

S I L A I W C L

VPLIV GLASBE NA MOŽGANE

Poklon glasbi in zdravju





Ob praznovanju

30
LETNICE

MEDNARODNEGA ZDRUŽENJA ŽENSK
SILA IWCL



Z vašo prisotnostjo boste pomagali zbrati sredstva za bolnike z različnimi nevrološkimi boleznimi, kot so demenca, Parkinsonova, Alzheimerjeva bolezen ter številne druge.

Z zbranimi sredstvi bomo omogočili, da bo izvajana glasba prenesena na ustrezne nosilce zvoka, za združenje Spominčica-Alzheimer Slovenija, društvo Trepetlika-društvo bolnikov s Parkinsonizmom in drugimi ekstrapiramidalnimi motnjami, zdravstvene ustanove ter domove starejših, z namenom izboljšanja počutja obolelih.

VPLIV GLASBE NA MOŽGANE

Poklon glasbi in zdravju

v izvedbi

Orkestra Slovenske filharmonije

s solistoma **Manjo Slak** in **Blažem Ogričem**,
pod dirigentskim vodstvom **Slavena Kulenovića**,

v sredo, **29. novembra 2023**, ob **19.00**

v dvorani **Grand Hotela Union**.

Osrednji gost s strokovno razlago bo

Prof. dr. **Zvezdan Pirtošek**.

Koncert, ki povezuje glasbo in zdravje,
bo potekal pod častnim pokroviteljstvom
predsednice Republike Slovenije dr. Nataše Pirc Musar.

Program bodo popestrili otroci **plesne šole Bolero**

in

otroci **mednarodne likovne šole L'Art** z razstavo
in prodajo slik, ki jih bodo naslikali med koncertom.

Dobrodošlica s pijačo in fotografiranjem je predvidena v predverju
ob prihodu gostov ob 19.00 uri.

Po koncertu vas vabimo, da se nam pridružite na pogostitvi.

Prireditev bo snemala TV Slovenija.



VPLIV GLASBE NA MOŽGANE

Poklon glasbi in zdravju

29. november 2023 ob 19.00
Dvorana Grand Hotela Union

Predsednica SILA-IWCL: **Lali S. Ilić**

Idejni vodja projekta:

Irena Debeljak, mag. farm., častna članica SILE

Izvajalci:

Orkester Slovenske filharmonije

Slaven Kulenović, dirigent

Manja Slak, violina

Blaž Ogrič, rog

Gost s strokovno razlago: prof. dr. **Zvezdan Pirtošek**

Scenaristka: **Darja Korez Korenčan**

Moderator: **Igor Velše**

Sodelujejo: otroci plesne šole **Bolero**

Koncert snema TV Slovenija

Uredništvo glasbenih in baletnih oddaj

Urednik: **Daniel Celarec**

Režiser: **Juš Hrastnik**

Predgovor predsednice SILA-IWCL

Glasba je univerzalna človekova izkušnja

Dragi prijatelji,

štejem si v veliko čast in posebni privilegij, da Mednarodno združenje žensk popeljem v zadnjo dekada praznovanja 30. obletnice, pomemben mejnik v zgodovini SILA IWCL. Kar se je začelo kot skromno združenje vizionarških dam leta 1993, je danes močno združenje mednarodnih žensk – tako dam, ki so se pridružile svojim partnerjem v Sloveniji na poslovnih nalogah, kot poslovnim ženskam, ki so samostojno prišle v Slovenijo in utelešajo duh skupnosti članstva v najčistejši obliki. Zgodovina SILA IWCL je bogastvo, ki ga vsi cenimo in gradnik, na katerem bo zgrajen naslednji rod vsaj še naslednjih trideset kakovostnih let.

SILA IWCL, ustanovljena s strani prisotnih dveh članic, gospe Vide Rudolf in gospe Danijele Voljč, ima danes več kot 150 članic iz 40 različnih držav. Ponosni smo, da sooblikujemo in pripadamo tako svetli kot raznoliki skupnosti žensk mednarodne skupnosti, ki nas združuje v skupen cilj – prijateljstvo in človekoljubje. V skladu z

vizijo ustanoviteljic, SILA IWCL vedno deluje, za svoje člane, z roko v roki z diplomatsko skupnostjo, v prizadevanju za boljše in okrepljeno prijateljstvo ter z namenom zagotavljanja pomoči in podpore tistim, ki so manj srečni v Republiki Sloveniji.

V svojih 30. letih obstoja, vse do danes, je SILA IWCL z organizacijo številnih dobrodelnih dogodkov pomembno prispevala k spodbujanju mednarodnega dialoga in zavedanju pomena človečnosti. Najodmevnejši, najbolj prepoznan in najpomembnejši dogodek leta SILA IWCL je zagotovo Diplomatski SILA IWCL BAZAR, kjer sodeluje diplomatska, konzularna in druge mednarodne skupnosti.

Danes smo se zbrali, da proslavimo velik dosežek, s pogledom na zadnjih 30 let in se veselimo nadaljnjih 30 let uspeha! V okviru velikega obeležja 30. obletnice smo pripravile edinstven dobrodelni koncert s poklonom glasbi in zdravju – Vpliv glasbe na možgane, v izvedbi Orkestra Slovenske filharmonije, pod vodstvom dirigenta g. Slavena Kulenovića

in ob izjemni podpori profesorja dr. Zvezdana Pirtoška. Ponosni smo, da je predsednica Republike Slovenije dr. Nataša Pirc Musar prevzela častno pokroviteljstvo nad našo prireditvijo.

Z izvedbo koncerta želimo deliti podporo vsem, ki trpijo za posledicami težkih bolezni. Bolezen ne izbira. Srečujem veliko ljudi, ki imajo svojce z demenco, Alzheimerjevo, Parkinsonovo in mnogimi drugimi nevrološkimi boleznimi, ki so žal zelo prisotne v vseh porah sodobnega življenja.

Opozarjamo na tiho epidemijo nevrodegenerativnih bolezni, predvsem demence, na katero se ne moremo nikoli pripraviti. S tem projektom želimo skozi prizmo glasbe in umetnosti nasploh pogledati širše in odpreti plasti, za katere smo bili doslej kot družba slepi. Ni skrivnost, da melodični zvoki pomirjajo, istočasno poživijo telo in sprostitjo duha. Glasba je edinstvena univerzalna človekova izkušnja.

Relevantne institucije, ki se z omenjeno problematiko ukvarjajo, bodo prejele vso strokovno gradivo, kar naj bi

pripomoglo k lajšanju bolezni. Smo na poti, da to edinstveno povezavo med umetnostjo in znanostjo za izboljšanje kakovosti našega življenja delimo z vami.

Dovolite mi, da se na tem mestu zahvalim izjemnim podpornikom projekta: naši častni članici, magistri farmacije Ireni Debeljak za vodenje in pomoč pri organizaciji dogodka, profesorju doktorju Zvezdanu Pirtošku, ustvarjalki oddaj o klasični glasbi na TV Slovenija, gospe Darji Korez Korenčan. Prav tako sem neizmerno hvaležna Orkestro Slovenske filharmonije, dirigentu Slavenu Kulenoviću, celotni ekipi TV Slovenija, otrokom plesne šole Bolero, mladim umetnikom mednarodne likovne šole lepih umetnosti L'Art International School in ne nazadnje vam, drago občinstvo, ki ste prepoznali pomembnost dogodka.

Bolezen ne izbira, udari, ko jo najmanj pričakuješ. Danes imamo možnost združiti znanost in umetnost, vso podporo in ljubezen, da se spopademo s težkim družbenim izzivom.

Resnično verjamem, da je ta dogodek lahko temelj prijateljskega mednarodnega združenja, ki z glasbo gradi mostove in podira zidove.

Naj nas moč glasbe združuje in prijateljstvo povezuje. Naj nas na svojih krilih glasba odpelje v prihajajoči praznični čas, v katerem je cenjen notranji mir in v katerem bomo sebi in svojim najbližjim podarili lepe spomine.

