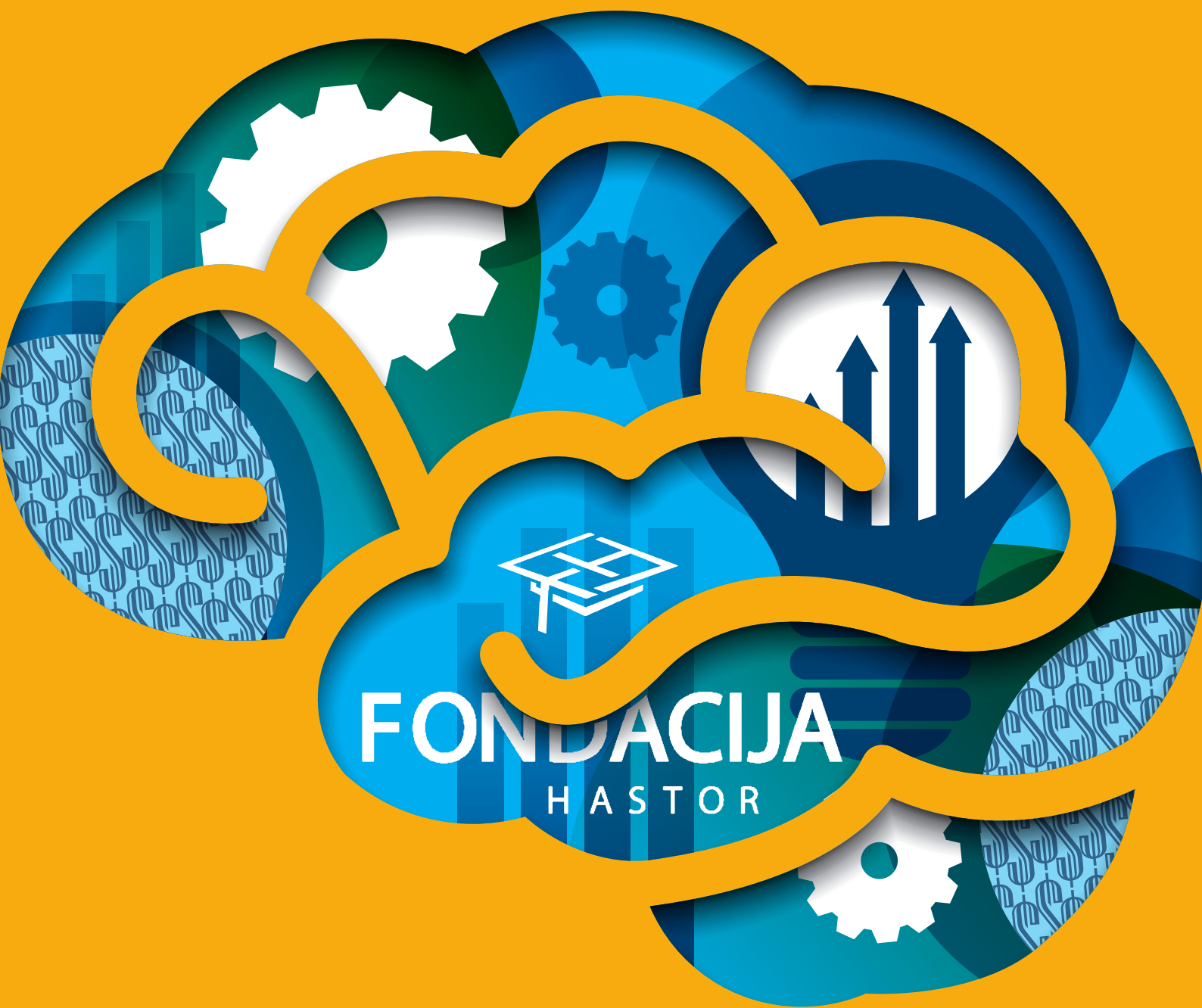


NEWSLETTER

2018

may



FONDACIJA
HASTOR

THE HASTOR FOUNDATION RECEIVES HONORS AT THE GALA IN WASHINGTON

At the Washington gala dinner held on Saturday and hosted by the Advisory Council for Bosnia and Herzegovina (ACBH), the Hastor Foundation was honored for its contribution to the development of education and youth in Bosnia and Herzegovina.

