

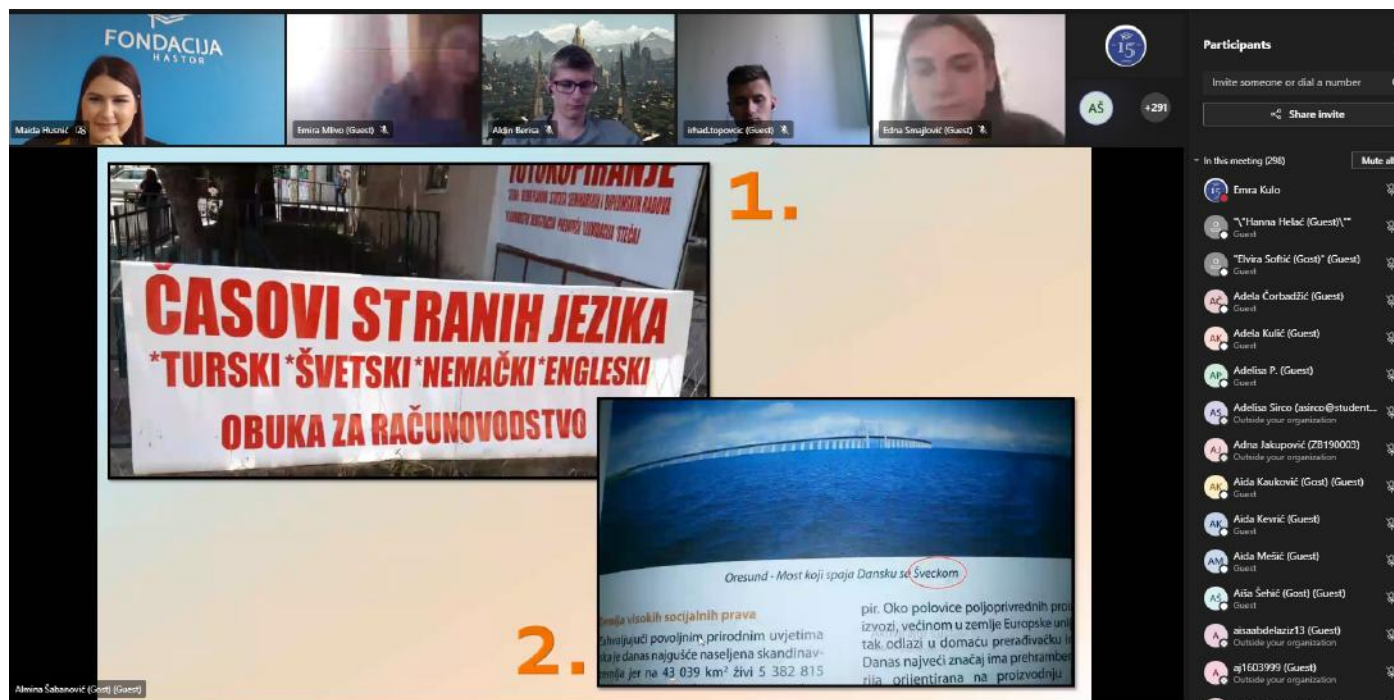
NEWSLETTER

June 2021



FONDACIJA
HASTOR

Speech Culture – The Basics of Proper Expression: Online Monthly University Student Scholarship Holder Meeting