Naj na tem mestu naštejemo nekatere izmed ključnih dosežkov SILA IWCL v zadnjih 30 letih:

- širitev svoje vizije prek izmenjave informacij za graditev zaupanja z lokalno in diplomatsko skupnostjo;
- krepitev regionalnih mrež in zaupanja med večjimi mesti v Sloveniji ter sodelovanje z župani. Na neki točki, z nastankom regionalnih mrež, bo velika mednarodna dobrodelna prireditelja - Diplomatski bazar SILA organizirana tudi v drugih mestih po Sloveniji;
- identiteto združenja je leta 2016 z grafičnimi in vsebinskimi simboli zamenjala črno-belo SILA podobo, v rožnato SILA IWCL barvno kombinacijo;
- ob 25-letnici je junija 2018 predsednik Republike Slovenije, gospod Borut Pahor, Združenje SILA IWCL odlikoval z redom za zasluge za uspešno humanitarno sodelovanje v prehojenih letih;
- v najzahtevnejšem času v letu 2020, je SILA IWCL prejela najvišjo velikodušno donacijo nasploh s strani podjetja Henkel Maribor, in sicer v obliki izdelkov podjetja. SILA IWCL članice smo nato obiskale številne kraje po Sloveniji. Podarjene izdelke smo razdelile med medicinske sestre in druge sodelavke v prvi liniji. Pozabile nismo niti Varnih hiš in urejanju stanovanj za ženske z otroki, brez otrok ali samo otroke in mladostnike po vsej Sloveniji.
- v letu 2022 je po velikem izbruhu pandemije v letih 2021, 2022, 2023

mednarodni dobrodelni dogodek – Diplomatski SILA IWCL bazar potekal v središču Ljubljane na Stritarjevi ulici. Z veliko pomočjo in podporo ljubljanskega župana g. Zorana Jankovića je SILA IWCL doslej izvedla tri uspešne bazarje na prostem. Letos smo članice SILA IWCL s strani mesta Ljubljana prejele posebno nagrado: SRCE PRIJATELJSTVA;

- in nenazadnje, prav danes 29. novembra 2023 poteka dobrodelni koncert Vpliv glasbe na možgane pod častnim pokroviteljstvom predsednice Republike Slovenije dr. Nataša Pirc Musar;
- s ponosom ugotavljam, da je vloga društva SILA IWCL nesporna.

Kaj lahko pričakujemo v naslednjih 30 letih:

- proaktiven prispevek k vzpostavitvi struktur in mehanizmov za podporo kakovostne kulturne raznolikosti, celotni Sloveniji;
- prispevek k diplomatski, konzularni in drugim mednarodnim skupnostim za močnejšo stalno podporo;
- določanje smernic za spodbujanje prijateljskih odnosov med SILA IWCL in veleposlaništvi, častnimi konzulati in drugimi mednarodnimi ženskimi odbori;
- izvajanje in nenehno krepitev mednarodnega prijateljstva za spodbujanje zaupanja in verodostojnosti v mednarodnih in nacionalnih skupnostih, s čimer prispeva k okrepljenemu zaupanju in medsebojnemu priznavanju;
- sprejemanje raznolikosti za zagotavljanje nenehnega spodbujanja dobre volje in prijateljstva med našimi člani,
- organiziranje kulturnih, športnih, izobraževalnih in družabnih dejavnosti ter zbiranje sredstev v korist dobrodelnih projektov.

Pred nami so veliki in pomembni dogodki, izjemna pričakovanja lahko izpolnimo le s skupnimi močmi naših članic in partnerjev. SILA IWCL je zagotovo vedno pripravljena voditi, podpirati in širiti ugled Slovenije.

Na tem mestu danes želim izreči pristržno priznanje vsem tistim članicam, ki so k tej izjemni organizaciji prispevale v zadnjih 30. letih in zaželeli veliko vzdržljivosti, strasti in predanosti bodočim predsednicam v naslednjih 30. letih.

Osebnostno se iskreno zahvaljujem vsem, ki so prispevali k pobudi v počastitev 30. obletnice SILA IWCL – resnično dobrodelnega, mednarodnega in vključujočega dogodka, kjer glasba igra glavno vlogo za izboljšanje vseh nas.

Nenazadnje bi se želela zahvaliti vsakemu posamezniku, tu mislim res vse ljudi, ne le ženske, za vsako minuto dragocenega časa, vloženega

v oblikovanje podobe SILA IWCL, kar je vplivalo na graditev sedanjih vrednot, tudi na širšo skupnost.

Naši ustanoviteljici, vizionarki, častni članici: Vida in Danijela sta navdih nam, ki prihajamo. Celotni ekipi SILA IWCL dajeta odlično motivacijo za doseganje novo zastavljenih ciljev. Neizmerno sem jima hvaležna tudi za pismo, ki sta ga pripravili, saj smo le z njunim pričevanjem izvedeli več o pomembnem delu društva v samih začetkih, 9. novembra 1993, pa vse do danes.

Čestitke SILA IWCL za 30 let izjemnih dosežkov in uspehov, vse dobro pa tudi za naslednjih 30 let!

SKUPAJ smo vedno močni! Srečno.

S spoštovanjem,

Lali S. Ilić, MSc MFA
SILA IWCL Predsednica

Predgovor ustanoviteljic

»V tistih zgodnjih dneh so se sklenila neverjetna prijateljstva in mnoga med njimi še vedno trajajo. Mislim, da je res, če rečem, da Slovenija zavzema zelo posebno mesto v naših srcih, v veliki meri zahvaljujoč SILA-IWCL.« Tako je gospa Hilary Naquie, žena prvega veleposlanika EU v Republiki Sloveniji, opisala svoje videnje na SILA.

Pobuda za ustanovitev združenja žensk je bila dana jeseni 1993 na pikniku v Trenti, na katerem so bile prisotne: Danijela Voljč, Vida Rudolf, Barbara Johnston, žena britanskega veleposlanika in Janine Janssens, žena veleposlanika EU. Čez nekaj dni sta se pridružili še Dušica Zupanc in Anne-Marie Yazbeck. Tako tuje kot slovenske ženske je združilo dejstvo, da smo vse že kdaj živele v tujini, od Amerike do Evrope ter od Bližnjega do Daljnega vzhoda. Bile smo članice organizacij, v katere prihajajo zakonci diplomatov in poslovnih predstavnikov. Več kot 40 žena tujih diplomatov se je odzvalo našemu neformalnemu povabilu na kosilo 9. novembra 1993 v restavracijo Slovenskega narodnega gledališča v Ljubljani, da bi se spoznale in

ugotovile, ali si sploh želimo podobno organizacijo v Sloveniji. Odziv na kosilu je presegel vsa pričakovanja in soglašale smo, da začnemo s postopkom ustanovitve SILA (Slovensko mednarodno združenje žensk) – beseda sila v slovenščini pomeni moč. Prisotnost takratne prve dame Slovenije gospe Štefke Kučan in njen nagovor sta dala celotnemu srečanju in organizatorjem potrebno kredibilnost.

Danijela je skupaj z Vido vodila SILA do prvih volitev članic, ki so nato prevzele vodstvo društva. Bile smo zelo motivirane, polne idej, srečevale smo se mesečno, organizatorke pa celo večkrat na mesec. Lokalni časopisi so sicer poročali, da samo pijemo kavo in se pogovarjamo o receptih, v resnici pa smo se spoznavale in razpravljale o težavah, ki jih imajo tujke v novem okolju. Danes je položaj tujk v Sloveniji drugačen, saj obstajajo mednarodni vrtci, šole, zasebni zdravniki itd., takrat pa tega ni bilo, zato so nove članice nujno potrebovale pomoč in informacije, da so lahko vzpostavile normalno življenje v novi državi. Vsaki članici, ki se nam je pridružila,

smo posredovale seznam najnujnejših podatkov in takoj pripravile tečaj slovenščine. Organizirale smo veliko izletov po Sloveniji in se srečevale s slovenskimi pisatelji, kot tudi z drugimi umetniki. Vsak mesec smo izdale tudi kratko glasilo, ki je vsebovalo aktualne informacije in napotke za lažjo vključitev v novo življenje.

Na pobudo gospe Nuran, žene turškega veleposlanika, smo že decembra leta 1994 organizirale prvi mednarodni dobrodelni bazar. Postal je prava novost in spodbuda za nadaljnje organiziranje dobrodelnih sejmov. Z izkupičkom smo pomagale posameznikom in organizacijam v stiski.

