadežih.



Folna kislina

Preprečuje slabokrvnost in povečuje odpornost, pomembna je pri pretvorbi maščob in lahko prepreči dedne napake pri novorojenčkih ter nekatere oblike raka. Zagotavlja dobro delovanje možganov in znižuje količino holesterola v krvi. Veliko folne kisline je v kvasu, ječmenu, otrobih, rjavem rižu, solati, dateljnih, stročnicah, gobah, pomarančah, grahu, jagodah, tunini in lososu.

Kdaj je najboljši čas za jemanje vitaminov?

Nekateri vitamini in minerali se najbolje absorbirajo, če jih vzamemo ob določenem času. Še boljše pa je, da prisluhnemo svojemu telesu in najdemo svoj optimalni čas za jemanje vitaminov.

Multivitaminske tablete uživamo ob hrani, v kateri mora biti vsaj malo maščobe, da se vitamini, ki se topijo v maščobi (A, D, E in K), lažje absorbirajo.

Vitamin E: vzamemo ga med obrokom, v katerem mora biti prav tako vsaj malo maščobe.

Vitamin C: polovico dnevne količine zaužijemo zjutraj pri zajtrku, drugo polovico pa zvečer pri večerji. Tako čez ves dan zagotovimo zadostno količino tega vitamina v krvi.

Kalcij: naenkrat moramo vzeti vsaj 500-miligramsko tableto, saj tako omogočimo najboljšo absorpcijo. Ne jemljemo ga ob hrani, ki vsebuje žitarice.

Železo: ne jemljemo ga istočasno s kalcijem, saj je v tem primeru njegov absorpcija slabša. Če torej jemljemo železo in kalcij, poskrbimo, da ju bomo jemali ob različnih delih dneva.

Manca Mirnik

Pestra ponudba masaž

Zaradi hitrejšega tempa življenja in stresa, ki se zaradi tega pojavlja, je v sprostitvenih centrih na voljo ogromno raznovrstnih načinov sproščanja, lajšanja fizioloških in psihičnih bolečin, vzpostavljanja notranjega ravnovesja. Ena izmed sprostitvenih tehnik je masaža.

Ročne masaže so v različnih oblikah poznali in uporabljali že starorimski in starogrški zdravniki kot eno izmed najpomembnejših terapij za zdravljenje in lajšanje bolezni. Dojemali so jo kot najpomembnejše sredstvo za odpravljanje, lajšanje bolečin in seveda za zdravljenje. Pred več kot 2000 leti je grški zdravnik Hipokrat dejal, da lahko z drgnjenjem poveže vez, ki je prerahla, in zrahlja vez, ki je pretrda.



Masaža sprošča telo v celoti, blagodejno in sproščujoče vpliva tudi na psiho. Za masažne tehnike, kjer se uporablja olje, velja, da imajo tudi kozmetičen učinek. Tako skozi različne oblike dotika, masaže, dosežemo regeneracijo telesa v večji ali manjši meri, vse vplivajo na človekovo lastno sposobnost samozdravljenja.

Ročna klasična masaža telesa

Klasična ročna masaža ima svoj izvor na Švedskem, zato jo pogosto imenujejo tudi "švedska masaža". Lahko je terapevtska ali relaksacijska. Izvaja se na goli koži, ki se jo najprej naolji. Zajema celotno telo - prične se na hrbtu in končna pri trebušnih mišicah. Med masažo se sprostijo mišice, zmanjšajo in odpravijo se bolečine in krči, pospeši se izločanje strupov iz telesa, izboljša se tonus kože, sprošča duševna napetost.

Terapevtov namen je izboljšati cirkulacijo krvi in limfe, sprostitvev mišic, lajšanje bolečin, vzpostavitev normalnega metabolizma in ostalih fizioloških in psiholoških stanj. Glavni

cilj je doseči mišično in psihično sprostitve.

Aromaterapija

Aromaterapija je zelo stara tehnika, ki so jo uporabljali Egipčani že pred 4000 leti. Danes aromaterapija pomeni posebno vrsto zdravljenja, pri kateri se eterična olja ali aromatične esence vtirajo v kožo, inhalirajo ali dajejo na kožo kot obkladke. Je klasična ročna masaža z dodatkom eteričnih olj, ki se med masažo vtirajo v kožo. Uporabljajo se posebna olja za sprostitve, za osvežitev, za dvig razpoloženja in olje za psihično in fizično sprostitve.



Ročna limfna drenaža

Je posebna oblika ročne masažne tehnike, ki pospešuje odtekanje tekočine in beljakovin iz periferije ter normalizira razmerje tekočine in beljakovin v medceličnem prostoru. Njen namen je, da s spodbujanjem limfnega sistema pospeši odstranjevanje odpadnih snovi iz telesa. Izredno pomembna je uravnovešenost limfnega sistema za odlično delovanje imunskega sistema.

Ročna limfna drenaža je rahla, črpanju podobna masaža. Vsi gibi se izvajajo zelo nežno po telesu navzgor proti najbližjim bezgavkam, kar izboljša cirkulacijo in vpliva na celotno regeneracijo telesa.

Refleksoterapija

Refleksoterapija je celostni način zdravljenja in je del tradicionalne kitajske medicine. Tradicija pravi, da ima vsak del telesa svojo točko na stopalih in dlaneh. Temelji na pritiskih na določene točke na rokah in nogah. Uporablja se za sprostitve in za vzpostavitev harmonije med telesnimi funkcijami. Uporabljajo jo v preventivne namene ali kot terapijo pri akutnih in kroničnih boleznih. Pritiski na te točke sproščajo posamezne notranje organe in dele telesa, uravnovešijo telo, spodbujajo krvni obtok, aktivirajo in/ali umirjajo organske funkcije.

