



Cardiovascular Disease Prevention

Health education for the residents of Borovica, Pržići, and Daštansko

Education plays a crucial role in promoting the health and well-being of communities. With the aim of raising awareness about the importance of prevention and making informed decisions, Adriatic Metals BH has organized health education lectures for the local communities in the immediate vicinity of mining operations (Borovica, Pržići, Daštansko) during June and July, under the title "Cardiovascular Disease Prevention."

The lectures aimed to promote health and inform our fellow citizens about the importance of preventing heart and blood vessel diseases, risk factors, as well as methods by which we can change lifestyles and improve our health. Dr. Armin Hadžić, a specialist pulmonologist, spoke about what these modifiable risk factors are and how to eliminate them. After the lectures and counseling on prevention and early detection of cardiovascular diseases, attendees could check their blood pressure and blood sugar levels.



Adriatic Metals BH plans to organize further education in the future to strengthen the community's preventive health care.

CONTEST FOR THE MOST BEAUTIFUL PHOTOGRAPH OF WILD SPECIES OR NATURE OF VAREŠ

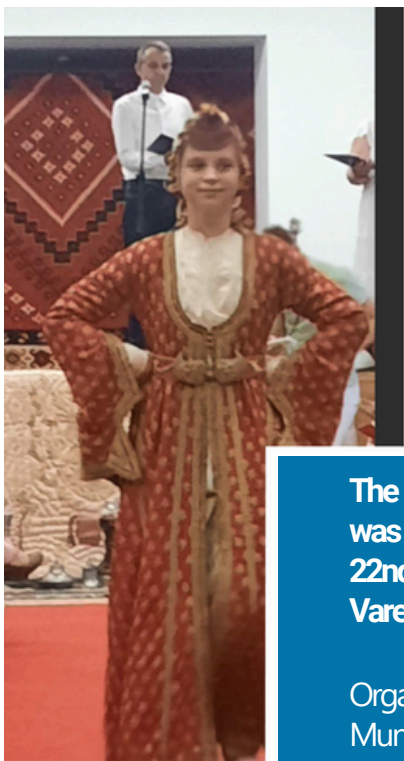
World Environment Day, June 5th, was an excellent opportunity for the residents of Vareš to showcase their photography skills. In line with our policies and commitment to environmental preservation, the Adriatic Metals BH Communication Department organized a photo contest, where our fellow citizens had the chance to display all the natural beauties of Vareš and its surroundings through their camera lenses.



From magnificent mountain peaks, lush forests to clear streams, Vareš can boast its diverse and unreal natural beauty. The contest was an invitation to all photographers, amateurs, and professionals, to try to capture the essence of the beauty of our environment.

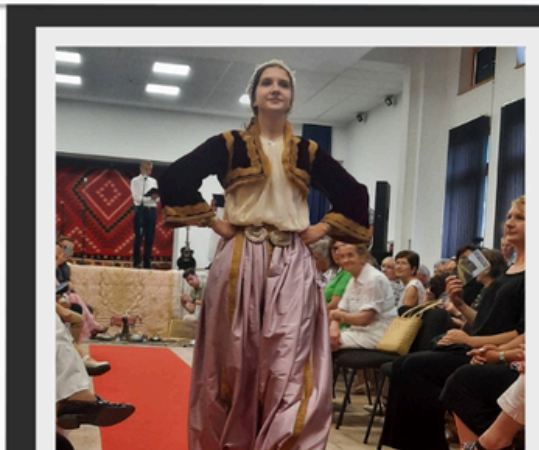
All submitted photographs were available in a virtual gallery, and community members chose the most beautiful photograph by voting. Sakib Hrvat was declared the winner of the contest with his photograph of the sunset over Lake Nula. Alma Botić and Edib Zubača won second and third place, respectively. The winners of the contest were presented with appropriate awards by Dino Busuladžić, the Executive Director for Technical Affairs at Adriatic Metals BH, at the premises of the Information Center. With this initiative, Adriatic Metals BH once again proves its dedication to the protection and preservation of the environment.





The Vareš Center for Culture and Education was the host of a unique cultural event on June 22nd, the Heritage Runway Showcase of the Vareš region.

Organized by the local community of Pržići, the Municipality of Vareš, the Center for Culture and Education Vareš, and supported by the association 'Izvor Vareško', BZK 'Preporod', and Ahmed Spahić – National Museum Sarajevo as an expert collaborator, visitors were treated to a stunning display of 39 traditional costumes from various time periods, belonging to different confessions of the Vareš area. The full hall of the Center for Culture was filled with vivid colors, unusual patterns, and echoes of the past. The program was complemented by traditional musical performances, emphasizing the exceptional importance of sound in cultural expression through the centuries. Events like the Heritage Runway Showcase remind us of the importance of preserving our cultural identities, for in respecting our tradition, we respect ourselves.