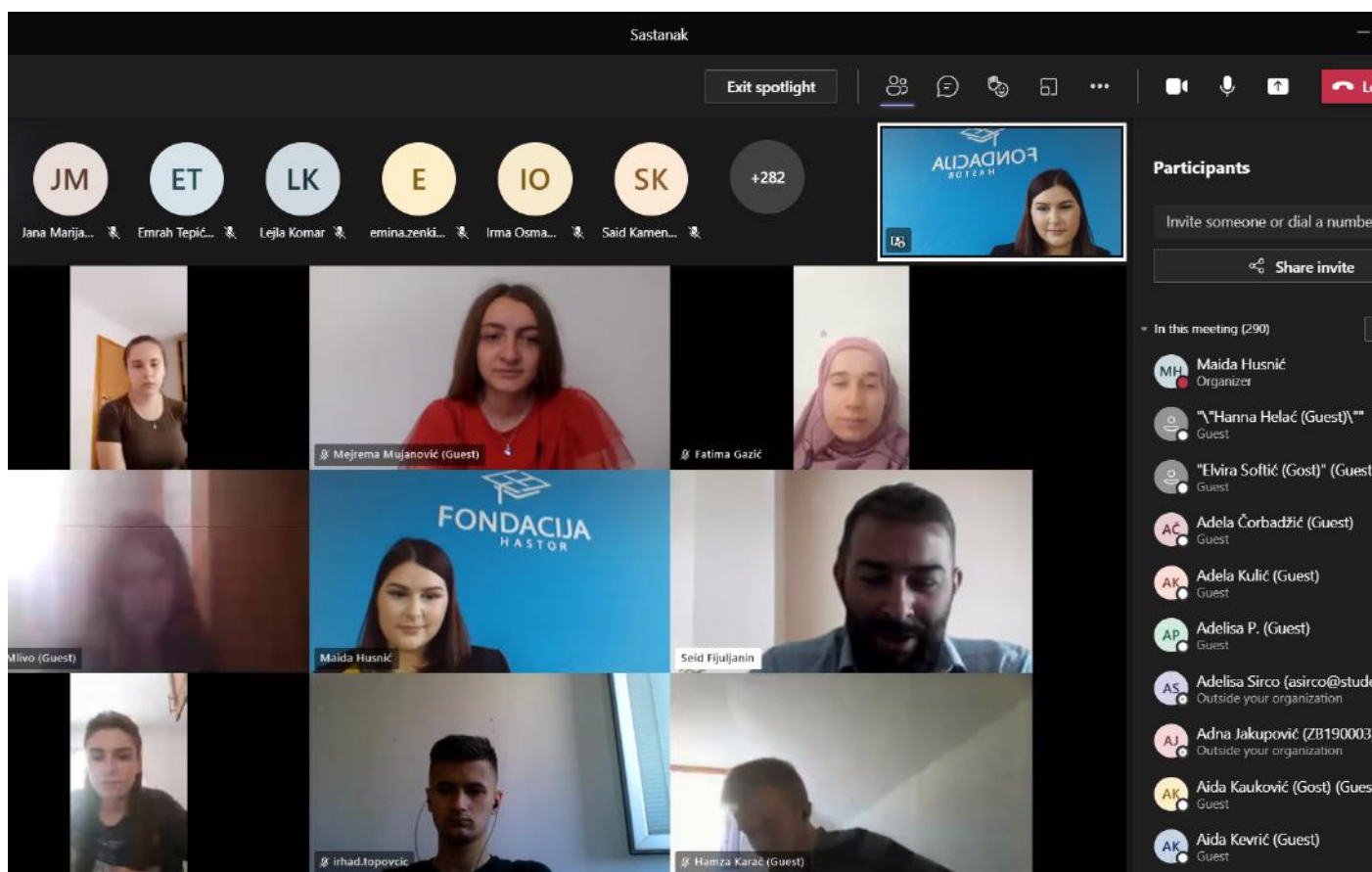


Even though scholarship holders are prevented from having monthly meetings at the premises of the Hastor Foundation due to the coronavirus pandemic, this was compensated by an online meeting held on June 18, 2021. Although it was held online, the connection and warmth felt by the university students and the Foundation's Director Seid Fijuljanin was indispensable throughout this two-hour meeting.

With a smile and in high spirits, the Hastor Foundation's director Seid Fijuljanin kicked off the meeting with the students by mentioning the goals and values that have adorned the Foundation since its establishment. The Director mentioned how important it is that university students - scholarship holders become role models for their younger colleagues who will one day follow their footsteps. Besides being role models for younger scholarships holders, they need to be role models for the entire Bosnian society, because scholarship holders contribute to improving the country through their volunteering work.

The Foundation's Director also expressed hope that the meetings in the following months will be able to continue at the Hastor Foundation premises.

NEWS



Our scholarship holder Almina Šabanović and our ex-scholarship holder Maida Husnić prepared an important workshop for our students, named "Speech Culture - The Basics of Proper Expression". The workshop covered the wide topic of literacy, proper reading and writing, following spelling rules, forms of proper expression, and other useful advice that our lecturers explained through numerous interesting examples. Although we might think our literacy is on an enviable level, we often encounter a dilemma on spelling or saying something. Through this workshop, Almina and Maida have shown how important it is to know the grammar of your mother tongue and how significant it proves to be in everyday life. Since the workshop was interactive, many scholarship holders answered questions, and a quality, educational, yet also fun discussion was established.