Poleg klasičnih masaž je v zdraviliščih, kozmetičnih salonih in sprostitvenih centrih še veliko "vzhodnjaških" in drugih tradicionalnih masaž. Naštujemo samo nekaj izmed široke ponudbe:



Shiatsu masaža

Osnovni princip zdravljenja s shiatsu masažo izhaja iz tradicionalne orientalske medicine, katere bistvo je vzpostaviti komuniciranje s pomočjo dotika. Gre za pritiskanje oziroma masažo točk na telesu, ki ležijo na t. i. energetskih kanalih ali meridianih, po katerih se pretaka naša "življenjska energija". Shiatsu tehnika vsebuje raztezanje, pritiskanje (z dlanmi, palci, prsti, podlahtmi, komolci in stopali) z namenom, da se pospeši pretok energije, cirkulacija, gibljivost.

Klasična tajska masaža

Ima svoj izvor na vzhodu, to je 2500 let stara oblika zdravljenja, ki povezuje znanja iz tradicionalne kitajske in indijske medicine. Temelji na terapiji desetih najpomembnejših energetskih linij - energijskih meridianov, ki potekajo vzdolž celega telesa. Vzdolž njih ležijo akupresurne točke ali "okna v telo", ki so izrednega pomena za uravnavanje življenjske energije. Raztezanje in gnetenje točk, ki ležijo na meridianih, so osnova tajske masaže. S pritiskom na akupresurne točke se mišice sproščajo, bolečine se zmanjšajo, okrepijo se notranji

organi, ohranja se vitalnost in ustvari ravnotežje med energijo telesa, uma in duha. Pritisk se izvaja z rokami, stopali in komolci, masira se kanale in točke na telesu, kjer se pretaka življenjska energija.

Masaža proti celulitu

To masažo izvajajo strankam v kombinaciji z aparaturno terapijo proti celulitu. Na začetku masaže polagajo na problematične dele tople PINDE. Pinda je vrečka, napolnjena z glino, zelišči, začimbami in eteričnimi olji. To je zdravilo starodavnega indijskega izvora. Toplota, ki jo bodo povzročile pinde, bo primerno odprla kožne pore in tako povečala učinek ročne masaže proti celulitu.



La Stone terapija

Je edinstvena terapija z vročimi vulkanskimi in hladnimi marmornatimi kamni. Kamne različnih temperatur polagajo na telo, z njimi masirajo in trkajo. Učinek Stone terapije je posledica različnih temperatur, ki jih telesu dodajajo oziroma odvzamejo, ob čemer se v telesu dogajajo spremembe, ki blagodejno vplivajo na počutje.

Čokoladna masaža

Je masaža za vse z neskončno domišljijo, je edinstveno doživetje čokoladnega objema za vse ljubitelje čokolade, čokoladne aromaterapije za dušo in telo! Čokolada kožo nahrani z olji in kakavovimi maščobami, ki vsebujejo encime, aminokisline, minerale in antioksidante, predvsem pa sprošča hormone zadovoljstva (endorfine in enkefaline).

Medena masaža

Med je že stoletja znan po svojih hranljivih in zdravju prijaznih učinkovinah. Nepogrešljiv pa je tudi pri lepotnih ritualih, predvsem pri negi kože, las in nohtov. Med hrani, vlaži in mehča kožo, pospešuje celjenje

ran in spodbuja obnavljanje celic. Medena masaža kožo poživi, gladi, oblikuje nepravilnosti na koži in jo naredi mehko, čvrsto ter svilnato na otip.



Ayurveda masaža

Ayurveda - (veda o življenju) je več kot 5000 let stara indijska zdravilna tehnika, katere temelj je doseči ravnovesje telesa, uma in duha. Z Ayurvedo se učimo vzdrževati zdravje, se osvoboditi stresov in napetosti.

Pri tej masaži naučijo pravilnega dihanja, sprostijo sklepe in mišice ter individualno ocenijo težave bolnika.

Pri masaži uporabljajo segreta ayurvedska olja. Ta eterična olja pripomorejo k boljši resorpciji odpadnih snovi iz telesa. Koža je mehka, gladka in bolj napeta. S to masažo dosežejo popolno ravnovesje energij. Primerna je za osebe, ki trpijo zaradi stresa, preutrujenosti in napetosti.

Lomi Lomi masaža

Je edinstvena, tekoča, plesno-ritmična masaža celega telesa. Je sproščujoča, hitro odpravi napetosti, obnovi dobro počutje in daje občutek sreče. Lomi Lomi v havajskem jeziku pomeni "ljubeče roke".

TUI NA masaža

Je tradicionalna kitajska medicina, katere ime izvira iz kitajskih pismenk TUI- potiskanje in NA- držanje. Tui-na masaža sproža učinek, ki ga dosežejo s točno določenimi gibi na določenih akupunkturnih meridijanih in točkah. Pospeši pretok krvi in limfe, uspešna je pri zdravljenju poškodb. Cilj je ponovno obnoviti in pospešiti normalno cirkulacijo vitalne energije.

Uporaba dotika je gotovo najbolj naraven in človeški način za lajšanje bolečin in sproščanje napetosti, pa naj gre za tolažilno in spodbudno trepljanje po ramenu ali za božanje bolečega trebuha.

Barbara Gradič Oset

Miss Slovenije 2006 Iris Mulej



Iris Mulej je 173 centimetrov visoka 24-letnica iz Podgrada pri Ilirski Bistrici, ukvarja pa se z oblikovanjem nakita. Kot smo izvedeli, si želi uspeti v šovbiznisu in postati igralka, sicer pa je Iris znana tudi kot slovenska miss z najvišjim inteligenčnim kvociantom (je tudi članica združenja Mensa).



Miss Slovenia 2006 is Iris Mulej. Iris is 173 centimetres tall, 24 years old and comes from Podgrad near Ilirska Bistrica. Not only beauty but brains as well – Iris is a member of Mensa.



Barbara Turk: zmagovalka v čipkah.

Miss Slovenia Iris Mulej in a winning white lace gown designed by Barbara Turk.

FILATELIJA - Stamps



Svarog

Slovenska mitologija –

Slovenian mythology (Svarog – mentioned in the 12th century as the father of the Sun).