LIVING HISTORY PROJECT

Toni Petković

At the beginning, I would like to greet you and thank you for agreeing to speak for our newsletter, which is part of the 'Living History Project.' 'A local, active creator and source of folklore knowledge,' this is how Dr. Mario Katić described you in the foreword of your book, 'Pogled sa Zvijezde'. How would you introduce yourself?

I am Toni Petković, deeply rooted in the Vareš area by birth, where I spend my life cycle. I spent part of my working engagement in the Vareš Mine and Ironworks, and part in the police structures, from where I retired. Today, I live on the slopes of the Zvijezda Mountain, in the area of Pržići, in a holiday home, where I try to arrange fifty years of research into the past of Vareš. The research pertains to the thought-mythical relationship of Vareš to the past. Vareš is a mythical stage where, daily, throughout the year, a mythical drama of the movement of time through the year unfolds. The participants of this drama are the temporal determinants: winter, spring, summer, and autumn. In a conceptual sense, there was no definition of a calendar in the past, hence divine properties were attributed to the annual processes. All Vareš toponymy is related to geology. The complete past of Vareš was determined by geology, and it still is today.

How did you research the folklore and legends of Vareš and its surroundings?

By a fortunate coincidence, I inherited a beautiful family archive, which I have supplemented with my own research. I have investigated folk traditions, written records, and museum artefacts, which I have attempted to shape into a book, "Pogled sa Zvijezde".

In some cultures, there is a superstition that small beings live in mines who knock to warn miners of danger, and whistling can anger them, which is why whistling in the mine is forbidden. Do we have comparable stories?

Yes, in the area of Vareš, mythological beings called Bergmans, who lived in the mines, are mentioned. They were dressed in green outfits, communicated extraordinarily little, stole food from miners, and were blamed for accidents at work.

What does the folk tradition say about the history of mining in Vareš?

The oldest tradition speaks of the geological formation of Vareš. Considering that scientific methods were not available in the past, divine epithets were assigned to all phenomena; every natural process was the result of divine action, divine forces. The first traces are linked to the ancient era, through the Saxons who brought more advanced mining methods and technologies, resulting in the establishment of settlements in these areas. I had the opportunity to pass through the entire underground system of Vareš mines, all those mighty corridors that lie beneath our feet. All these underground systems bear traces of mining from different periods in the past.

Folklore is rich in symbols and usually conveys a deeper meaning. Is there a recurring symbol in your notes, and what does it represent?

Of course, primarily the symbol of the god Perun, but he is not exclusively present in the Vareš area, rather he is a symbol of the overall Slavic understanding of life and the world. In the past, a rosette was engraved on the houses in this area, and it was believed to protect against lightning, or Perun the Thunderer. The yew tree is also a dominant symbol; women carried pieces of yew in their hair to promote growth, and to protect them from lightning strikes. Each deity also had its symbol in nature, customs, or language, and most of them appear even today.

In your opinion, what role does storytelling play in preserving cultural heritage?

We all know about Egyptian, Greek, or Roman mythology, which are deeply incorporated into today's culture; unfortunately, Slavic mythical imagery is not as extensively explored. It is important that we research it to gain insight and better understand ourselves and our role in the world.

How interested are the young people of Vareš in traditional storytelling and folklore?

I have given lectures to the youth of Vareš and various interviews to media houses; a sizable portion of the youth is interested, but not to the same extent as the older generation. The older ones still have more knowledge and interest in tradition.

Is there a particular story that has etched itself into your memory?

I view the history of Vareš as a whole; I do not know if I could single out one story, but what fascinates me is the calendar. Every year, on February 2nd, the 'wintertime' cracks and leads to the weakening of winter's power. The god of the underworld, Velež, and we have the mountain Velež here, who is the owner of all its earthly treasures, its geological wealth that we inherit, is in the calendrical sense a reflection of wintertime. He immediately tries to close the crack that has formed to continue dominating the wintertime. However, the god of the heavenly world, Perun (we have that mountain too), learns of the crack and begins to expand it with his lightning. Velež, already in the fall, around October 24th, stole Perun's beloved wife Zvijezda, the mythological Mokoš (Vareš is built at the foot of the Zvijezda Mountain) and took her to the underworld, and that is why Perun expands the crack with lightning. By doing so, he weakens wintertime and allows the arrival of the spring part. On March 1st, their children are born, Spring - Jarilo and Morana, or our mountains Bogoš and Budoželjska Mountain. The same evening, while the celebration in Perun's court is still ongoing, Velež steals Jarilo/Bogoš and takes him to the underworld to prolong winter. Jarilo quickly grows up in the underworld and returns to the surface of the earth, begins to move down the river Stavnja, and melts all the snow and ice, and nature begins to flourish. The moment the first leaf of goat willow tree appears at Kapija, spring has truly arrived. When we look in the calendrical sense, indeed, at the beginning of February, there is a change in weather conditions, and winter ceases to be harsh. My son is a geography professor, and together we have cartographically recorded the area of Vareš. We discovered that the peaks of Perun, Zvijezda, and Velež form a triangle, whose base angle is 23.5 degrees, which is the exact difference in the height of the sun during the summer compared to the height of the sun during the winter.