Maida started the lecture with a question for the scholarship holders asking, "What is literacy?" Scholarship holders agreed that literacy is more than just knowing and using grammar, but a much wider topic that required a more detailed analysis, which is what our Almina and Maida did. Because of the large number of scholarship holders who answered with their own examples and dilemmas, the conversation was stimulating, and the atmosphere was relaxed and friendly the entire time. After that, Almina explained some of the common errors that occur when it comes to spelling, and she used examples of grammatical errors that we can often spot. Besides pointing out mistakes, the lecturers gave students useful advice for numerous lingual confusions in writing and speaking.

SCHOLARSHIP HOLDER OF THE MONTH

Our scholarship holder of the month is Said Kamenica, who, besides working with younger scholarship holders and volunteering in the local community, also does a great job in the translation team of the Hastor Foundation. Read all about his life choices and successes below.



Said Kamenica

Said comes from Sarajevo. He went to Catholic School Centre Saint Joseph primary school, and after that he enrolled in the Secondary Catering and Tourism School. After graduating, he enrolled in the Faculty of Philosophy of the University of Sarajevo, and he's currently in his fourth year of studies at the Department of English Language and Literature, studying linguistics.

When I talk about my studies, I always try to emphasize my enthusiasm and my wishes to expand my knowledge, whether of language or literature. However, it's very important to mention that the flow of my education so far has generally helped me develop personally and grow into a socially responsible person. Having in mind all benefits of education, a part of my everyday life is certainly advising young people to pursue education as much as possible, to study and graduate from universities, because it's the true path to develop an individual's personality and the society as a whole.

Aside from his university studies, Said is active in other fields of life, and he continually participates in projects, seminars, and similar events. He is currently participating in the project "Using the Rule of Law to Close Dark Chapters in History: The Case of Bosnia and Herzegovina", which is the result of a collaboration between the Faculty of Philosophy in Sarajevo and the Leiden University in the Netherlands. The project includes analysing data that encompasses the war in Bosnia and Herzegovina during the '90s, the siege of Sarajevo, and the Srebrenica genocide. The goal of the project, as the name suggests, is to close this dark chapter in this country's history and turn towards a future that the Balkan countries will build together in harmony and unity.

In July, I plan to participate in a project named "Ethics in Scientific Research", which will be realized within the scope of my faculty department. It will consist of three workshops where participants will have a chance to learn everything about conducting proper research, presenting results, and the ethical postulates within the academic community that each academic citizen should respect.

SCHOLARSHIP HOLDER OF THE MONTH

He singles out his trip to the Netherlands in 2018 as his biggest academic success so far. At the Radboud University in Nijmegen, he held three presentations about the history of Bosnia and Herzegovina in order to bring this topic closer to the students attending the event.



I feel that it is important to also mention the activities not directly related to my faculty and my studies, like hiking, running, translating, and reading – all of these activities fulfil me and make my life more beautiful and interesting, and I'm very grateful for that.

The word gratitude would make a great introduction to a special part of my story, and it always reminds me of what I feel towards the Hastor Foundation – exceptional and deep gratitude.

Although I am one of the newer members of this family, I still want to express my great gratitude for having a chance to be a part of the Hastor Foundation's mission and vision. I can freely say that the Foundation is one of the

rare organizations in the Balkans that has a primary goal of helping young people and supporting them in their life and education. Many things should be pointed out when mentioning the Hastor Foundation, much more than can fit a short story about myself. What places the Hastor Foundation in such a high position is the selfless financial and material support that it provides to students during times of financial crisis, and the fact that young people have the chance to volunteer in the local community, translate texts, work on graphics design, help younger scholarship holders, and so on. Keeping this in mind, it is my great wish to help the Hastor Foundation with its work, and I truly want our Foundation to continue gathering young people from all over Bosnia and Herzegovina, who will, sooner or later, become a bright light in the Bosnian society.

RAM – SECTION OF ACTIVE YOUTH

RAM is, by its definition, the working memory of a computer. In Bosnia and Herzegovina, the “working memory” refers to the proactive and diligent young people who are, by their own actions, the example of a society that our country needs. Throughout this section, we will present active and young scholarship holders of the Foundation in the best light!