This event is of greatest significance when it comes to bringing together the business and academic Bosnian diaspora in the United States. This year, the former US president Bill Clinton attended this event and received the Lifetime Achievement Award. Many other distinguished guests were present, including businessmen, philanthropists, congressmen and senators.

Almir Jazvin, the long-standing member of the Hastor Foundation Board of Directors, received the accolade in the name of the Foundation.

“It is a great honor to have the ideas and values of the Hastor Foundation, as well as its overall contribution, be recognized by the Advisory Council for Bosnia and Herzegovina, and for us to send the message of 1.860 current scholarship holders of the Foundation in an eminent company such as this one. The Hastor

Foundation encourages its scholarship holders to study, be devoted and work for their communities. We believe that the ACBH award is another confirmation of what we do, and it is a motive for us to continue working systematically on improving the educational system in BH”, said Almir Jazvin in his speech, concluding it by once again expressing his gratitude for this significant recognition and by inviting everyone to work together and develop a greater cooperation in the field of education, as well as the cooperation between BH and its diaspora.

Founded in 2007, ACBH is the leading non-governmental organization concerned with representing the interests of the Bosnian-Herzegovinian diaspora in the United States and advocating a unique, multiethnic and democratic Bosnia and Herzegovina.



The Jewel of „Perfekt“ Karate Club and Hastor Foundation: *Inela Kavaz*

Twelve year old Inela Kavaz will remember the months of April and May 2018 for excellent performances at karate competitions. This young scholarship holder has been a member of “Perfekt” for six years and has already claimed countless prizes at various national and regional competitions. The Editorial Board was overjoyed when Inela’s mother Alisa shared the news of Inela’s newest accomplishments.

On a national level and in her respective category (girls age 12-13), Inela won 3rd place in the following events: individual and team kata and individual kumite. This competition was held in Jajce on the 21st of April, but Inela did not stop there because she immediately qualified for Balkan Karate Championship held in Belgrade from 27-29 of April.

With the help of her instructor Armina Topalovic, Inela returned home with another bronze medal.

Her successes continued at another international competition – Cup of Friendship held in Bihac on the 5th of May. Inela won first place in kumite event.

Foundation’s Editorial Board would like to use this opportunity to thank Kavaz family for always sharing the news of Inela’s successes. We do not doubt that this young, promising martial artist and excellent student will continue to earn many more achievements in both of these fields in the future.

Dzulisa Otuzbir

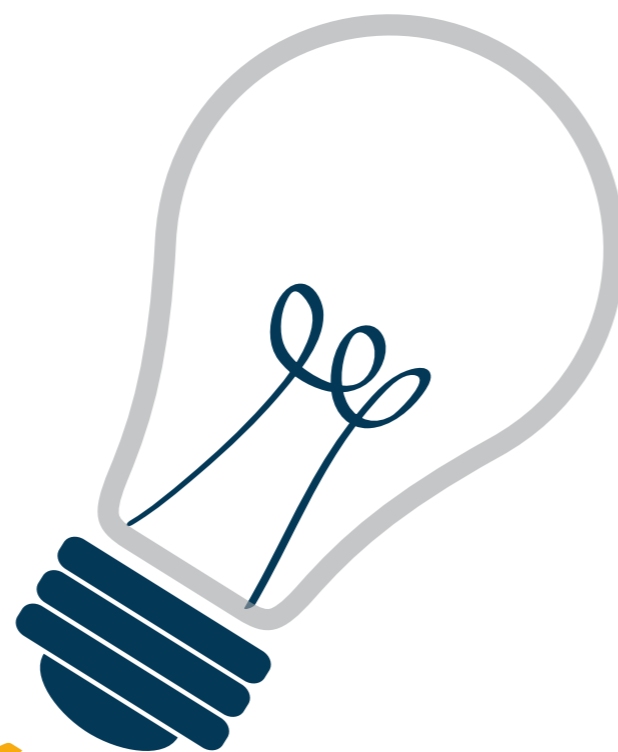


„HOW YOU DO **ANYTHING** IS HOW YOU DO

everything!“

It is the 19th of May, a typical spring morning characterized by a clear sky, and one immediately notices the boundless positive energy and desire for progress that emanates from the premises of ASA Group – this atmosphere was no doubt brought about by the guest lecturers who marked this month’s meeting of college student scholarship holders of the Hastor Foundation. This interactive lecture left a strong impression on those present and the values and messages which were foregrounded will no doubt prove invaluable to our scholarship holders for their careers, but also for their life path in general.