Cultural heritage represents an important part of cultural identity; what do the legends of the Vareš region say about the psychology of our people?

Vareš and its people have long been attributed with a trait of uniqueness. Many of our writers, artists, and rich folklore heritage testify to this. Also, the Vareš man has been an excellent mining worker since ancient times, not only knowing how to find mineral wealth but also how to process and utilize it.

Besides literature and mythology, you are an active member of the local community; what issues do you address?

Yes, through social engagement, I strive to contribute to the place where I live. I am the president of the "Royal City of Bobovac" association, then the "Foundation for the Development of the Vareš Region," a member of the advisory board of the Pržići local community, and also member of your Public Liaison Committee. I am motivated by the desire to contribute to improving the quality of life in this region.

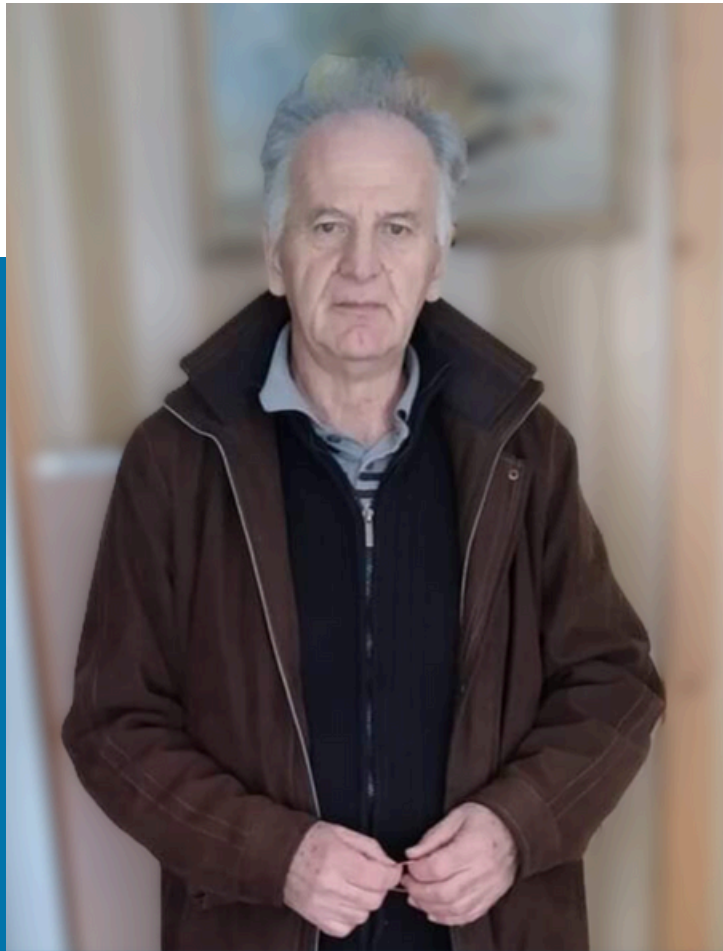
Do you see the opening of the mine as an opportunity for the local community to develop and progress?

Every human entry into space leaves a mark. Former systems also dealt with the exploitation of ore in these areas but neglected the environmental protection or remediation of the damage already done. You are a company that is incomparably more aware and responsible when it comes to environmental protection, knowing that protection and remediation are an inseparable segment of modern mining practices. I truly hope you will continue on this path.

What advice would you give to young authors who may want to explore local myths and legends?

I believe they should invest in their formal education because without archaeologists, art historians, ethnologists, and ethnographers, we cannot elevate all knowledge, research, or discoveries to a higher level and enrich our social reality.

Finally, can you share with us a short excerpt from your book that encompasses the essence of Vareš and its people?



*Matan sits in the shadows by the door,
His right hand grips the fiddle's core.
Oh, sweet fiddle, my gentle talk
My hammer's echo, my weary walk.
The hammer trembles, and so does his hand,
A miner's life, hard to withstand.'*

Toni Petković