Svarog je bil omenjen v 12. stoletju kot oče Sonca, ki so ga Slovani enačili z božanstvom po imenu Dažbog. Ime Svarog izhaja verjetno iz staroiranske in staroindijske

besede svar, hvar, ki je v indoevropski mitologiji pomenila blagoslov najvišjega boga v obliki svetlobe. Tako Svarog kot Svarožič sta v slovanski mitologiji povezana z ognjem, zato ni jasno, ali se imeni nanašata na isto osebo ali označujeta očeta Svaroga in njegovega sina Svarožiča, morda Dažboga. Verjetna je razlaga, da je Svarog inkarnacija čiste, najbolj elementarne svetlobe, medtem ko sta njegovi konkretni utelešenji Svarožič – zemeljski ogenj, kres – in Dažbog – sonce. Tako kot je svetloba nedosegljiva, nematerialna in neizmerljiva, je tudi Svarog ezoteričen, nekonkreten, neaktiven in ne povsem antropomorfen. Pripisana mu je vloga najvišjega božanstva, stvarnika, praočeta in najvišjega vladarja vseh bogov, veselja in reda. V slovanski ter srednjeveški umetnosti in na ljudskih vezeninah je upodobljen kot nebesni svod v človeški obliki, na katerem so simbolizirane stopnje sončnega ciklusa. Njegovo ime je razvidno v številnih slovanskih krajevnih imenih, npr. Tvarog ali Tvarožna gora. Po nekaterih razlagah naj bi bil s Svarogom povezan tudi praznik »božič«, ki se je pokrival s poganskim praznikom nepremaganega Sonca. Staroslovensko ime naj bi pomenilo malega boga Svaroga ali Svarožiča, ki se je ob zimskem kresu rodil vsako leto na novo. Smrt in prerojenje Svaroga sta, tako kot pri Dionizu, simbolično ponazarjala dogajanje v naravi. Mit o ponovnem sončevem rojstvu sredi zime govori o božanstvu, ki se je v najbolj mračnem času borilo za sonce in svetlobo.

Katja Hrobat
Pošta Slovenija

AVTOMOTO – AUTOMOTIVE

Toyota yaris 5v 1,4 D-4D SOL VSC



Yaris je v svoji drugi generaciji pri nas na voljo s tremi različnimi motorji. Po tem ko smo preizkusili močnejšega od obeh bencinarjev, smo vozili še dizla. Gre za 1,4-litrski D-4D, ki daje vozilu svojstven pečat. Ta različica predstavlja po tovarniških podatkih najhitrejšega in najbolj živahnega yarisa in to naftnemu pogonu navkljub. Z osnovno ceno malo čez 3,6 milijona tolarjev je v yarisu najvišja stopnja opreme "sol". Dodatna oprema za 265 tisočakov vključuje sistema VSC in TRC, k čemer spadajo še zavorni koloti zadaj. V tej ceni je še kovinska barva, kar skupaj pomeni nekaj manj kot 3,9 milijona. Skratka, za ta denar lep kos kakovostnega in dobro opremljenega avta, ki navdušuje z obliko, voznimi lastnostmi in z varčnostjo. O tem, ali je to dovolj v tekmovanju s konkurenti, navedenimi v prejšnjem testu, odločajo seveda kupci.

Aleš Črnivec

Automobile speed limits in
Slovenia.
Highway 130 km/h
Main Roads 90 km/h
Populated areas 50 km/h

EU Warns Slovenia of Financial Crisis Because of Ageing

The European Commission has warned Slovenia that it is facing a financial crisis because of the rapid ageing of its population. Unveiling a report on the sustainability of public finances on Thursday, 12 October in Brussels, the Commission said that Slovenia was one of six countries most vulnerable to face problems with the sustainability of public finances.

It moreover said that the country was among the three EU members that are expected to face the most serious consequences of ageing on the budget because of the growing spending on pensions. The Commission therefore called on Slovenia to urgently enact changes to the pension system.

The projected expenditure related to population ageing is expected to increase by 9.7% of GDP between 2004 and 2050, with public pension expenditure up 7.3% of GDP.

The Commission warned that although

Slovenia implemented a promising pension system in 1999, a law introducing indexation in 2005 weakened the effects of the initial reform.

The only thing alleviating the debt that is to arise because of ageing in Slovenia is the relatively low rate of public debt at the moment, the Commission added.

Slovenia must implement further changes to the pension system to curb future expenditure and reduce the risk for the long-term sustainability of public finance.

Despite the stark warning, the Slovenian Ministry of Finance claims that the public finance system is clearly sustainable at least until 2020.

Slovenia is pursuing a prudent public finance policy with a gradual reduction of the deficit, it has also framed a broad set of reform measures that will boost growth, employment and productivity, which in turn will improve sustainability in the long term, the ministry said in a press release.

Marko Štrovs of the Ministry of Labour, Family and Social Affairs struck a similarly positive note in a statement for STA, saying that Slovenia was aware of the problem and it has been reforming the pension system for a decade.

According to him, Slovenia will have to find solutions in creating jobs and raising the retirement age.

The EU has proposed the employment of foreigners as a possible measure to counterbalance the negative impact of ageing, but Štrovs said that the government was not particularly keen on that. "Slovenia already has a lot of immigrants," he said.

Other countries that face a financial crisis in the mid- or long-term as a result of an ageing population, according to the Commission's report, are Cyprus, the Czech Republic, Greece, Hungary and Portugal.

Source: Slovene Press Agency STA

THE EURO IS COMING



Information booklet *The euro is coming* concerning the introduction of the Euro in Slovenia.

On January 1, 2007, Slovenia will introduce the Euro as its national currency. Slovenia is the first of the 10 new member countries admitted into the European Union in 2004 to introduce the Euro. It is a testimony to Slovenia's economic management that the Euro will be introduced as certain economic targets had to be met for the Euro's introduction. *The euro is coming* booklet describes the timing of the Euro's release in Slovenia, the period of dual circulation with the Tolar, and the exchange rate mechanism. The booklet is in both Slovenian and English (the working language of the EU).

Prior to the introduction of the Euro, Slovenian households will receive pocket calculators that will help them convert tolar to euros.