Hanna Helać

Hanna Helać was born in Sarajevo. After finishing The Second Gymnasium, she enrolled in the Faculty of Pharmacy of the University of Sarajevo. Currently, she is a third-year student (with a grade average of 9.30) and halfway to acquiring her master's degree in pharmacy. She has been a scholarship holder since February 2021.

Hanna is a representative of her generation of students. Being an excellent student throughout her education, she was chosen to be a scholarship holder of the Rotary Club of Sarajevo as a representative of The Second Gymnasium. By receiving the Rotary Award of Excellence in 2017, she became a part of the Interact Club Sarajevo. The following year, she became the vice-president of the club, where she acquired experience in volunteering and a desire to help the community. Aside from her studies, she likes to dance during her free time – Hanna's beloved hobby since her earliest days. She also practiced acting and dancing in her younger years.

She became acquainted with the work of The Hastor Foundation as a high schooler, however she decided to apply for a scholarship just before her third year of university studies. She received the Municipality Centar scholarship for gifted students during the first two years of her studies.

I found out most of the information about the Foundation from the media (social networks), or from my acquaintances that are a part of the Foundation. The very goal of the Foundation is to encourage young people to progress and that was one of the main reasons I became a part of it. By becoming a part of The Hastor Foundation I learn every day and strive to become a better version of myself. The fact that it gives us a possibility to grow and acquire experience by helping the community through volunteering and socializing brings me great joy.

RAM – SECTION OF ACTIVE YOUTH

During the past few months as a scholarship holder of the Foundation, Hanna volunteered and helped the society in numerous segments – she cleaned her street, gave instructions to primary schoolers, watched over children, helped the old citizens that were members of the Retirement home, and helped colleagues from her faculty to study for exams. She also volunteered as a part of the charity organization Pomozi.ba. Through her current volunteer work, she found out how fulfilling helping others can be. She also learned that we can help the entire society through small steps. Little things mean a lot.

Out of all my volunteer activities, I would highlight my June volunteer session which included the members of the Retirement home in Sarajevo. Their warmth and gratitude are truly a beautiful reward. As the coronavirus pandemic is still here and the emergency measures are still in effect, the members of the Retirement home must not leave the home nor have visitors. They are happy whenever they get a chance to get in contact with the "outside world". I went shopping for them, paid some of their bills and talked with them, making their day a bit more enjoyable.



Throughout her education, she had a chance to work on many projects, volunteering as a part of the Embassy of Great Britain during the Days of Volunteerism 2016. and organising student competitions. She became a member of the Organising board of the Student congress under the name "Food, Diet and Health" in which the main goal was to show the importance of nutrition, analysis of food and its safety. They also did research in dietotherapy. Hanna is looking forward to attending many more congresses and symposiums in July.



RAM – SECTION OF ACTIVE YOUTH

In the previous semester, she wrote an essay with her colleagues for "CMBEBiH 2021", which was placed among the most recognised works and published in the databases. The researched topic was about smart drugs and the ethical aspects of their use. These young students believe that there are many interesting themes that are not researched enough but can be fertile ground for the development of various ideas. With a colleague from the Faculty of Pharmacy and two colleagues from the Faculty of Economics and Business of the University of Sarajevo, she signed up for a competition of youth ideas in social entrepreneurship. The competition is organised by the "Centre for Career Development" and the grand finals will be held in September. Our scholarship holder is proud on her work, participation and contribution to the society, faculty and science and she hopes that she will succeed much more in the future.



I believe that it is very important for young people to be active. They are the pillar of society and the bringers of change. Volunteering and working on various projects is truly the best way to improve yourself. Also, the period of high school education and studies is the best time for such growth. You will thankful one day for every additional hour you spent working on something useful for the community or your future, and it's important to surround yourself with people who think like that. The Hastor Foundation is a beautiful environment for such young people who desire success.