Leta 1996 je bil sprejet nov slovenski zakon o društvih in SILA je bila končno uradno registrirana kot društvo. Napisale smo statut o delovanju društva, izvolile organe upravljanja, odprle bančni račun in poslovale po predpisih. V pravilniku smo jasno zapisale, da je SILA nevladno, nepolitično, neversko in nedobrodelno društvo, razen pri organizaciji dobrodelnega bazarja in

pomladnega plesa. Dejavnosti so se množile in članice smo organizirale ogled razstav, izlete, na katerih smo spoznavale slovenske pokrajine, njihove kulturne znamenitosti, spoznavale dobre gostilne z domačo slovensko hrano ... Skupaj smo raziskale velik del Slovenije in spodbujale članice, da tudi s svojimi družinami obiskujejo naše kraje. Mesečni pregled aktivnosti smo objavljale v internem glasilu SILA. Izdale smo tudi tri knjige z mednarodnimi kuharskimi recepti, organizirale predavanja in počele še marsikaj. To velja še danes, saj se naše članstvo zelo hitro spreminja. Je pa res, da so se časi spremenili, danes imajo članice na voljo veliko več informacij kot takrat na začetku, pri čemer nam je vsem v veliko pomoč svetovni splet.

Skozi vsa ta leta so SILA, ki je kasneje postala SILA IWCL, vodile izjemne ženske. Spletla so se mnoga prijateljstva, ki se še vedno ohranjajo z občasnimi obiski ali s sodobnim načinom ohranjanja stikov preko spleta. Številne nekdanje članice so postale naše ambasadorke promocije Slovenije tako doma kot v tujini, kjer so službovali

njihovi moške. Na spletu promovirajo naše turistične znamenitosti. Mnoge se pogosto vračajo v Slovenijo in k nam na dopust pošiljajo tudi svoje prijatelje.

Ob 15-letnici društva sva bili počaščeni, ko sva bili imenovani za častni članici SILA.

Ob 25-letnici društva je predsednik Republike Slovenije SILA IWCL odlikoval s slovenskim redom za zasluge.

Naj ob koncu dodava, da na SILA IWCL gledava kot na lastnega otroka, ki je danes sicer že odrasel in zapustil dom, a je še vedno najin. Formalne funkcije že dolgo nimava več – Danijela sem precej zgodaj nadaljevala poklicno

pot na Ekonomski fakulteti Univerze v Ljubljani in Vida sem vsa ta leta aktivno sodelovala predvsem pri vodenju dobrodelnih bazarjev.

Društvo SILA IWCL nam je dalo veliko, predvsem prijetnih druženj in nepozabnih prijateljstev. S ponosom gledava na prehojeno pot, veseli sva, da sva bili in še vedno sva del te poti, ki se nadaljuje pod odličnim vodstvom sedanje predsednice gospe Lali S. Ilič, MSc MFA in ob sodelovanju vseh članov SILA IWCL.

SILA IWCL želiva uspešno nadaljevanje poti, nam vsem pa vse dobro ob praznovanju 30-letnice.

Danijela Voljč in Vida Rudolf



Vpliv glasbe na možgane je mogoče strokovno in znanstveno razložiti

Umetnost, medicina in znanost se včasih zdijo kot različni svetovi v veselju človeškega duha, vendar ni bilo vselej tako. V antični Grčiji in renesansi so filozofija, arhitektura, medicina, glasba in umetnost obstajale v popolni simbiozi. Pitagora je proučeval harmonijo zvoka in številck ter razvil glasbeno teorijo, ki je služila kot temelj za glasbeno umetnost. Menil je, da različni glasbeni intervali vplivajo na človeško telo in duha ter da lahko harmonični zvoki uravnotežijo telesne funkcije. Fidiija in Praksitel sta znanost o anatomiji uporabljala ob klesanju kipov, ki nas prevzamejo s svojo lepoto. Kasneje, v renesansi, je Leonardo da Vinci ob risanju natančnih anatomskih in tehničnih risb ustvaril enigmatični obraz Mone Lise. V zadnjem stoletju ali dveh je prišlo do naraščajočega razkola med umetnostjo in znanostjo, ki ga je tako lepo opisal – in obžaloval – v svojem eseju Dve kulturi pisatelj

in znanstvenik Charles Percy Snow. Menil je, da se lahko le v sodelovanju in razumevanju teh dveh kultur lotevamo kompleksnih vprašanj sodobnega sveta. Le desetletje kasneje je nesluten vzpon novih metod v nevroznanosti omogočil, da opazujemo preplet teh dveh kultur v človekovih možganih. Skozi digitalne podobe magnetne resonance lahko opazujemo, kar je Pitagora slutil s svojim umom – da glasba spreminja možganska omrežja, da vpliva na naše misli in čustva, da nam je v uteho in da je lahko zdravilo.

Nocojšnji večer se je zato v nekem smislu začel na peščenih obalah Pitagorove Magne Graecie, konkretno pa nekega poznega popoldneva letošnje pomladi v preddverju predavalnice, ko mi je gospa Irena Debeljak v pogovoru izrazila svojo misel, morda ne čisto s temi besedami, da sta umetnost in znanost dve krili, s katerima bo človek lahko poletel višje in globlje. Ob tem

mi je zaupala svojo osebno željo, podprto s strani združenja SILA, da bi morda tudi s koncertom poudarili neprecenljivo povezavo znanosti in umetnosti. Tokrat z vidika možganov, organa, s katerim tovrstnega prepleta ne opisujemo le z jezikom števil in grafov, ampak ga tudi čutimo z utripom svojega srca.

prof. dr. Zvezdan Pirtošek

*Predstojnik Katedre za nevrologijo
Medicinske fakultete Univerze v Ljubljani*



Pomagajmo z glasbo!

Po poetičnem uvodu o znanosti, umetnosti, medicini in glasbi, nadaljujem v realnosti sveta. Mojo družino so zaznamovale nevrološke bolezni: Parkinsonova, Alzheimerjeva in epilepsija, kar je botrovalo temu, da sem že v času študija farmacije in kasneje v življenju sledila razvoju znanosti in medicine na tem področju. Obiskovala sem predavanja prof. dr. Pirtoška, na katerih je pojasnjeval vpliv glasbe na možgane. Ker izhajam iz glasbene družine, mi je bila tovrstna povezava razumljivejša. Vpliv glasbe na možgane je mogoče dandanes strokovno in znanstveno razložiti. V društvu SILA smo se ob naši tridesetletnici odločile to področje predstaviti javnosti. Strokovna razlaga in izvajana glasba bosta kasneje dostopni tudi na zgoščenki z namenom, da z glasbo izboljšamo svoje počutje in počutje tistih, ki imajo nevrološke bolezni. Skupno z vsemi vami tako pomagamo ljudem v težavah.

Hvala prof. dr. Pirtošku, da se je odzval našemu povabilu za sodelovanje pri tem projektu. Želela bi se zahvaliti tudi urednici in avtorici oddaj o klasični glasbi na TV Slovenija Darji Korez Korenčan, ki nam je pri pripravi in oblikovanju projekta od vsega začetka stala ob strani. Hvala gospa Darja.

Irena Debeljak

Mag. farmacije in častna članica SILE



Moč glasbe je brez meja

Če poskuša novinar klasično glasbo preko nacionalnega tv medija kar štiri desetletja približevati najširšemu krogu gledalcev, se znajde v zanimivi situaciji - na eni strani ga hvalijo in uvrščajo med nadvse dobrodošle edukativne in kulturno-umetniške razsvetljevalce v poplavi komercialne glasbe, na drugi pa ga na televiziji potiskajo v pozne ure, ker naj bi klasična glasba nikogar ne zanimala. Kljub temu grem naprej, zavedajoč se potrebnosti glasbenega osveščanja, zaradi rednih odzivov akademsko izobraženih posameznikov in vere v glasbeno umetnost, ki so ji že stari modreci pripisovali kozmične razsežnosti. Ob čudežni moči glasbe pa zadnja leta dobivam potrditev še s strani medicine in znanosti, da glasba nima le umetniške in muzikoterapevtske vloge, ampak naj bi pomagala pri premagovanju težav z demenco, Alzheimerjevo in Parkinsonovo boleznijo ter drugimi nevrološkimi boleznimi.

Na spletu sem poslušala prof. dr. Zvezdana Pirtoška in ga povabila na studijski intervju, uživala v njegovi pripovedi in skupaj z gledalci poskušala razumeti vpliv glasbe na najzapletenejši organ - možgane. Kmalu po intervjuju se je pri meni oglasila gospa Irena Debeljak v imenu Sile in tako se je začel poklon glasbeni umetnosti in znanosti.