Our guests this month were Ema Bukovica and Dijana Duvnjak, experts in the field of communications and public relations. The primary focus of their lecture was to tackle communication in the context of interpersonal relationships, as well as its undeniable significance in the professional sphere. It is worth noting that for young, educated and ambitious people which make up the Foundation, such a theme is of great significance, primarily because they are making their first steps in the world of business and thus also the world of professional communication.



As a part of their lecture, Dijana and Ema tackled three different concepts, namely three essential components for effective and productive communication, but which are nevertheless crucial in everyday interactions: establishing assertive style of communication, acquiring presentation skills and raising awareness of the significance and impact of nonverbal communication, which, many researchers confirm, frequently manages to reveal much more about us than our words. These three components are at the very core of what we communicate about ourselves – together they make up a message through which we reveal our personality and convey its essence to other people, whether we do it consciously or unconsciously.

Assertive style of communication is crucial if one wishes to express one’s stances and beliefs in such a manner that one actively listens to and remains respectful of other person’s stances and views, which results in a “win-win” situation where both sides are satisfied with the communication’s outcome. Ensuring an effective communication does not require only assertiveness, but also active listening and empathy. Through several activities, the two lecturers also shared valuable tips and tricks that make communication easier and help reduce

one’s fear of public speaking – in the long run, these ensure that one’s needs are communicated in the best possible manner. The latter part of the lecture was dedicated to discussing nonverbal communication, analyzing it, among other things, in the context of day-to-day interactions. Students found this particular subject highly interesting and of great relevance for them because these skills can be applicable in a wide range of situations.

Considering that the field of communications has been rapidly expanding and that its importance in the world of today grows, and is consequently greatly researched, an interactive lecture such as this one was truly much needed. Dijana and Ema’s passion and dedication show just how important it is to love one’s vocation and live in accordance with it, because success, feeling of contentment and confidence will then come naturally. Dijana neatly summarized this guiding principle with: “How you do anything is how you do everything!” And truly, consistency and dedication are crucial for strengthening one’s character and ensure that a person becomes a unique and self-aware individual.

Amina Vates



Scholarship Holder *Larisa Horic* Wins First Place at International Music Competition

Larisa Horic is a talented and diligent scholarship holder from Vitez who is in her third year of studies at Sarajevo Music Academy, Department of String Instruments. Larisa specializes in playing the violin and together with two other members of the Lumen Ensemble she took part in the international music competition "Bistrički zvukolik" held in Marija Bistrica from 2-6 of May, winning the first place. This is a particularly significant achievement for Larisa because it is her first major recognition since she began her studies at the academy.

The trio, comprised of Larisa and her colleagues Selma Hrenovica (cello) and Mirza Golos (piano), won first place in Chamber Ensemble event with no age restriction. This ensemble, founded in September last year and given the name Lumen (lat. light), was the only such ensemble from BH. The trio plans to focus on the ensemble even more seriously in the upcoming period by organizing

concerts and entering bigger competitions. Very positive comments from all 12 members of the jury were another reason for the trio's beaming smiles and overall joy.

The Foundation, Larisa points out, supports her greatly: "Great understanding and trust was shown to me by the Foundation during the long and demanding period of preparing for the competition. It is thanks to the Hastor Foundation that we managed to overcome all the challenges and obstacles."

Larisa says that there are no words to express her gratitude, but she did just that by winning this competition, because individual success is the success of the Hastor Foundation as a whole.

Belma Zukic



MUSIC INCREASES PRODUCTIVITY IN THE WORK ENVIRONMENT

Whether it comes to studying or finishing work-related tasks, many have trouble focusing and maintaining a necessary level of productivity. Lucky for us, music can be of help.

Research conducted at the University of Birmingham in England show that music helps us achieve greater efficiency if we listen to it while doing tasks characterized by repetition – for example, if you need to check emails or simply enter data in tables, this can be done much more quickly if you turn on some music.