THROUGH THE LENS



Amina Spahić



Đenita Đuhera, Ajdina Kadušić,
Mejrema Mujanović



Almedina Omerović i Adela
Tihic



Alma Ćosić



Semina Bulić



Kenan Alispahić



Hanna Helać



Faris Dževlan

REPORT OF THE MONTH

Hasen Zejčirović

Volunteer engagement

My goal for volunteering in my local community this month was to clean up at least a part of my hometown – Ratkovići, focusing especially on the bed of the river Šibošnica. Motivated by more frequent conversations within my university studies, where the topic of environmental protection and renewable energy is currently quite active, but also those conversations that we lead during group meetings with younger scholarship holders, I decided to use this month's volunteering in my local community for a small and modest contribution to preserving a clean and healthy environment in my hometown of Ratkovići.



Analyzing the problematic places in my village, where there is often improper disposal of garbage and secondary raw materials, I came to the conclusion that the biggest problem occurs around the riverbed of the river Šibošnica, and in a forest part of Ratkovići. This part of the Šibošnica riverbed can be particularly messy and polluted, given that it is located next to an abandoned sawmill, but also another company that is currently active and discharges its wastewater into this river. When it came to the pollution with these substances, I couldn't do much, but when it came to cleaning up the waste dumped sporadically by passers-by, I tried to do as much as I could. In addition, in the other part of Ratkovići, next to the local forest road, inadequate garbage disposal is often witnessed in the surrounding forest, so I extended my small activity to that part of my village. The garbage was adequately packed in bags and disposed of in a place from which it was transferred to the legal landfill by the workers of the local utility company. In addition to these "practical" activities, I tried, especially this month, to promote environmentally friendly solutions in conversations at meetings, but also at my faculty, as well as in private conversations. This is of particular interest to me, considering I chose to study power engineering, and the current topic in this field is energy transition and switching to renewable energy sources.

REPORT OF THE MONTH

Parts of the Šibošnica riverbed, in addition to being often polluted with various wastes, which are improperly disposed of by unscrupulous citizens, are very often clogged with various vegetation and branches. In addition, there are several improvised bridges, which were built without a permit, so there is a high probability that they will get clogged with the above-mentioned materials. This has already happened several times in the past few years. As a result, there were floods in surrounding houses, households, and gardens, which are often the only source of income for families engaged in agriculture. Whether due to low water levels in the summer or due to an inadequately regulated system for drainage of wastewater from houses and households, the living population in this river is practically non-existent. The rising temperatures in the summer cause a decrease in water levels so many people cross this river and they also dump waste in it. In the summer, all this waste becomes visible and can become a source of disease and infection for the animals that use the water from this river for drinking.



Because of these reasons, I considered it appropriate and important to make an effort and at least make a small contribution to reducing this problem, by cleaning up a portion of that waste. In addition, I often try to draw attention to this problem in conversations with my neighbours and friends, and I am glad to see that it is getting smaller every year. Additionally, in my private life and as part of the meetings I hold with fellow scholarship holders, I try to promote and give ideas for environmentally friendly solutions to various problems and spheres in the economy, especially in the field of energy.

I collected the waste in garbage bags and disposed of all the collected waste in an adequate location, from where the workers of the utility company took it over.

THE SCHOLARSHIP HOLDERS' ESSAYS

At one of our recent volunteer meetings, while discussing the topic "How to react in a crisis?", a group of hard-working scholarship holders from Čelić received a task to write a letter to the coronavirus. This way, students were able to express their feelings and perceptions of the coronavirus crisis. You can find some of the letters written by our hard-working scholarship holders in the text below.

1. Selma Mujkić

Dear coronavirus,

No matter how "bad" you are, and even though you are a pandemic which has taken other people's lives away, I have experienced some beautiful moments in this period.

Let us start from the fact that I am a person who is optimistic about life, so I used this period of restrictions to devote my time to myself and my closest family members. We are not even aware of how much our parents and sibling mean to us in our lives. Now, we got a chance to fix this.

Even though online classes were tiring and monotonous, there were many advantages; we spent our time at home keeping the virus at bay.

I have learnt to appreciate freedom!

Sincerely,

1. Armin Kahrmanović

Dear coronavirus,

I was thrilled about your arrival at the beginning, for we had started attending online classes, and I had more time for resting, playing video games, and spending time with my family. Everything had been great until the moment when the complete lockdown was introduced, along with a ban which made it impossible for persons under the age of 18 to move freely outside. I could not deal with these restrictions that easily, for I had been spending my free time mostly outside. The period was very difficult for me, because I had to spend my days at home, mostly playing video games. Despite my being happy about your arrival in the beginning, I realized later that we would be better off without you in our lives.