Nisem se mogla odreči povabilu, nasprotno - počaščena sem in zadovoljna, da lahko kot scenaristka sodelujem pri projektu, katerega dolgoročni namen je s posnetkom tega večera pomagati tistim, ki se izgublajo z mislimi, njihovim svojcem in skrbnikom.

Hvala Sili za plemenito poslanstvo.

Darja Korez Korenčan

*Urednica v Uredništvu oddaj o kulturi,
KUP TVS*

Orkester Slovenske filharmonije

Orkester Slovenske filharmonije se skupaj s svojimi predhodnicami (Academia Philharmonicorum je bila ustanovljena leta 1701, Filharmonična družba leta 1794 in Slovenska filharmonija 1947) uvršča med najstarejše podobne institucije v Evropi. Orkester je nenehno rasel, najprej s svojimi domačimi stalnimi dirigenti, potem pa tudi s slavnimi dirigentskimi gosti, kot Carlos Kleiber, Riccardo Muti, Charles Dutoit in Daniel Harding. Orkester je sprva nastopal v matični dvorani Slovenske filharmonije, od leta 1982 pa pripravlja

redne koncerte v kulturnem in kongresnem centru Cankarjev dom, kjer občinstvu ponuja abonmajske cikle z glasbo različnih slogovnih obdobj. Združuje najboljše domače glasbenike, ki so se jim po letu 1990 pridružili številni izstopajoči tuji instrumentalisti. V zadnjih desetletjih so turneje in gostovanja Orkester Slovenske filharmonije vodili v najprestižnejše dvorane in na odmevne festivale po vsem svetu. Od leta 2019 je Orkester Slovenske filharmonije tudi rezidenčni orkester Festivala Ljubljana.



Slaven Kulenović

Dirigent

Eden najuspešnejših slovenskih dirigentov mlajše generacije Slaven Kulenović je umetnik s pretanjenim čutom za različne glasbene stile.

Na Akademiji za glasbo v Ljubljani je najprej študiral klavir pri Dubravki Tomšič Srebotnjak in leta 2007 diplomiral z odliko, nato je nadaljeval dirigiranje v razredu Milivoja Šurbka, študij je zaključil leta 2009. Za interpretacijo Mozartovega Koncerta za klavir in orkester v c-molu je prejel Prešernovo nagrado Akademije za glasbo. Kot komorni glasbenik je nastopil v številnih državah. Kot dirigent se je izpopolnjeval na mojstrskih tečajih pri uglednih dirigentih, med drugim je dirigiral

Simfoničnemu orkestru Slovenske filharmonije, RTV Slovenija, Sarajevske filharmonije, SNG Opera in balet Ljubljana, SNG Maribor, orkestru mesta Lohja (Finska), Simfoničnemu orkestru romunskega radia, Simfoničnem orkestru Akademije za glasbo v Ljubljani, Zboru hrvaške radiotelevizije, Zboru srbske radiotelevizije itd. Letos je z violinistom Žigom Brankom in simfoničnim orkestrom RTV Slovenije izdal zgoščenko s kompletnim opusom Ludwiga van Beethovena za violino in orkester. Krstno je izvedel vrsto del slovenskih skladateljev. Slaven Kulenović je profesor klavirja in komorne glasbe na Konservatoriju za glasbo in balet v Ljubljani.

Manja Slak

Violinistka

Manja Slak se je v času šolanja redno udeleževala glasbenih tekmovanj, na katerih je posegala po najvišjih mestih. Od ustanovitve je bila članica Klavirskega tria Sensibile, ki je na državnih in mednarodnih tekmovanjih prejel veliko prvih nagrad za doseženih 100 točk. Manja je v času študija redno nastopala z različnimi evropskimi mladinskimi orkestri. Med drugim je bila članica Mladinskega orkestra Gustava Mahlerja in Mladinskega orkestra Evropske unije. Od leta 2021 je substitutka pri Dunajskih simfonikih,

bila pa je tudi ambasadorica Fundacije Benedetti. V vlogi solistke je nastopala že pri dvanajstih letih, ko je izvedla Vivaldijev koncert *Jesen*. Med drugim se je predstavila še z Beethovnovim *Trojnim koncertom* s Klavirskim triom Sensibile, *Briljantno polonezo*, *Introdukcijo* in *Rondojem capricciosom* ter *Schindlerjevimi seznamom*. Leta 2023 je končala študij na Univerzi za glasbo in upodabljaljočo umetnost na Dunaju pri prof. Antonu Sorokowu in se zaposlila v Orkestru Slovenske filharmonije.



Blaž Ogrič

Rogist

Blaž Ogič je poleg številnih nagrad na tekmovanjih, ki se jih je udeležil, tudi prejemnik prve nagrade na mednarodnem tekmovanju solistov in komornih skupin v Beogradu ter na tekmovanju TEMSIG, osvojil je prvo mesto v najvišji kategoriji na mednarodnem tekmovanju v Varaždinu, na 42. tekmovanju mladih slovenskih glasbenikov pa je kot član Kvarteta rogov KGBL prejel zlato plaketo. Je prejemnik Škerjančeve nagrade KGBL za izjemne uspehe pri umetniškem uveljavljanju šole ter Prešernove nagrade študentom Univerze v Ljubljani.

Sodeloval je z odličnimi dirigenti, kot so Neville Marriner, Philippe Jordan, Daniel Harding, Christoph Eschenbach in mnogi drugi.

Kot solist je v letu 2019 nastopil s Simfoničnim orkestrom RTV in Simfoničnim orkestrom SNG Maribor. Sodeloval je z različnimi sestavi tako doma kot v tujini.

Leta 2016 je opravil avdicijo za solo rog v orkestru ljubljanske Opere, nato pa v Simfoničnem orkestru RTV Slovenija. Leta 2019 je uspešno opravil avdicijo za solo rogista v Orkestru Slovenske filharmonije, kjer je zaposlen še danes.



Spored

W. A. Mozart: *Uvertura k operi Čarobna piščal*

A. Vivaldi: *Štirje letni časi (Pomlad)*

J. S. Bach: *Air iz suite št. 3, BWV 1068*

W. A. Mozart: *Koncert za rog št. 4 (Rondo)*

M. Ravel: *Moja mati gos*

J. Strauss st.: *Radetzkyjeva koračnica*

S. Avsenik: *Spomin (priredba B. Adamič)*

M. Ravel: *Bolero*

K sporedu ...

W. A. Mozart:

Uvertura k operi Čarobna piščal

Mozartova opera Čarobna piščal je pravljica izredne moči, ki se je porodila v Mozartovi duši v težkih trenutkih zadnjega leta njegovega življenja. Zanimivo je, da trpke življenjske preizkušnje, s katerimi se je nenehno spopadal, niso pustile sledi v njegovi ustvarjalnosti, temveč so celo pripomogle k še večji vedrini in lahkotnosti ustvarjanja. V tej operi svetloba zmagaja nad temo, zloba podleže dobroti, nagon se podredi razumu in ljubezen prežene sovraštvo. Nocoj bomo poslušali uverturo k operi.

A. Vivaldi:

Štirje letni časi (Pomlad)

Vivaldijevi Štirje letni časi so največkrat poslušana programska oziroma opisna glasba v celotni glasbeni zgodovini. *Pomlad* nam bo še posebej pričarala solistična violina, lahko bomo podoživeli pravi slivospev pomladi.

Čeprav celotna skladba sloni na poigravanju z naravnimi zvočnimi

pojavi, je imitacija prefinjeno vtkana v glasbeno obliko, glasba ponazarja človekova intimna doživetja in njegovo sožitje z naravo.

J. S. Bach:

Air iz suite št. 3, BWV 1068

Suita št. 3 Johanna Sebastiana Bacha je bila javno izvajana šele v 19. stoletju, torej veliko let po Bachovi smrti, in še vedno ostaja ena najbolj priljubljenih skladb klasične glasbe. To je bilo tudi prvo Bachovo delo, ki je bilo posneto.

»Če ste včasih depresivni, se uglasite in uživajte v tej glasbi! Počutili se boste kot prerojeni, ta glasba mi privabi solze v oči, hkrati mi ob njej celotno telo preplavi občutek sproščenosti.« Tako je na spletu zapisal eden od poslušalcev.

W. A. Mozart:

Koncert za rog št. 4

Mozart je napisal štiri koncerte za rog in orkester, vse je posvetil svojemu prijatelju, hornistu v salzburškem orkestru - Ignazu Josephu Leutgebu.