When it comes to tasks that require greater cognitive activity, finding the perfect playlist can be challenging. Science is there to aid us with its findings, however, and the criteria for making productivity-increasing playlists are as follows:

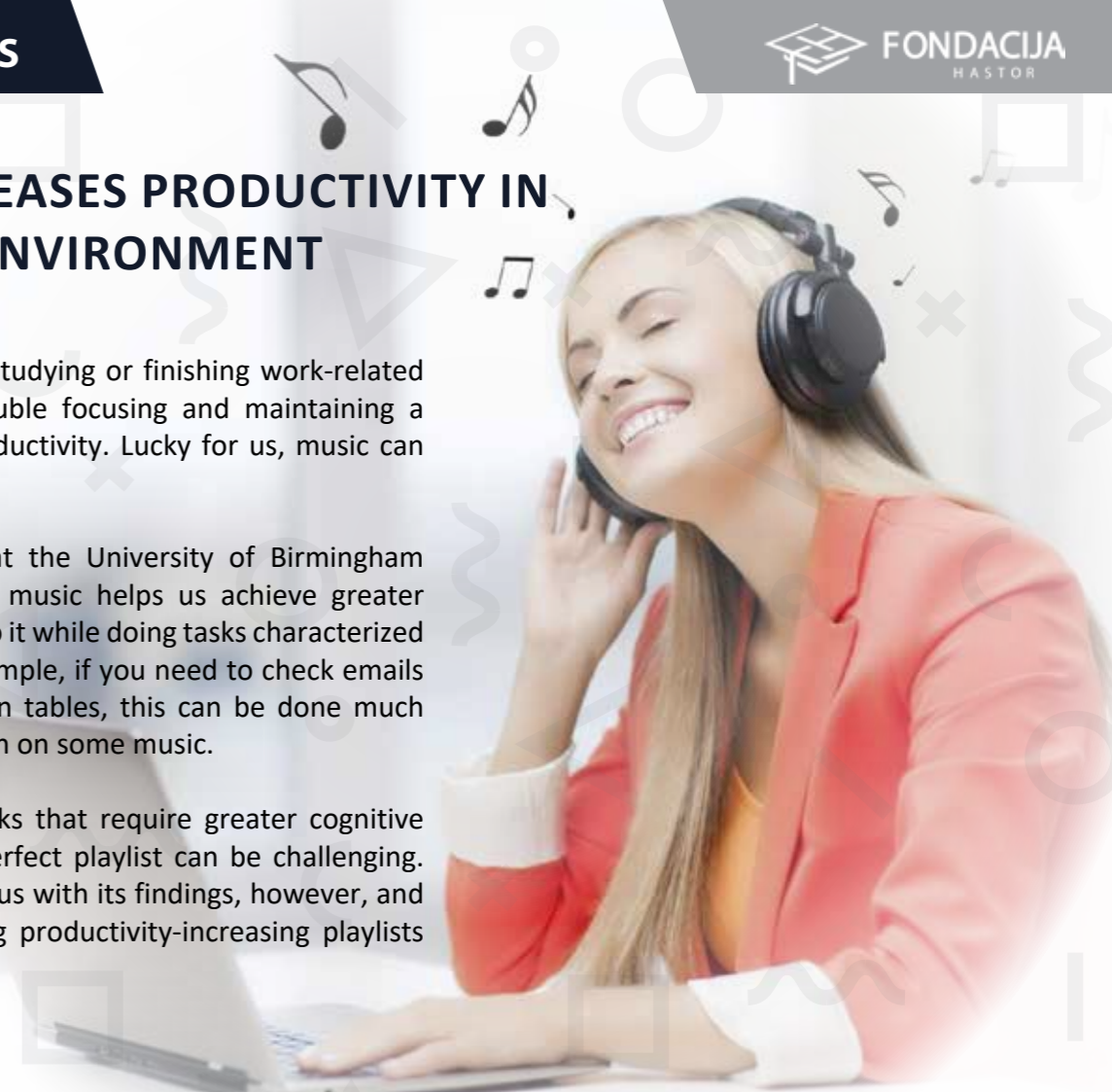
Music incorporating sounds from nature

Researchers from Rensselaer Polytechnic Institute have recently discovered that music which features the sounds from nature increases our focus and improves our mood. These sounds cover up distracting speech and, similarly to white noise, help increase our cognitive functions, optimizing our focus and increasing the overall level of contentment among employees.

Music you enjoy listening to

Listening to the music you like elevates your mood immediately. Teresa Lesiuk, one of the professors heading the Music Therapy program at Miami University, concluded that personal choice in music has great significance. This is particularly so for persons who are less successful in completing their tasks than their colleagues.