Sincerely

THE SCHOLARSHIP HOLDERS' ESSAYS

3. Lamija Slomić

Dear coronavirus,

You haven't brought us much good. At the beginning of this crisis, the world was not functioning well – the situation has become better now. People were prevented from travelling around, they could not leave their country or visit their relatives. But, of course, everything has its good sides and bad sides. One of the good things we've learned in the times of the pandemic is the true value of the people around us and who our friends really are. I've lost some of my friends during the pandemic, but that is not so important. Had those friends been the real ones, I would not have lost them. I have realized the value of those people who stay with us in both good times and bad. But our health is what matters the most. Staying home, having a curfew, not going to coffee shops... None of these things matter compared to the hardships of those who were infected, those who are in hospitals, unable to move, eat, or drink properly... We have to remain as calm as possible in situations like these. As for going to school... We have been going to school on and off all this time – what nonsense! We even have to take our graduation exams! Instead of making things easier for us, they made everything even more difficult! I cannot wait to see the end of all this; I just want our lives to go back to normal again.

Sincerely,

4. Ajla Kahrmanović

Dear corona,

You surprised us all with your arrival and entered our lives too quickly. You have created confusion and unrest all over the world. Although we weren't happy about your arrival at all, you had a somewhat good influence on us all. Due to the ban on movement, no one could leave the house, so we became closer to our families. Restaurants and cafes did not work, so we had breakfast, dinner and coffee with our families again. All of this made us even closer. I must also mention online school. That, honestly, did not make me happy. First of all, we drifted away from our friends, and the classes were no longer as interesting as before. I didn't feel lonely because I spent my days with the people I love, and I was preoccupied with school. And here we are. It's been a little over a year, but you still exist. At the very beginning of the pandemic, I felt nervous, and I was scared, I didn't know what to expect or how it would all end, but now I feel a little more relaxed and I'm not that nervous anymore. You taught me to appreciate what I have. Still, I can only say that I hope you will leave all of our lives just as you came quietly and with no regrets.

Best regards.

INTERESTING FACTS



Mandala

You have probably seen some motifs on sacral buildings in our country or in other countries that have attracted your attention. You must have thought that this is one of the motifs of the architecture or art, which additionally captured your attention. One of the most common motifs in the architecture of sacral buildings is the mandala.

The tradition of this motif dates to India and the Hindus, and today we can see it in almost all cultures. It is interesting that this motif is not only expressed in art or architecture, but is also visible in psychology, the politics of certain nations, archaeology, and other sciences. These motifs are also present on Bosnian carpets and porcelain dishes that come from oriental areas, but the interesting thing is not only the beautiful appearance that attracts attention but also the psychological benefits of this motif – the mandala appears in analytical psychology. The first to see the psychological benefits of the mandala was the Swiss psychologist, Jung. Jung called this circle (mandala is basically a circle and means the same thing in Sanskrit) Self. The outer part of the mandala may contain psychological aspects that are in a certain relationship with our personality, and may be a part of:

- our psychology,
- the psychology of those close to us and around us and
- the psychology of the society that we live in.

The inner part of the mandala can symbolize our consciousness, attitudes that determine our personality and of which we are more or less aware (knowledge, work, relationships, values, opinions, feelings or intuitive ideas). Therefore, the mandala represents the integrity of the human psyche. Jung noticed that mandalas improve concentration because, while drawing a mandala, a person focuses on the motifs he draws. Jung himself, during psychotherapy, used the mandala with his patients. One of the empirical and controlled studies conducted to confirm the benefits of mandalas in psychology and to reduce the symptoms caused by posttraumatic stress disorder showed that people who were in the experimental group showed a reduction in the symptoms caused by this disorder.

As already mentioned, mandalas are found in almost all Eastern cultures and throughout history have signified parts of religious rites or meditation in some nations. Today we find them in motifs most often associated with art or religion. In their original meaning we most often find them in Tibetan culture where meditation is still practiced as part of religious rites. In this original form, we also find them in the peoples of the Far East.

If you want to improve your concentration or focus, take a piece of paper and a pencil, and draw a mandala – you'll have fun, but you'll also benefit from this.



LET'S BE (MORE) COMPETITIVE!