Na tedanjem instrumentu brez ventilov je moral hornist uravnavati intonacijo tako, da je potiskal dlan v resonančni lijak, zato je bilo izvajanje dokaj zahtevno. O domačnosti njenega odnosa pričajo Mozartove pobalinsko zbadljive pripombe na partituri, ki pa mu jih Leutgeb očitno ni zameril, saj je po njegovi smrti Mozartovi vdovi pomagal urediti partiture.

M. Ravel:

Moja mati gos

Z vzdevkom *mati goska* so skozi zgodovino označevali ženske, ki so znale otroke s pravljičami zazibati v sen.

Maurica Ravela so za skladbo *Moja mati gos* navdušile zbirke pravljič francoskega pisatelja Charlesa Perraulta. Odločil se je, da bo napisal suito, ki jo je posvetil otrokoma svojih prijateljev. Sprva je skladbo napisal za klavir štiriročno, kasneje jo je preoblikoval za klavir solo, nato orkestriral, nazadnje pa je nastal še balet.

Izmed petih stavkov bomo nocoj poslušali zadnjega, z naslovom *Pravljični vrt*.

J. Strauss st.:

Radetzkyjeva koračnica

Johan Strauss starejši je napisal koračnico v čast avstrijskemu domoljubu - feldmaršalu Josefu Radetzkyju. Delo dandanes redno izvajajo na dunajskem novoletnem koncertu. Nekoliko manj znano pa je, da je Radetzky povezan tudi z našo deželjo, saj je bil poročen s članico rodbine Auerspergov s Turjaka.

Za kraj upokojitve si je Radetzky izbral Ljubljano. Radetzky si ni mogel privoščiti nakupa tivolskega gradu, ki ga je nato kupil sam cesar Franz Jožef in ga dal feldmaršalu v dosmrtno uporabo. Dolgo so dvorec imenovali Vila Radetzky. Radetzky je dal postaviti prvo Švicarijo, dvorni park pa je odprl za meščane.



S. Avsenik:

Spomin (priredba B. Adamič)

*Matilda spomin obudi,
na davne pretekle mi dni,
kot v pravljici bilo je vse,
zlata srečna leta,
kje, oj, kje zdaj ste?*

To je ena izmed kitic skladbe *Spomin* Slavka Avsenika, besedilo je napisal Ferry Souvan, prvi pisec besedil ansambla Avsenik. Nocoj bomo poslušali orkestralno različico, za katero je priredbo napisa mojster Bojan Adamič, sicer pa to skladbo naši filharmoniki pogosto izvajajo v tujini kot dodatek in vedno ima izjemen odziv obiskovalcev.

M. Ravel:

Bolero

Leta 1928 je ruska balerina Ida Rubinstein prosila Ravela, da bi predelal nekaj skladb španskega pianista Isaaca Albeniza za orkester, da bi jih izvedli s koreografijo. Ravel se je strinjal in ko so skladbo posneli na ploščo, jo je želelo izvajati veliko izvajalcev, med njimi tudi zvezdniški dirigent Arturo Toscanini. Ko je *Bolero* izvajal v Newyorški filharmoniji, je bil med občinstvom tudi Maurice Ravel. Vsi prisotni so na koncu skočili na noge in navdušeni zaploskali. A ko je dirigent pomahal avtorju skladbe, ga je slednji ignoriral, saj je Toscanini po njegovem mnenju *Bolero* izvajal prehitro. Ravel je bil nasploh začuden, da je skladba doživela tolikšen uspeh, večkrat je namreč povedal, da mu ni posebej uspela in da je napisal veliko boljših skladb.



Prof. dr. Zvezdan Pirtošek

Predstojnik Katedre za nevrologijo Medicinske fakultete Univerze v Ljubljani

Prof. dr. **Zvezdan Pirtošek** je predstojnik katedre za nevrologijo na ljubljanski medicinski fakulteti in dolgoletni predstojnik kliničnega oddelka za bolezni živčevja UKC v Ljubljani. Je tudi univerzitetni profesor na Filozofski in Pedagoški fakulteti ter soustanovitelj srednjeevropskega študija Kognitivna znanost. Njegovo glavno raziskovalno področje so nevrodegenerativne bolezni in kognitivna nevroznanost. Za delo na področju demence mu je predsednik Republike Slovenije podelil državno odličje red zaslug, iz rok soproge predsednika Severne Makedonije, gospe Elizabete Gjorgievške, pa je prejel posebno priznanje za povezovalno vlogo med strokovnjaki na področju demence za JV Evropo.

Prof. dr. Zvezdan Pirtošek je gost številnih mednarodnih konferenc in simpozijev, kjer predstavlja nevroznanstvene ugotovitve kot plod različnih študij možganov in kliničnih opazovanj. V svojih predavanjih se pogosto osredotoča na to, kako

doživljanje nekega umetniškega dela ali pa ustvarjanje pomagata pri zdravljenju nekaterih bolezni, pri premagovanju stresa, pri odkrivanju latentne ustvarjalnosti, pri kakovostnem staranju in pri vzpostavljanju blagostanja našega bivanja ter družbe kot celote.

Nevroznanstvene raziskave vse bolj jasno odkrivajo, da ima umetnost pomemben vpliv na možganske procese, omogoča integracijo pozornosti, spoznavnih, čustvenih, motoričnih in avtonomnih procesov, vse to pa v končni fazi lahko privede v občutenje blagostanja.

Nocoj bomo iz širokega spektra umetnosti, ki ga predstavlja prof. Pirtošek na svojih predavanjih, izvzeli segment glasbe. Prav glasba je spričo posebnega doživljanja vsakega posameznika, svojevrsten fenomen, saj v možganih sproži procese, ki blagodejno vplivajo na ljudi z različnimi nevrološkimi tegobami in obolenji.

Strokovna razlaga prof. dr. Zvezdana Pirtoška o vplivu izbrane glasbe na posamezne bolezni

O pozornosti in spominu

*Antonio Vivaldi:
Štirje letni časi – Pomlad*

V razkošnem teatru našega uma je pozornost kot žaromet, ki v prepletu zaznav izbira, razsvetljuje, vodi, usmerja tok zavesti in je ključ do naših spominov. Veliko vrst pozornosti se izgrajuje v možganih; včasih je naša pozornost poglobljena, usmerjena, včasih razpršena v desetine bežnih zaznav; včasih je nehotena in refleksna - ta se izgrajuje v evolucijsko najstarejših delih možganov, v možganskem deblu; spet drugič je zavestna in nadzorovana s procesi, ki smo jih v najvišjih predelih možganske skorje izgrajevali zadnjih sto tisoč let. Ali lahko določena zvrst glasbe našo pozornost izostri? Znanstveniki so na to vprašanje skušali odgovoriti s koncertno glasbo Vivaldija Štirje letni časi. Poslušalcem so merili moč pozornosti s posebno obliko zajemanja možganske električne aktivnosti, z izzvanimi, evociranimi potenciali. Izkazalo se je, da med štirimi koncerti tega skladatelja

pozornost in spomin izboljša predvsem eden. Tisti, ki je napisan v najbolj razposajenem in svežem tonu, ki odraža prebujanje narave, vključuje zvoke ptic in tiho šumenje potoka, tisti, ki ga uvede še posebej dobro prepoznaven, živahen, čustven in poživljajoč prvi stavek in ki se konča slovesno, veselo in praznično, za razliko od drugih koncertov v zbirki, ki se pogosto zaključijo z melanholičnimi toni ali dramatičnimi poudarki ... Pomlad. Ta koncert je najbolj izboljšal možganske meritve pozornosti in spomina.

O depresiji

*Johann Sebastian Bach:
Suita št. 3, BWV 1068*

Depresija - siv oblak, ki zavije svet in naše življenje v meglo. Čas, ko topi razpoloženje, ugašajo ali skelijo čustva, blede spomin in peša telo. Stanje, ko v možganih upadajo nivoji kemičnih prenašalcev, kot je na primer serotonin, kar vodi v občutke žalosti in brezupa ter se viša hormon stresa, kortizol. Ko zaradi visokega kortizola propadajo

celice hipokampusa, dela možganov, ki igra ključno vlogo pri obdelavi spominov. Ko propadajo celice čelnega režnja, ki je odgovoren za miselne funkcije, kot so odločanje, načrtovanje in nadzor impulzov; prekomerno pa prično delovati možganska omrežja strahu in odziva na stres, amigdala ter hipotalamus.