The group of study participants that listened to their preferred music finished their tasks more efficiently than the group which didn't listen to any music. "When you are stressed out it is much easier to make hasty decisions because your attention scope is narrowed. A positive environment makes it easier to find alternatives and make better decisions for yourself and those around you," she said to the New York Times reporter.



Music you don't notice

Numerous studies indicate that the music you don't really notice could be your best option for increasing productivity. Researchers from the Fu Jen Catholic University in Xinzhuang City, Taiwan have examined how and in what manner person's affinity towards a certain type of music affects their focus. They've concluded that it is distracting to be exposed to the music we are very fond of or to the music we hate. In conclusion, the best music for increasing your productivity at workplace is the music your brain won't notice and which is deemed unexceptional.

Music with no lyrics

Words are distracting. Research conducted by experts from Cambridge Sound Management of Cambridge University shows that the noise in itself can't be blamed for the lowered productivity of workers. We can't focus on our tasks since we instinctively try to catch and process words from different conversations happening around us. Cambridge University study from 2008 indicates that conversations at a workplace distract around 48% of employees.

In a similar vein, listening to music with lyrics draws your attention to the words of the song, thus making it a much better choice to listen to instrumental music if you wish to truly focus on what you are doing at the moment.

Music with a specific tempo

Music characterized by a specific tempo can have different effects on your mood. One study conducted by Canadian researchers revealed that a group of students scored better on an IQ test because they listened to music with a changing tempo while they were doing the test. If your job requires you to be optimistic, listen to music which will awaken this feeling of optimism in you. Baroque music is a popular choice for those who wish to complete their tasks in the best possible manner.

A smaller study, conducted by researchers from Maryland University in Baltimore, Harbour Hospital in Baltimore and Pennsylvania University in Philadelphia, featured radiologists who attempted and managed to increase their efficiency and improve their mood by listening to baroque music.

Another study, this one done by Malaysian researchers, revealed that study participants reported a drastic decrease in stress levels, as well as a heightened sense of physical relaxation, after listening to music that had around 60 beats per minute. In terms of classical music, this tempo is called largetto, which is translated as not as fast or even slowed down tempo.

(Mentor.ba)

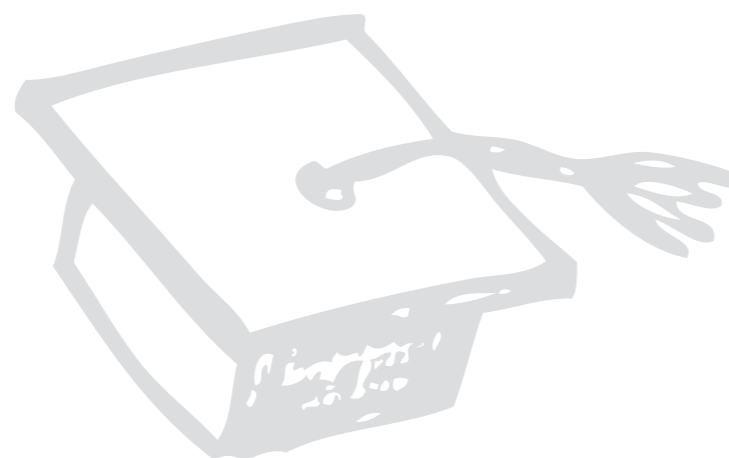
While visiting families of potential candidates for the Hastor Foundation's scholarship, I stopped my car near the road in Livno, before the traffic light toward Glamoc. I was looking at the map on my phone and searching for places called Veliki Kablici and Veliki Guber. As my eyesight is poor, and the letters are small, I needed some time to determine where to go next. While I was doing that, a car stopped behind me, and a young man approached me, asking: "Do you any need help?" I looked at this man who smiled softly at me and stretched out his hand in greeting. I shook his hand and said: "I know you from somewhere, but you will have to tell me your name so I could fully recognize you!" He said: "I'm Semir", and I added: "Colic". We laughed and then hugged like old friends. Semir suggested we have lunch or drink coffee together. Due to the lack of time, since I had planned to visit Livno, Glamoc and Gornji Vakuf, I had to say no to such a nice proposal, but I said that we could talk some more there.