Public performance without stage fright! (Part 1)

In the 21st century, success in the educational field is not enough to make a person attractive on an international scale, or for studies and employment opportunities. It can often be seen or heard that young people who have recently graduated or obtained a master's degree are unemployed, despite sending their biographies (Curriculum Vitae) to several companies looking for employees. Young people don't know how to properly use available online resources (eg using e-mail correctly). The purpose of this section is to educate young folks about applying to various educational courses, seminars, exchange programs, but also to show how students at the international level work on their own improvement.

Although it sometimes seems that public figures (to whom these types of performances are an integral part of professional life) never have a stage fright when performing, this is not necessarily the case. Clearly expressing views, presenting in front of important officials, but also presenting for the first time are just some of the examples of stressful situations that can cause anxiety in every person. That is why it is important to work on yourself and allow yourself the opportunity to relax, but also make room for mistakes when performing. Below are some practical tips that can help you prevent anxiety.

Understand that having stage fright is normal and accept yourself as such

Stage fright or anxiety caused by this type of performance is a type of phobia that occurs to individuals when performing in front of an audience. The first important step for any person who has stage fright is to understand that this is a completely normal phenomenon that happens to many people. Everyone sometimes has a stage fright and that is completely normal, but that still doesn't mean that you can't achieve a great performance. Accepting yourself with all your flaws and virtues is one of the biggest challenges during personal and professional development. To successfully overcome the stage fright, you need to accept the fact that you have it and firmly decide that you want to work on suppressing the fear of public appearance. You have to understand that even though the stage fright is only in your head, the fear manifests itself in a physical way. The best solution is to change your negative attitude towards anxiety and stop worrying about what will happen if you forget the content. Encourage yourself with strong positive questions like what if I am great at this? It may sound difficult and unbelievable, but a positive attitude can greatly reduce anxiety during public appearances.

Practice public speaking

Knowing your speech can help a lot during the performance, but it doesn't necessarily eliminate the problem. Therefore, it is necessary to rehearse as much as possible before the performance or at least on the same day shortly before the performance. If your content, or the framework within which you want to present, is already prepared, practice performing in front of an audience of people you trust (these can be parents, friends, but also any other person you trust and feel comfortable in front of) or in front of a mirror. When you know the content, it is more likely that, as soon as you relax on the stage, the audience will see that you really know the material you are talking about. Exercising can help you build your self-confidence, but also become a tool for long-term resolution of the stage fright.

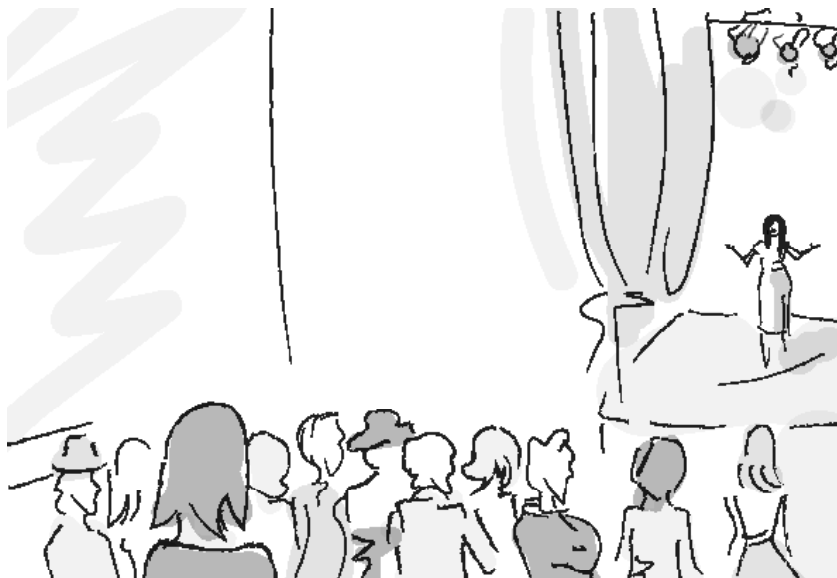
LET'S BE (MORE) COMPETITIVE!