Mnogi ljudje, ujeti v labirinte mračnih misli, intuitivno iščejo in najdejo uteho v glasbi; ugoden vpliv glasbe na depresijo potrjujejo tudi znanstvene študije. Dostikrat se omenja Bachova glasba. Ne raumemo popolnoma, zakaj. Je to njena zapletena in strukturirana harmonija, matematična natančnost in ravnotežje v njegovih skladbah, ki pomirita in obenem miselno angažirata? Je to širok razpon čustev v Bachovi glasbi, od melanholije do veselja, in od introspekcije do razigranosti, razpon, v katerem bomo, nekje, našli uteho tudi mi? So to pri Bachovi glasbi tako očitne duhovne in transcendentne lastnosti, ki imajo lahko prav poseben pomen za tiste, ki se spopadajo z depresijo?

O Tourettovi bolezni

*Wolfgang Amadeus Mozart:
Koncert za rog št 4, K.495 - III.
Rondo: Allegro vivace*

Če so najgloblji, arhaični možgani, ki jih delimo z vsemi vretenčarji, posvečeni našim osnovnim biološkim funkcijam, vzdrževanju življenja, in je evolucijsko najmlajša možganska skorja na površini možganov odraz osupljivega razvoja miselnih sposobnosti človeka, pa je na meji med njima vmesni svet navad, rutin, avtomatizmov. To so bazalni gangliji, ki so ključni za koordinacijo gibanja, uravnavanje motoričnega vedenja ter sodelujejo pri različnih miselnih procesih, vključno z odločanjem in načrtovanjem. Tourettov sindrom je motnja v delovanju bazalnih ganglijev, ko se sprostijo nehoteni tiki, nehoteni zvoki ali vedenje, ki ga posameznik ne more nadzirati, na primer motnja pozornosti. Ljudje s tem sindromom so dostikrat zelo ustvarjalni in imajo izrazito sposobnost za zaznavanje napak v svojem okolju, kar lahko prispeva k prisilnim simptomom in pogostemu ponavljanju vzorcev.

Nekateri zgodovinski analitiki na osnovi pričevanj in ohranjenih pisem menijo, da bi ta sindrom utegnil imeti Wolfgang Amadeus Mozart. Opisovali so ga kot silno nemirnega, s tiki, prisilnimi, ponavljajočimi se mislimi in dejanji, razpršeno pozornostjo. Vsekakor bi ustvarjal en, veliki umetnik nekatere znake Tourettovega sindroma lahko nehoteno ali pa premišljeno vtikal v oblikovanje svojega individualnega glasbenega stila. V Mozartovi glasbi bi se tiki, motorični nemir in drugi znaki lahko odražali tudi v njemu lastnih kompleksnih ritmih in hitrih menjavah dinamike, tehnično zahtevnih pasażah, ki zahtevajo od izvajalcev posebno spretnost; pogostem ponavljanju določenih glasbenih motivov med različnimi epizodami, in - kot bomo slišali v pričujočem rondoju - kontrasti med orkestrom in solisti ter dinamičnimi prehodi med različnimi razpoloženji.

O stresu in umiritvi

Maurice Ravel: Ma mère l'Oye (Moja mati gos) – Le jardin féerique

Stres je naraven odziv, ki se pojavi, ko se soočimo z izzivom ali grožnjo ali zahtevo. Takrat možgani aktivirajo starodavno središče strahu, amigdalo, in del avtonomnega živčnega sistema, simpatik. Simpatik, kot močan crescendo, vzbudi občutek nemira, pripravi nas na boj ali beg. Medtem ko je določena stopnja stresa nujen del življenja, lahko kronični stres – tako pogost v sodobnem življenju – povzroči zvišan tlak, boleznin srca in ožilja ter upad spomina. Pokazalo se je, da glasba, ta univerzalni jezik čustev, močno vpliva na avtonomni sistem. Zlasti tempo glasbe, ki je pogosto opredeljen s številom udarcev na minuto, igra ključno vlogo pri oblikovanju naših odzivov na stres. Hitra glasba z energičnim tempom in poudarki

ponavadi vzburja. Počasna glasba, za katero je značilen blag, umirjen tempo in strateška uporaba premorov ali tišine v skladbi, ima izjemno sposobnost, da aktivira nasproten del avtonomnega sistema, parasimpatikus. Ta upočasnjuje srčni utrip, zniža krvni tlak, zmanjša mišično napetost ter spodbuja čustveno ravnovesje in spokojnost. Preučevanje vpliva glasbe na srčni ritem in krvni pritisk je odkrilo popoln desetsekundni ritem, povezan z recitiranjem molitev v latinščini (ne pa v italijanščini, francoščini ali angleščini), pri čemer dihanje poteka s hitrostjo šest vdihov na minuto. Ta sinhronizacija med molitvijo, dihanjem in cirkulacijskimi ritmi nakazuje edinstveno povezavo med starodavnimi rituali in fiziološkimi odzivi. Podoben pojav so opazili pri počasnem dihanju, povezanem z mantrami joge, ki imajo prav tako desetsekundni ritem; in pri latinski molitvi Ave Maria, ki se je razvila v času križarskih vojn, ko sta

se evropska in indijska kultura zbližali na Bližnjem vzhodu. Ali v zgodnjih liturgijah krščanskih cerkva najdemo dihalne tehnike jogijskih manier?

O Parkinsonovi bolezni

*Johann Strauss starejši:
Marš Radetzkega*

Milijoni let evolucije se v človekovih možganih zrcali predvsem v predelih, ki so umeščeni globoko in kjer procesi potekajo avtomatično in podzavedno, v ritmičnih narave in telesa; tako – ne da bi razmišljali - vzdržujemo ravnotežje in hodimo. Kasneje v evoluciji pa so se razvili predeli, v katerih okolje in sebe doživljamo zavestno, kjer se rojevajo hoteni in načrtovani gibi. Obstaja možganska bolezen, ki prizadene te starejše globoke strukture in povzroči upočasnjenost, okornost mišic, tresenje, padanje in motnjo hoje; imenuje se Parkinsonova bolezen. Ko bolezen napreduje, pridejo obdobja, krajša ali

daljša, ko bolnik sploh ne more hoditi. To so trenutki, ki jih dostikrat opiše, kot da je zamrznil ali da je ujet v lastno okamenelo telo. Pogosto zdravila pri zamrznitvah ne pomagajo, lahko pa bolnik – kot pri čudežu – shodi tako, da posluša glasbo. A ne katerekoli – pomembno je, da ima ta glasba izrazit ritem. Kako nastane ta čudež?

Globoko v možganih torej obstajajo centri, ki brez naše zavestne odločitve ali brez zunanjih vzpodbud ustvarjajo gibalne, miselne ali čustvene vzorce; ti predeli, imenujemo jih bazalni gangliji, ustvarjajo svoj lastni ritem. Pri Parkinsonovi bolezni pride do okvare bazalnih ganglijev in ti ne morejo ne vzbuditi, ne oblikovati in tudi ne vzdrževati koraka in hoje. Ko pa bolniku predvajamo izrazito ritmično glasbo, ta preprosto obide bazalne ganglije in takoj aktivira višja področja možganske skorje, ki v slušnem predelu zaznajo ritem in ga nato pošljejo v gibalne predele. Ti naredijo načrt hoje

in omogočijo, da bolnik shodi v tem ritmu. Čudovito sporočilo tega 'čudeža', ki ga danes le slutimo, že jutri pa ga bomo uporabljali v medicini, je: *Če je del možganov okvarjen, lahko včasih funkcijo znova vzpostavimo tako, da na nek način aktiviramo druge možganske predele ...*