"My dear teacher Ramo, whatever help you need from me, just say it. After graduating from college, I applied to the Call and now I am in the armed forces. I am currently in Dobo, so if there is something I can do for you there, I will do it, gladly. I have become the man I am today thanks to the Hastor Foundation and I don't believe that I would have graduated if I didn't have your help. I am forever grateful to you for that. I particularly remember the meetings of college students in Sarajevo, where I met many new friends. If it wasn't for the Foundation, I wouldn't know some of the people from Livno either: Rabija Sitnic, who is currently working for the Foundation, Aldina Kljuco, who is a teacher in a school in Sarajevo, Mirza Murga, who has a dental practice here in Livno, Mersiha Sepljic from Bugojno who is also in Sarajevo working in the field of software industry, Alem Merdic who is a faculty professor in Zenica, Adnan Kadric from Gorazde, Irma Maric, a faculty professor in Mostar, and many other students from all parts of Bosnia and Herzegovina from the time I was a scholarship holder of the Hastor Foundation."

We exchanged our phone numbers and agreed to organize a meeting of former scholarship holders of the Hastor Foundation who have graduated and are now employed, in the town from which most people who will be interested to attend this meeting are from. We said our farewells, and then each sat in his car and drove off.

Ramo Hastor

**"DO YOU
NEED ANY
HELP?"**



Amila Porca

Based on the effort she put in and her contribution to the Hastor Foundation's work, this month's scholarship holder of the month is **Amila Porca**.

Amila is a hard-working and reliable person one can depend on and whose support and help one can count on, each and every time. She volunteers with the administration team, where she does her job meticulously and in a quality manner. She is always at the very top when it comes to the number of volunteering hours, and this month she reached the greatest number by far.

She was born on the 12th of December 1995, in Zenica. She went to the primary school "Dositej Obradovic" in Skender-Vakuf, and then came to Sarajevo, where she completed her secondary education at Sarajevo College, and then enrolled into the Faculty of Law. She is currently in her fourth year of studies. As she was growing up, she was a witness of many situations in which people close to her were denied some of their rights, and there

was no one who would stand up for them and help them, which is why, even since she was a small child, she dreamt of becoming a successful lawyer who would help those in need. That is still one of her dreams, one that partially comes true in the Hastor Foundation, where she is surrounded by the people who have the same worldview as she does. In her leisure time she likes to read, sometimes she even writes, and she is a great cinephile. She thinks that her greatest virtues are persistence and devotion in everything she does. Her message to the scholarship holders of the Hastor Foundation is something she also tries to do on a daily basis: use every opportunity that you are given, work on yourself every day and be persistent because no effort is ever wasted.

Razim Medicin



Photographs from the volunteering meetings sent in regularly by our student scholarship holders

The database showed that the scholarship holders and volunteers of the Hastor Foundation reached the number of 14.847 volunteering hours during the previous month. As usual, most of these hours were spent on our scholarship holders' volunteer meetings – students, primary and secondary school pupils in 290 volunteer meetings in 59 municipalities across Bosnia and Herzegovina. Our students who volunteer with the Administration team and Editorial Board of the Hastor Foundation contributed greatly to this number, as well as students who work on developing the Hastor Foundation app and are in charge of web page maintenance. The compulsory theme that our scholarship holders discussed during volunteer meetings during the previous month was “Let’s recycle: turning waste into useful things”.

Besides the compulsory theme, the scholarship holders discussed other interesting topics as well, and our students also spent some volunteering hours helping our younger scholarship holders in understanding the school material better.



Some of the most interesting themes:

“ When I look in the mirror, I see my best friend ”

“ Activism The inventions that changed the world ”

Labeling

Eco awareness

Alternative medicine

“ Expressing yourself through music and its significance for personal and social growth ”

Endangered plants and animals Sport as the unifier of nations ”

“ Save the Earth with the friendship network ”

The municipalities in which the volunteering workshops were held during the previous month:





Dear all,

I was happy when I heard yesterday that you tried to contact me and asked about me. I am overjoyed that you think about me and my future. No words can describe the gratitude I feel towards you and I am truly proud to be a scholarship holder of the Hastor Foundation. My plans for the future go all the way to Tuzla, where I intend, with God's help, to enroll into the Faculty of Medicine. I can't imagine myself in any other way but in a white coat and with a stethoscope around my neck.

I hope and would like that you continue to be a part of my future, and of my success.

Best regards from the sunny Maglaj,

Adis Merdic



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