Keep in mind that the audience does not know what you are planning to say

You prepared for the performance, rehearsed your speech, and finally began to feel good in your speech or presentation. Suddenly, on stage, you realize that you have mixed up the order of the topics or that you have forgotten to say something that you consider extremely important. In a situation like this, it is crucial to be aware that you are the only one who knows about this. Your audience won't know it unless you tell them or make it known in some way. So don't make them aware of a mistake they didn't even know existed. The ultimate success of your public appearance does not necessarily have to do with the ideal image you have in your head. While this may make you feel like everyone wants to laugh at you, criticize or condemn you, this is certainly not the case because the audience doesn't know what you are planning to say. It's important to accept and then get over the feeling that everyone knows what your mistakes are and how your speech and thoughts flow because that's certainly not the case. Focus on your speech, the audience, and the idea, thought, or message you want to leave, and in this way you will certainly alleviate the accumulated pressure that leads to anxiety.

Don't fight the stage fright at all costs but rather accept that it is a part of you

You need to expect and accept the fact that you will feel anxious, especially the first few minutes of the presentation. The more you resist the stage fright you possess, the greater the counter-effect will be. Instead of focusing on the stage fright you have, focus on what you want to convey to the audience, that is, the presentation and speech you have prepared. When you speak in public, anxiety and stage fright will slowly calm down as time goes on. Remember, even though you already knew in advance that you would have anxiety during the performance, for some reason you decided that you wanted to hold the performance because your desire to convey something to the audience at that moment was stronger than your fears. When you go out under the spotlight, remember the idea that led you to them and make it the main focus of your presentation. Instead of focusing on an audience that may make you nervous, choose to give focus to the very idea that brought you there – so you will surely be a lot more confident in yourself and your abilities that led you to the performance itself.



LETTER OF THE MONTH

Greetings,

I'm Said Hasanović, a boy from Konjević Polje. I am a scholarship holder whom you have financed for a full five years, until last year. On this occasion, I would like to thank you for your selfless support when I needed it most. To be honest, without the Hastor Foundation, it would be very difficult to complete elementary school and later high school. I experienced some of the heaviest losses during that period. Sometimes I lost hope that I could do better. You were there. Not only did you help me financially, but you taught me one very important thing: humanity. You are the inspiration for my good deeds. With your financial and moral support, I was able to enrol in the Military Academy in Turkey and I have the honour to represent Bosnia and Herzegovina in the best possible light.

Thank you again for everything.

Kind regards from Turkey.

POETRY CORNER

I - The shadow

Where is the bench
On which sits a woman without desires?
No one tells her "I love you"
Because she is nothing, but a shadow of herself.

Does she even know how to sit
A woman whose countless faces are
washed by the rain
Who has been running from her burdens
all her life
But the burdens are inside?

Does anyone remember the snow
In which her footprints remained
Traces of a woman preparing to flee to-
night as well?

Hey, people, birds, trees and poppies
Do you see her running after Alija's sun
through the hill
Or does she stay away from Kovači be-
cause she is carried by distant sea waves?

I know her from somewhere,
But I am looking for a witness in you.
Maybe the mirror is lying to me
When it whispers that she exists.

The woman I'm looking for is inside of me
And I'm not there.

I'm looking everywhere for signs that I
once was
Sometimes in the sound of the wind as the
ears sway,
Sometimes in a pair of sparkling eyes...
But, I'm not in my mother's wrinkles either
So, is this "existence" in vain?

I do not live your joy,
Not even your grief.
I don't know the paths known to the eye,
But I feel a tear when it falls.
I am the one in between where you leave
your wounds
And move on!

All your despair and false hopes live inside
of me
A few successes that no one remembers
And ancient sufferings.

You can look for me under every sun,
But until the day darkens
There is no jan in me.

Only when I lie down, returning to the
world of dreams
I feel my body slowly
Steadily, until the dawn kills it again.

Nedžma Latić

Translated by: Ajša Đuherić



FONDACIJA
HASTOR



Contact us!

Bulevar Meše Selimovića 16,
Sarajevo
033 774 789
033 774 823
fondacija@hastor.ba



Redaction

Maida Husnić
Almina Šabanović
Una Karabeg
Nejla Komar
Emra Kulo
Nedžma Latić
Fatima Gazić
Aleksandra Đukić



Graphic design

Belma Gutlić
Kemil Bekteši
Ada Sivac



Cover

Ada Sivac,
"Sunset",
oil on canvas



Translators

Vedin Klovo
Ešref Mehanović
Nejra Galijašević
Said Kamenica
Semra Islamović
Ajša Đuherić