O Alzheimerjevi bolezni

*Slavko Avsenik, priredba:
Bojan Adamič: Spomin*

Včasih, z leti, spomini pričnejo ugašati, besede se izgubljeni, znani obrazi bledeti in zgodba, čas in prostor našega življenja razpadati. Pravzaprav ne vemo natančno, kaj je demenca. Vemo, kaj ni. Demenca ni staranje, ni kazen, ni sramota - je bolezen, najpogosteje kopičenje patoloških beljakovin, ki počasi, a neusmiljeno in vztrajno uničujejo tiste predele možganov, ki so se skozi milijone let evolucije razvili najkasneje in ki nas kot ljudi najbolj opredeljujejo – področja, kjer

se shranjujejo spomini, rojevajo misli, nastaja govor, oblikuje naša osebnost, vzrašča naša zavest in njeni najvišji izrazi – samozavedanje in duhovnost. Ko bolnik počasi drsi v neznano, se njegov začetni strah, obup in depresija pretaplja v oglušujočo praznino; takrat še posebej iščemo tiste niti, tiste poslednje mostove, ki bodo, četudi za drobne trenutke, povezali njegovo resničnost z našo, ko se bo morda ujel njegov pogled ali dotik z našim. Več je takih mostov – empatija, fizični dotik, objem, ohranjanje rutine, smeh in humor, posebej močna vez je povratek v čas in prostor njegove mladosti, bodisi s predmeti, filmi, fotografijami, plesom, bodisi s spomini iz mladosti, ti se namreč bolje ohranijo in so utrjeni globlje v možganih. Predvsem pa ima izjemno moč glasba, ki smo jo poslušali v obdobju nekako med 17. in 25. letom: Glasba in spomini nanjo se namreč - za razliko od drugih aktivnosti – zapisujejo v skoraj vsa možganska

omrežja – v slušno, čustveno, motorično, avtonomno, miselno. Zato se bo ob glasbi svoje mladosti bolnik razveselil ali morda razžalostil, z gibom bo skušal ujeti ritem glasbe, pospešil se mu bo utrip srca in porodil davno zastrt spomin ali jasna misel – morda le za hip, dva, a vendarle ...

O bolezni leve hemisfere pri Maurice Ravelu

Maurice Ravel: Bolero

Novembra 1928 je Ravel med igranjem svoje Sonatine v Madridu na začudenje občinstva preskočil iz prvega stavka v kodo finala. V naslednjih letih mu je začel pešati spomin, pojavile so se mu težave z govorom in pisanjem, z desno roko pa ni mogel izvajati spretnejših gibov. Vemo, da je imel Ravel nevrodegenerativno bolezen možganov, ki je prizadela predvsem njegovo levo možgansko poloblo (hemisfero).

Čeprav obe hemisferi prispevata k obdelavi glasbe, desna hemisfera bolj prispeva k čustvenim, celostnim in timbralnim vidikom, medtem ko leva hemisfera pomaga pri analizi ritma, pri spreminjanju ponavljajočih se in prepletenih tem, omogoča pisanje glasbe in pomaga razumeti strukturne zapletenosti skladbe. Ko je bolezen napredovala v levi hemisferi, se je moral Ravel vse bolj zanašati na delovanje desne hemisfere, kar je, menijo nekateri, mogoče opaziti v njegovih zadnjih glasbenih skladbah, kot sta Bolero in Koncert za levo roko. Tako Bolero vključuje le dve temi, od katerih je vsaka osemkrat ponovljena, predstavljena kot en sam dolgotrajen

crescendo z vključitvijo vse več glasbil, ki so vse glasnejša. Medtem ko je ritem v Boleru preprost, vztrajen, skoraj hipnotičen, pa je osrednji element, ki pritegne poslušalca, 'desnohemisferna' barva zvoka (timber). Ravel je sam čutil nenavadnost skladbe in je Bolero opisal kot 'orkestrsko tkanino brez glasbe'. Septembra 1933 je o svoji načrtovani operi Jeanne d'Arc spregovoril prijatelju: *»Nikoli ne bom napisal svoje Jeanne d'Arc; ta opera je tukaj, v moji glavi, slišim jo, a je ne bom nikoli napisal. Konec je, ne morem več pisati svoje glasbe.«* In švicarskemu dirigentu Ernestu Ansermetu je rekel: *»Moj um je poln idej, a ko jih hočem zapisati, izginejo.«*



Društvo bolnikov s parkinsonizmom in drugimi ekstrapiramidnimi motnjami

Trepetlika je društvo bolnikov s parkinsonizmom in drugimi ekstrapiramidnimi motnjami. Pod tem imenom **deluje že 33 let**. Je samostojna, prostovoljna oblika združevanja občanov. Strokovno pomoč društvu nudijo pristojne zdravstvene in skrbstvene službe. Trepetlika ima status humanitarne in prostovoljne organizacije in deluje po vsej državi. Glavni sedež je v Ljubljani, svojo dejavnost pa ima v regijskih enotah v Mariboru, Celju, Kranju, Novi Gorici in Novem mestu.

Društvo Trepetlika ima več kot 1200 članov (to so bolniki in skrbniki). Poleg bolnikov s Parkinsonovo boleznijo so v društvo vključeni tudi bolniki z distonijami in Huntingtonovo boleznijo.

Poleg združevanja ljudi s podobnimi zdravstvenimi težavami, je glavni namen društva predvsem v izobraževanju bolnikov in njihovih svojcev o novostih s področja zdravljenja ter seznanjanju z načini lajšanja življenja bolnikov.

Za ohranjanje in krepitev fizične moči, ravnotežja, spretnosti pri hoji in ročnih spretnostih se izvajajo dejavnosti: namizni tenis, pilates, plesno gibalna delavnica, joga, nordijska hoja, Tai chi, vodna terapija in vadba z obroči smovey. Potekajo tudi dejavnosti za ohranjanje in krepitev psihične stabilnosti, ohranjanje spomina, dobrega razpoloženja in pozitivnega mišljenja.

Društvo aktivno sodeluje tudi v mednarodnih organizacijah in projektih. Je včlanjeno v Parkinson's Europe, v kateri Slovenija igra vidno vlogo. Dobro sodeluje tudi s podobnimi organizacijami v Evropi.

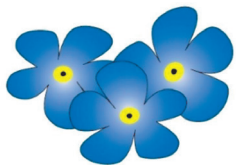


TREPETLIKA

Društvo bolnikov s parkinsonizmom in drugimi ekstrapiramidnimi motnjami
Parkinson's Disease Society of Slovenia

Spominčica – Alzheimer Slovenija

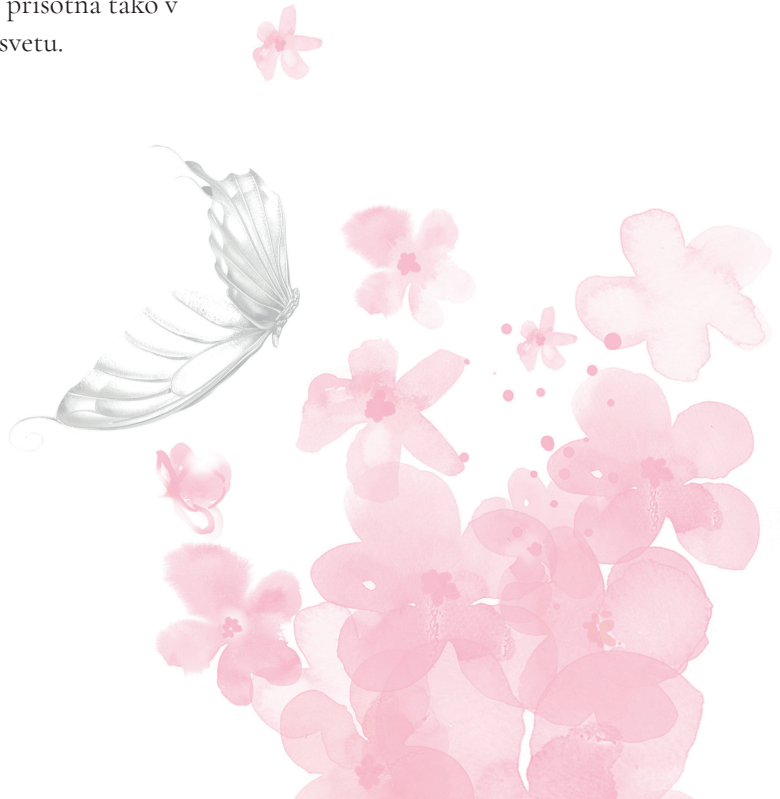
Spominčica – Alzheimer Slovenija, ki jo je leta 1997 ustanovil psihiater dr. Aleš Kogoj, že več kot 25 let nudi podporo in pomoč osebam z demenco in njihovim svojcem po vsej Sloveniji. Svojci se ob bolniku z demenco znajdejo v velikih stiskah in težavah, zato potrebujejo pomoč in informacije o demenci, kar jim Spominčica zagotavlja s številnimi aktivnostmi. Ena od glavnih nalog Spominčice je ozaveščanje o demenci in zmanjševanje stigme, ki je še vedno prisotna tako v Sloveniji kot tudi po svetu.