THE LAST KING OF FRANCE BURIED IN SLOVENIA

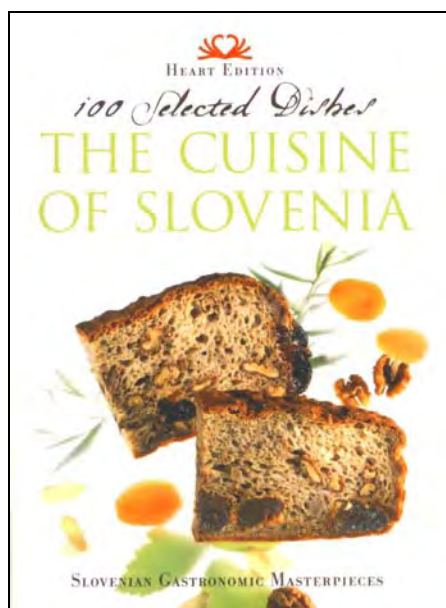
Under the Franciscan monastery in Kostanjevica, near Nova Gorica, lies the tomb of French royalty, the Bourbons, who sought refuge in this part of Slovenia after their exile from France in 1830. Among those buried in the tomb is the last French king, Charles X.



The tomb of the last French King and French royalty in the church of the Franciscan monastery in Kostanjevica.

Source: Creative Slovenia by Janez Bogataj PH.D

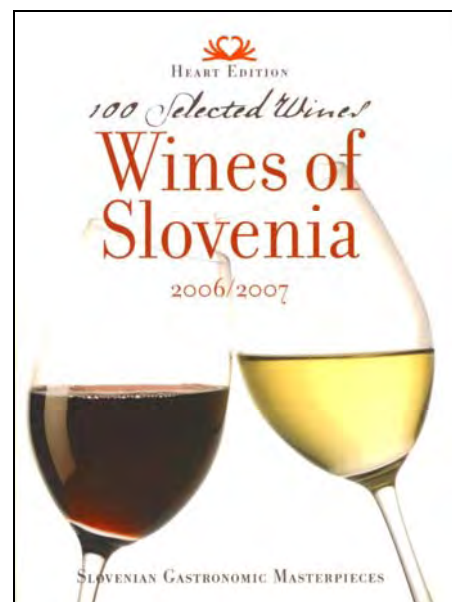
KNJIGE – BOOKS



100 Selected Dishes ... The Cuisine Of Slovenia 2006/2007. Slovenian Gastronomic Masterpieces.

100 selected dishes from the award winning book *The Cuisine of Slovenia* which won the **Gourmand World Cookbook Award for 2005.**

Written by Slavko Adamlje and Dr Janez Bogataj.



100 Selected Wines of Slovenia 2006/2007. Slovenian Gastronomic Masterpieces.

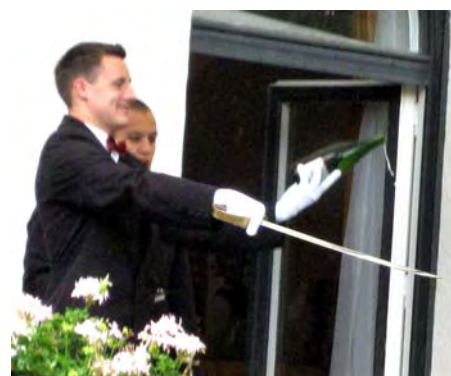
A selection of the top 100 wines from all three wine growing regions by Dr Julij Nemanič.

Presentation of the 82 best Slovenian wine-growers. Descriptions of each wine and recommended years.

All you need is a suitable glass and some good company!

Both of the above books are published by Rokus Gifts Ltd, Ljubljana, Slovenia. Internet: www.darila.com

Method of opening a champagne bottle Slovenian style ...



- slice the top off with a sword. Now that's c(g)lass!

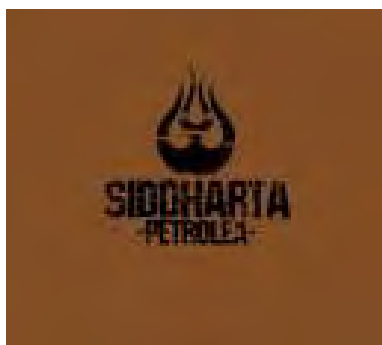
FAMOUS AMERICAN SLOVENIAN

Micky Dolenz a member of the hit 1960's group The Monkees, who played drums in the band, is of Slovenian heritage. The Monkees were formed in America to replicate the Beatles' success

in England, and had a highly successful television series. Micky Dolenz a famous American Slovenian whose father comes from the Gorica region of Slovenia.



ZGOŠČENKE - CDs



SIDDHARTA – PETROLEA

At the beginning of June, Slovenian rock group Siddharta released their fourth album - "Petrolea." The release party took place at Cvetličarna Mediapark hall in Ljubljana.

Fans of the group had to wait quite some time for the release of Petrolea, as it had been nearly three years since the release of Siddharta's last album "Rh-". For their new album the group members had decided on a different method of promotion – to invite fans, friends and co-workers to a party where the album was premiered and the music video for the first single "Plastika" was screened for the first time. The purpose of the party was to celebrate and toast (a few times) the brand new album and also for

the group to find out what the guests thought about "Petrolea." The event started three hours prior to the official release of the album and guests at the event were the first to have the opportunity to buy their own copy of "Petrolea".

In recent years Siddharta has undoubtedly been one of the most successful Slovenian bands, internationally as well as in Slovenia. Selling out a huge concert with the symphonic orchestra at the central stadium in Ljubljana was just the icing on the cake for them. Through the ten years of their existence they have, in their four albums, evolved from a typical low-budget garage band to a popular but somehow still unique group as a result of their distinctive sound and charismatic frontman Tomi Meglič. Although they have translated some of their older lyrics into English, they have preserved a strong Slovenian sound and identity. Part of it has to do with the fact that they know their linguistic limits; the other part is that they are convinced their sound has more soul to it when they perform in Slovenian, since it enables them to showcase their unique personal style. Previous to "Petrolea" the boys had developed a slightly harder sound with a lot of metal grips and philosophical lyrics. The sound of the album "Rh-" was heavily polished and therefore heavier when played live at concerts.

"Petrolea" represents a return to their roots, a return to the garage sound they had ten years ago. The lyrics nevertheless have continued in the tradition of being deep, clever and open to interpretation. The spring release of their new album was no accident. The guys wanted listeners to have time to weigh up the new album, and to have time themselves to develop the live sound. They did not plan to promote the album until autumn. They instead planned during the summer to watch this year's Mondial and relax a bit at the seaside. Their only promotional event of the summer was a performance at the Exit festival in Novi Sad. Boštjan, Cene, Jani, Primož, Tomaž and Tomi take their jobs as musicians seriously, but just to add a bit of fun to "Petrolea" they released the album in two different colours, and are now planning on adding two more colours to the cover. As for their upcoming autumn performances, they may add a bit of an unplugged acoustic sound to their latest songs.

Helena Odlak



Siddharta is: Boštjan M. - drums, percussion, Cene R. - saxophone, ewi, Jani H. - bass, percussion, Primož B. - guitar, Tomaž O. R. - keyboards, programming, Tomi M. - vocals, guitar

Recorded at: Studio RSL (Novo mesto), Studio Jork (Dekani), Studio Thor (Ljubljana), Sound Studio Horus (Hannover)

Mastered by: Jean-Pierre Chalbos (La Source Mastering, Paris)

Internet: www.siddharta.net



Zlate melodije Ansambla Lojzeta Slaka 40 naj pesmi iz obdobja 1964 – 2006.

Best of songs on 2 CDs from one of Slovenia's most famous folk groups Ansambel Lojze Slak who are very popular with the older Slovenian generation. 40 songs taken from 1964 – 2006.

Internet: www.lojzeslak.com



VLADO KRESLIN KONCERT

Live songs on two Cds and one DVD taken from Kreslin's dynamic live performances. Featuring numerous guest performers. The phenomenal Kreslin is one of the few artists who can sellout Ljubljana's Cankarjev Dom (Slovenia's largest concert hall) year after year. Internet: www.kreslin.com



Adrian Vatovec (left) and Vlado Kreslin backstage at Vlado's concert in Doberdob, Italy, September 2006.



Vlado Kreslin (right) with Roger Glover, bass player with iconic British band Deep Purple (legendary songs such as *Smoke on the water*, and *Black Knight*).



TURBO ANGELS

Turbo folk music from Turbo Angels. Sexed-up folk music! Internet: www.turboangels.si

What's Cooking?

in Slovenia ...

Idrijski žlikrofi



Ingredients:

Dough:

½ kg flour
3 egg yolks
1 dl milk
5 dag oil

Stuffing:

1 kg cooked and mashed potatoes
5 dag dripping or lard
3 eggs
breadcrumbs
pepper
parsley
cinnamon
marjoram

Instructions:

Make dough from the flour, yolks and milk that is softer than noodle dough.

Form the dough into a small loaf, coat with oil and leave to rest for at least ½ hour. Once rested roll the dough out thinly and cut into 3cm sized squares. Place walnut-sized spoonfuls of the stuffing mixture into the centre of each square. Fold the dough over, pinching the sides together firmly to seal the žlikrof and give it its 'ear' shape. Make a small hollow in the top of the žlikrof, being careful not to put a hole in it. Cook the žlikrofi in salted boiling water for approximately 10 – 15 minutes. When cooked, drain carefully and serve with a little hot oil or lard.

Stuffing:

Mix the warm, mashed potatoes with the lard, eggs, breadcrumbs, pepper, cinnamon, chopped parsley and marjoram until smooth. The mixture should not be too thin or too thick.

in Australia ...

Pavlova

In 1935, the chef of the Hotel Esplanade in Perth, Western Australia, Herbert Sachse, created the pavlova to celebrate the visit of the great Russian ballerina, Anna Pavlova. The Pavlova has since become a great Australian desert.



TRADITIONAL PAVLOVA

4-6 egg whites
pinch salt
8oz castor sugar/sugar (equal parts)
1 teaspoon white vinegar
1/2 teaspoon vanilla essence
2 level teaspoons cornflour

Preheat oven to 400F(200C).

Lightly grease oven tray, line with baking paper or use non-stick cooking spray.

Beat the whites of eggs with a pinch of salt until stiff (until peaks form). Continue beating, gradually adding sugar, vinegar and vanilla, until of thick consistency. Lightly fold in cornflour.

Pile mixture into circular shape, making hollow in centre for filling.
(Mixture will swell during cooking)

Electric oven: turn oven to 250F (130C) and bake undisturbed for 1 1/2 hours.
Gas oven: bake at 400F (200C) for ten minutes, then turn oven to 250F (130C) and bake a further hour.
Turn oven off, leave pavlova in oven until cool.

Top with whipped cream and decorate with fruit as desired.

Aussie-Info.com

Seen & Heard

A free internet system for learning the Slovenian language is available at the website www.e-slovenscina.si. The Ljubljana Faculty of Arts put the system in place together with the Telecommunications Laboratory of the Faculty of Electrical Engineering, and the government's Office for Slovenians abroad. The distance learning of Slovenian is useful for descendants of Slovenian emigrants.



Mick Jagger of the Rolling Stones dons clothes made in Slovenia. Mick Jagger wore clothes by Slovenian manufacturer Mura produced for the Belgian fashion label Dries Van Noten at the Rolling Stones concert in Vienna on Friday July 21, said the manufacturer from Murska Sobota.

The fashion label, one of Mura's numerous business partners, is well-known for its original men's designs, heavily influenced by the dandy style. Dries Van Noten is renowned for dressing famous artists so it is no surprise if they also dress Mick Jagger, the company added.



A three day International Break dancing competition was held in Portorož in July. Competitors from twelve nations competed in the event.



Slovenian poet Dragotin Kette, 1876 (born in Prem, near Ilirska Bistrica) – 1899.

The New York Times, July 27, featured a lengthy article on Slovenia, a country which "is striding westwards without looking back".

The daily writes that Slovenia is a country in bloom while other new EU member states are complaining about losing their identity and are leaning towards nationalistic policies. It stresses that Slovenia has always supported US foreign policy, recalling

Prime Minister Janša's recent visit to US President George Bush.

Certain European experts consider Slovenia to be an exemplary new member which will be the first of the 2004 newcomers to adopt the euro in January 2007 and preside over the EU in the first half of 2008.

The article quotes from an interview, given by Slovenian Prime Minister Janez Janša during his recent official visit to the US, in which he said that "in 1991, people left Slovenia because they thought that things would be safer in Belgrade. Now they are coming back".

Bernstein writes that Slovenia always had a certain advantage over other Balkan states and other Communist countries of Eastern Europe. Its borders with Italy and Austria and its Adriatic coast meant it had better access to the West.



"Living Fossil" tree from Australia on Display in Ljubljana. An example of the Australian Wollemi Pine was presented in the Ljubljana Botanical Garden in October. The tree, widespread at the time of the dinosaurs, was thought to be long extinct until it was found again in 1994, only 150km from Sydney in the Blue Mountains. The location of the find is a tightly guarded secret to avoid people stealing it because of its rarity.

Archaeologists have found a Roman road, graves and the foundations of a larger building which could be a temple or a shrine in an area in northern Slovenia known for its archaeological finds. Archaeologist Milan Sagadin of the Institute for the Protection of Cultural

Heritage, explained that the site at Cerklje na Gorenjskem, some 25 km north of Ljubljana, provides an important insight into Roman settlements in Slovenia and particularly the region of Gorenjsko. The findings point to mass settlement in the area in the first century AD, while also linking Gorenjsko to the Roman period for the first time.

Almost half of Slovenians use the internet monthly. Around 880,000 people aged 10-75 access the Internet monthly through their personal computers, while 90,000 access it through their mobile phones, according to the results of a recent survey.

Mitja Balazič and Viki Kern were the first Slovenian same-sex partners to formally register their partnership under the new law on same-sex unions which came into effect on July 17 2006.



The Reader's Digest in Slovenian.
Internet: www.rdslovenija.si

Maja Tratnik, a Supreme Court judge, was elected the president of the International Association of Judges at the 49th congress of the association that took place between 27 September and 2 October in Hungary's Siofok, the Slovenian Association of Judges said on Wednesday, 4 October.

The Slovenian Environmental Agency on Friday, 6 October officially marked the launch of a nation-wide network of earthquake observatories, which Slovenia started establishing after a heavy earthquake in the upper Posočje region in the west of the country in 1998.



Zoran Jankovič with his mother.

The man credited with turning Mercator into Slovenia's leading retailer is set to lead the city of Ljubljana for the next four years. Zoran Jankovič, 53 years old, won by an overwhelming majority gaining more than 63% of the vote.



Heather Mills McCartney spends time in Slovenia, away from the glaring media in England concerning the high profile divorce between her and Paul McCartney.

The Howard Government is looking to scrap the word "multiculturalism" as part of a major revamp of ethnic policy. In a move seen as a shift in emphasis away from fostering diversity and towards increasing integration and responsibility among migrants, the Government is canvassing alternative words to describe how ethnic communities harmoniously integrate into Australian society.



Meri Puž modeling for *bella blu* boutique (Torrensville Plaza, Mile End).

BUSINESS

The European Commission has proposed that the irreversible exchange rate at which Slovenian tolar are exchanged for euros on 1 January 2007 be set at 239.64 tolar per euro, the rate at which Slovenia entered the ERM II exchange rate mechanism two years ago to the day.

82% of Slovenians Support the Euro according to the results of the latest Eurobarometer poll.



World Environment Day Awards 2006

Finsbury Green Printing was announced as the winner of *Business Enterprise Awards – Environmental Best Practice Program* in this year's United Nations Association of Australia, World Environment Day Awards at a gala presentation at Melbourne's Grand Hyatt Hotel on Friday 2 June, 2006.



United Nations
Association of Australia

Congratulations to family Orel. Finsbury's printing operation stretch from Adelaide to Melbourne and Sydney in Australia and recently they have expanded into Slovenia with Finsbury Green Printing Slovenska Tiskarna Kras.

Finsbury is one of the most awarded printing firms in Australia for excellence in print quality.





Michael Klobas co-founded Adelaide based Impact Investment Corporation eight years ago. The company invests in commercial properties including offices, showrooms, medical centres and furniture and electrical retail stores. Impact is different from many commercial property investors because it develops and builds its own properties.

Slovenian advertising agency Mediamix received its second Cannes Lion at the 53rd Cannes Lions International Advertising Festival in Cannes. The bronze lion comes on top of a gold won by Mediamix in 2001.

Slovenian cola drink Cockta is catching up with Coca Cola on the Slovenian market. It commands 11% of the market for carbonated drinks, just two

percentage points less than Coca Cola, according to the producer Droga Kolinska.

The Slovenian government amended the Trade Act in July to allow shops to open freely on Sundays.

Slovenian government endorses plan for projects worth EUR 24bn until 2023. Ljubljana, 12 October (STA) - The Slovenian government has adopted a resolution on national development projects between 2007 and 2023 which includes 35 projects worth EUR 24bn designed to boost growth and bring Slovenia's GDP on par with the EU's average in ten years.

Planica, one of the most famous ski jumping venues in the world, is to get a nordic centre worth EUR 100m in accordance with the government's plans for the period until 2023. The centre is scheduled for completion in 2013, according to Education and Sport Minister Milan Zver.

Slovenia's Economy Ministry announced it plans to build an artificial island between the coastal towns of Koper and Izola. The plan is aimed at attracting more tourists. The ministry said construction would begin in 2013 for completion in 2020 and would cost some 100 million euros. The island will be about 30,000 square meters in size, and will offer beaches, bars, restaurants, a wellness centre and a marina. The 3-metre high island will be constructed from the material that will be leftover from the construction of a tunnel on the Koper-Izola dual carriageway and will be connected to the mainland by a promenade.

Apart from the island, the government resolution also stresses linking the tourism potentials of the Karst region, including the Lipica Stud Farm, reconstruction of the picturesque Štanjel village, expansion of infrastructure at the UNESCO-listed Škocjan caves and establishment of a Karst regional park.

Gorenje Launches Production in Serbia. Gorenje, the Velenje-based home appliance maker, has launched a new EUR 20m refrigerator and freezer production plant in the Serbian town of Valjevo.

Technopolis, which has just opened in Celje, is part of an ambitious international project. A project of ideas, knowledge and technologies, which brings creativity to Celje and the Savinjska region and will, in the longer

term, stimulate its entire development. Celje now becomes the fourth Slovenian city – behind Nova Gorica, Ljubljana and Maribor – to have its own technology park. More than EUR 400m will eventually be invested into the extensive project; with the start-up phase alone costing EUR 7m. Those behind the project believe that investing in knowledge is the best possible form of future-oriented investment and that the park will become a significant generator of economic and technological development for the region. There are enough incentives to attract both foreign capital and foreign companies. By 2016, over 280 innovative companies are expected to be operating in Technopolis, providing jobs for 4,350 people of whom 2,850 will be in newly created positions.

Slovenia succeeded in placing the protection of geographical names for several of its brandies into a draft regulation on spirits at a meeting of the EU's agriculture ministers in Luxembourg on Tuesday, 24 October.

According to the Slovenian Agriculture Ministry, the country succeeded to push travarica (herbal brandy), pelinkovec (absinth), brinjevec (gin), dolenjski sadjevec (Dolenjsko region fruit brandy), home made rum, janzevec (anise brandy) and orehovec (walnut brandy) into the proposal.

The right wing NSi party in Slovenia is moving to give the Slovenian minorities living in neighbouring countries representation in the Slovene Parliament. NSi, or New Slovenia, a member of the governing coalition, is asking for a constitutional amendment which will create an extra four seats in parliament with two of them representing Slovenes living in Austria, Italy, Hungary and Croatia. The amendment will require the support of opposition parties if it is to be passed into law.

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.

To the members of the Slovenian Club
Adelaide,

Dear Friends,

I write to thank you for keeping me on your mailing list. I have just received my winter edition of "Slovenia SA" and read the English columns with great interest. Considering that I was a resident in Maribor for three years, 1941-1944, I suppose I should have learned to speak Slovenian. Unfortunately as the ruling authorities at that time ordered, "Sprich Deutsch, die Sprache deiner Gemeinschaft" the locals, wisely, spoke Slovenian only in the privacy of their homes. They wouldn't speak to me anyway if there was any possibility of their having been seen doing so. In spite of this I did pick up a little Slovenian but alas long since lost it.

I still correspond with one old friend in Maribor, Tone Kropusek, who speaks English but, defeated by the spelling of that language, writes to me in German, a language in which I became fluent but in which now, for lack of use, I'm a bit rusty. I write in English to Vili Kos and Lado Pohar both of Ljubljana. Lado was interpreter for U.S. Major Franklin Lindsay, the Allies' emissary to the Stajerska and Koroska partisans. Vili was in the party which put us across the Sava.

I join you in celebration of Slovenia's fifteenth anniversary, of secession from Yugoslavia. I suppose that, to the delegates at the Versailles peace conference in 1919, the federation of the six south Slav peoples must have seemed a good idea. The trouble was that they hadn't read their history books. As we look at it today, Yugoslavia, under whatever governance, could never be a successful nation. Slovenia's success as an independent nation proves the point. I regret that the rigours of old age prevent me from physically attending your meetings but I wish the Club and each one of you every success. I certainly hope that none of you finds it necessary to avail him/herself of the very generous repatriation terms offered you by the recent Act of the Slovenian parliament if you find yourself "in deep crisis". Would Canberra be as kind to me?

Lep pozdrav,

Ralph Churches BEM
Fulham Gardens S.A.
25 June 2006

Cheque for \$20.00 enclosed –
subscription or whatever.

SPORT UPDATE



Merlene the Magnificent, master of time. Merlene Ottey showed her age-defying form in the 100 metres at the European Championships held in Sweden in August. The 46-year-old, seven-time Olympian extraordinarily still competes at the highest level of her sport.

The Jamaican calls Slovenia home these days. "I am honoured to be a citizen of Slovenia – but I will also never forget my Jamaican origins," she pronounced on May 8, 2002 at the naturalization ceremony in Ljubljana where she now resides.

Matic Osovnikar took third place in the men's 100 metres at the European Athletics Championships in Gothenburg, August 2006. Osovnikar set a new Slovenian record of 10.14 seconds en route to a place on the podium.

Irena Avbelj, Slovenia's best woman parachutist, won gold in the free-fall style event at the 29th World Style and Accuracy Parachuting Championship. The competition took place in Russia's

Stupino, some 100 km south of Moscow, from 12 to 20 August.



Anita, Justi and Peter Schneider looking splendid in Slovenian folkloric costume.

CONGRATULATIONS ČESTITKE

All the best - vse najboljše!

Births - Rojstvo

Daniel and Silvana Scandrett-Smith (nee Poklar), a daughter, Isabella Teja, born in Adelaide on July 7, 2006. A sister for Luke and Joel.

Joanne Filipčič and Brian Johnson, a son, Brendon Charley, born in Ballarat Victoria on July 21, 2006. A brother for Abbey.

Franchi (nee Cernelc) – Bruno, Cindy and Katija welcome Lysianne Kira, born in Adelaide September 24, 2006.

Slavko and Lucy Kogoj (nee Martini), a son Zak Izaiah, born November 23, 2006. A brother for Daniel and Jozef.

Robert and Renata Končina (nee Mrgan), a son Nicholas Frankie, born November 28, 2006.

Birthday – Rojstni dan

June – Maks Furlan, Claud Casini

July – Mario Segulin, Olga Orel, Peter Božanič (50th), Ana Brand (80th)

August – twins Daniel and Mathew Goyak (21st), Lily Kaluža (50th)

October – Poldo Vatovec, Ivanka Ivančič, Sonja Kovačević, Andrej Miljavec (80th), Karlo Filipčič

November – Kristina High

December – Anica Strgar

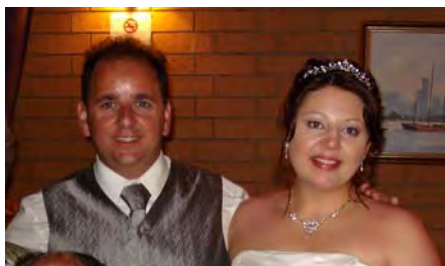
High School Formal



Carly Gregor pictured attending the Mary McKillop formal. Carly likes playing the world football game (soccer) and the guitar. Carly is the daughter of Elanora and Paul Gregor and the grand-daughter of Alda Batista.

Wedding - Poroka

Simon Ivančič and Tamara Edwards married on Saturday November 18, 2006 in Adelaide. Reception was held in the Slovenian Club. Simon is the son of Pino and Ivanka Ivančič and Tamara is the daughter of Sandy Edwards and Valdis Kornouchovs.



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 :

Marcela Bole

Poet - pesnica
Born Šepuljah pri Sežani
na Krasu, Slovenia, 18/06/1914.
Passed away Melbourne, 28/06/2006.
92 years old.
Condolences to her family.

Franciska Lavrenčič

Born in Kanal, Slovenia, 22/2/1919.
Passed away Adelaide, 19/09/2006.
87 years old.
Committed at Cheltenham Cemetery.
Dearly loved wife of Aloys (deceased).
Loving mother of Mario, Frank (deceased), Willy, Clara and mother-in-law of Edith, Vic, and Tracey. Much loved nanna of Johnny (deceased), Melanie, Pamela, Roxanne, Leah, Stephanie, Samantha and Anthony.

Leopolda (Lea) Turelli

Born Circhina, Slovenia, 1/11/1926.
Passed away Adelaide, 29/09/2006.
79 years old.
Dearly loved wife of Radislao. Loved and loving mother and mother-in-law of George and Jennifer, Robert and Teresa. Loved grandmother of Anita, Linda, Chris, Georgina, Mariah, Dana and great-grandmother of Taylor Kate.

Miloje (Pajo) Kovačević

Born in Dragolj, Serbia, 14/6/1914.
Passed away Adelaide, 1/11/2006.
92 years old.
Committed at Centennial Park Cemetery.
Beloved husband of Sonia. Loved brother-in-law of Magda, Milena and Hans. Cherished Ciko to his many nieces and nephews.

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, Incorporated 1967
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
Every third Wednesday of the month for lunch and socialising.

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.vlada.si

SBS Radio (stereo FM 106.3 mhz)

Federation Square
Melbourne VIC 3000
tel: (Melbourne): (03) 9685 2519
tel: (Sydney): (02) 9430 2828
Slovenian program national broadcast:
Tuesdays 9.00 – 10.00am
Listen to Slovenian program at any time on Internet radio:

<http://www9.sbs.com.au/radio/language.php?language=Slovenian>

Ministrstvo za Kulturo

(Slovenian Ministry for Culture)

Maistrova 10

1000 Ljubljana Slovenia

tel: +386 1 478 5900

fax: +386 1 478 5901

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

Slovenska Izseljenska Matica

(Slovenian Emigrant Association)

Cankarjeva 1/11

1000 Ljubljana Slovenia

tel: +386 1 425 1673

fax: +386 1 241 0280

internet: <http://www.zdruzenje-sim.si/>

Slovenian Media House

PO Box 191

Sylvania NSW 2224

Internet: www.glasslovenije.com.au

Internet publisher

Slovenian Australian Institute

PO Box 15

Camperdown NSW 2050

Internet: www.sloaus-inst.com

Internet publisher

Radio Slovenija 1

Program of Slovenians abroad.

Friday night (Slovenian time) 8.30pm – 11.00pm

Middle wave 326.8 m or 918 kHz.

Internet radio: www.rtvsllo.si

RTV Slovenija II

Slovenian Magazine

Every second Friday at 8.55pm

(Slovenian time)

Satellite: Eutelsat, Hot Bird 3, 13 degrees

East, transponder 80, 12302, 880 MHz,

polarisation Y, coding system Viaccess.

Internet (view anytime):

<http://www.rtvsllo.si/slovenianmagazine/>

The Slovenia Times

Fortnightly newspaper in English, published in Ljubljana.

Internet: www.sloveniatimes.com

Moja Slovenija

Uredništvo

Moja Slovenija, Kratka pot 1,

1000 Ljubljana, SLOVENIJA (Evropa)

tel: 0011 386 15653416,

fax: 0011 386 15653417

email: urednistvo@mojaslovenija.net

Internet: www.MojaSlovenija.net

Publisher of monthly magazine Moja Slovenija

Slovenia South Australia

NEWSLETTER

ADVERTISEMENTS

Advertise your business

Contact Club President or Secretary. Sample advertisements may be submitted as hardcopy or on floppy disk or CD, or have it made up by the editorial committee.

Rates:

Business card size \$10
¼page (210mm wide x 75mm high) \$15
(105mm wide x 150mm high) \$15
½ (210mm wide x 150mm high) \$30
(105mm wide x 297mm high) \$30
¾ (210mm wide x 225mm high) \$45
full page (210mm wide x 297mm high) \$60

Slovenian Club Adelaide

Yoga classes

professional instructor

classes for young and old
you can join any time and just go at
your own pace

Every Friday Night
7- 8pm
\$3



*The ancient Indian art of Yoga improves all
aspects of your life.
mind, body & soul*

all equipment provided by the
Slovenian Club
(wear something comfortable)



Adelaide Sunday Mail travel article, *Don't miss the Euro-bus*, about an eight-country coach adventure through Europe including Slovenia, October 22 2006 by Andrew Chesterton.

Ljubljana is described as the stunning capital of Slovenia – an artsy, picturesque city with great food and even better beer. Lake Bled is described as a postcard-perfect lake, complete with an island church and snow-capped mountains.

Shown in the article, far left, is a stunning aerial photograph of Bled Castle.



MIKLAVŽEVANJE

ST. NICHOLAS

Sunday December 10

The fun starts at 3.00pm

Lots of surprises for the children

Bring along the next generation and let them enjoy themselves



BOŽIČNA VEČERJA – CHRISTMAS DINNER

Sunday December 17 at 6pm



book with Cvetka Jamnik
until December 10
at Slovenian Club or
phone 8344 4757



SILVESTROVANJE

NEW YEARS EVE

Sunday December 31

Reservations for seats or tables can be made until December 17
with Cvetka Jamnik at Slovenian Club or phone 8344 4757

RING IN THE NEW YEAR!