Spominčica
ALZHEIMER SLOVENIJA

PODARITE SVOJO DOHODNINO ZA SVET SPOMINOV!

Bodite dobrodelni in namenite do 1 %
dohodnine.



S I L A I W C L

THE IMPACT OF MUSIC ON THE BRAIN

Homage to music and health





In celebration of the

30th
ANNIVERSARY

**OF THE INTERNATIONAL WOMEN'S ASSOCIATION
SILA IWCL**



Your participation will help raise the funds for all those who suffer with various neurological diseases, like dementia, Parkinson's and Alzheimer's disease, etc.

With the funds raised we will make it possible to transfer the music to appropriate sound carriers, for Spominčica-Alzheimer Slovenija Association, Trepetlika Association-association of patients with Parkinsonism and other extrapyramidal disorders, medical institutions and homes for the elderly, to improve the well-being of those who suffering.

You are invited to support the event with recommended donations starting at 65€.

We look forward to seeing you

THE IMPACT OF MUSIC ON THE BRAIN

Homage to music and health

performed by the **Slovenian Philharmonic Orchestra**
under the direction of the conductor **Slaven Kulenović**,

on Wednesday, **November 29, 2023**, at **7:00 PM**
in the **Grand Hotel Union's hall**.

The project will be presented by
Zvezdan Pirtošek, MD, PhD

The concert that connects music and health
will be held under the honorary patronage of the
President of the Republic of Slovenia Dr. Nataša Pirc Musar.

The program will be enriched by children from the **Bolero Dance School**
and
with the sale exhibition of paintings created by children from
the international **L'Art School of Fine Arts**
during the musical performance in this evening.

A welcome reception with drinks and photography is planned
in the foyer, upon the arrival of guests at 7:00 PM.

After the concert you are invited to a reception.

The event will be filmed by TV Slovenia.



THE IMPACT OF MUSIC ON THE BRAIN

Homage to music and health

November 29, 2023 at 7:30 p.m

Hall of the Grand Hotel Union

SILA IWCL President: **Lali S. Ilić**

Idea project leader:

Irena Debeljak, *B.Sc.Pharm and honorary member of SILA*

The performers:

Slovenian Philharmonic Orchestra

Slaven Kulenović, conductor

Manja Slak, violin

Blaž Ogrič, horn

Guest with expert explanation:

Zvezdan Pirtošek, MD, PhD

Screenwriter: **Darja Korez Korenčan**

Moderator: **Igor Velše**

Sodelujejo: otroci plesne šole Bolero

The concert is recorded by TV Slovenija,

Editorial Board of Music and Ballet Shows

Editor: **Daniel Celarec**

Director: **Juš Hrastnik**

Foreword by the president

Music is a universal human experience

Dear Friends,

It is my distinct honor and highest privilege to usher the Ladies International Association - International Women's Club of Ljubljana into its 30th Anniversary – a major milestone in SILA IWCL's history. What started as a modest association by visionary ladies back in 1993 has today become a strong association for all international ladies - newcomers who have joined their partners in Slovenia on business assignments, and business professionals, one that embodies the community spirit and membership in its purest form. SILA IWCL's history is a cerebral asset we all cherish and a building block upon which the next 30 years and beyond of quality assurance will be built.

Launched with two members, Ma Vida Rudolf and Ma Danijela Voljč, today SILA IWCL has over 150 members from 40 different countries and we are proud to have formed and serve such a bright and diverse community of international women united by a common cause – friendship & photography. As per the vision of the founders, SILA IWCL has

always been working with and for its members, the Diplomatic community at large in pursuance of a better and enhanced friendship, and for the purpose of providing help and support to those who are less fortunate in the Republic of Slovenia.

Throughout its 30 years of existence, and right up to the present, SILA IWCL has made significant contributions to the promotion of international dialogue & philanthropy by organizing many charity events. One of the most notable and significant is the grand international charity event - The Diplomatic BAZAAR SILA, where all the diplomatic, consular and other international communities are invited to participate.

Today, we have come together to celebrate this major achievement by looking at the last 30 years and looking forward to the next 30 years of success!

On the occasion of the grand celebration of the 30th anniversary we have prepared a unique charity concert with a tribute to music and health - "The impact of music on the

brain', performed by the Slovenian Philharmonic Orchestra under the direction of the conductor Mr Slaven Kulenović, and supported by professor dr. Zvezdan Pirtošek. We are proud that the President of the Republic of Slovenia, dr. Natasa Pirc Musar, has taken over the honorary patronage for our event.

By performing this concert we wish to express support for all those suffering from the consequences of serious illnesses. Please note that a disease is not a choice. I encounter many people suffering from the effect of Dementia, Alzheimer's, Parkinson's, and many other mental illnesses, which unfortunately are very present in all aspects of our lives.

We are highlighting a silent epidemic, the epidemic of neurodegenerative diseases, especially dementia, for which we can never be fully prepared. With this unique project, we want to look through the prism of music and art, to examine broader perspectives and unveil layers that, as the society, we are blind to. It is said that music is a universal human experience. It is

no secret that melodic voices soothe, simultaneously invigorate the body, and relax the spirit.

Therefore, relevant institutions dealing with this issue will receive all the professional material to contribute to easing these diseases. We are on the path of sharing this unique connection between art and science to improve the quality of our lives with you.

Allow me to express my gratitude to the exceptional supporters of the project, who are deeply moved by the issues we met today. Our honorary member, Ma Itena Debeljak, for her leadership and assistance in organizing the event, professor dr. Zvezdan Pirtišek, the outstanding Ma Darja Korez Korenčan, creator of shows about classical music on TV Slovenia. I am also immensely grateful to the Symphonic Orchestra of the Slovenian Philharmonic, conductor Mr Slaven Kulenović, the entire team of RTV Slovenia, and the Bolero dancing school and LArt international school of fine arts, and last but not least, to you dear audience, who have recognised the importance of the event.

Illness does not choose, it strikes when least expected. Today we have the opportunity to unite science, music and art, all the support and love, to confront a challenging social issue.

I truly believe that this event can be the foundation of a friendly international association that builds bridges with music and breaks down the walls.

May the power of music unite us. And May friendship connect us. May the music, on its wings, lead us into the upcoming festive season, where inner peace is cherished, and where we will create beautiful memories for ourselves and our loved ones.

Some of the key achievements throughout the last 30 years have been:

- expanding beyond information exchange to also contributing to the local and diplomatic community to trust;
- strengthening regional networks and trust amongst major cities in Slovenia and collaboration with the Mayors. At some point, with the emergence of regional networks the grand international charity event - The Diplomatic Bazaar SILA will be organized in other cities, as well. Bridging diversity of cultures to other cities;
- in 2016, SILA IWCL's graphic icons, symbols and images that reflect the association's identity went from Black and White to Pink color;
- in June, 2018, President of the Republic of Slovenia, Mr Borut Pahoe awarded SILA IWCL with the medal of merit at its 25th anniversary for the successful humanitarian cooperation during these years;
- in 2020, in the most challenging time, SILA IWCL received the biggest donation from Henkel Maribor. With its generous donations we supported Nurses and other front linesworker and Safe houses process housing for women with children, or without children, or only children and teens across Slovenia;
- in 2022, After the major spike of the pandemic in 2021, 2022, 2023 the international charity event - The Diplomatic Bazaar SILA was held outdoors in the heart of Ljubljana

on Stritarjeva ulica. With the great help and support of the Mayor of Ljubljana, Mr Zoran Jankovic SILA IWCL has accomplished three successful Bazaars. SILA IWCL has been rewarded with a heart of friendship;

- i am proud to say now that SILA IWCL's role is undeniable.
- in November, 2023, the charity concert - 'The impact of music on the brain' is held under the honorary patronage of the President of the Republic of Slovenia, dr. Nataša Pirc Musar.

What to expect in the next 30 years is:

- proactive contribution to setting structures and mechanisms that support and promote cultural diversity driven by highest quality assurance amongst the whole Slovenia;
- contribution to the Diplomatic, Consular and all the international communities for stronger continuously support;

- setting directions for promoting friendship relations between SILA IWCL and Embassies, Honorary consulates and other international ladies committees;
- implementing and constantly enhancing International Friendship to promote trust and credibility in the international and national communities, thus, contributing to enhanced trust and mutual recognition;
- embracing diversity to ensure to always foster goodwill and friendship among our members;
- organizing cultural, sports, educational and social activities and raising funds for the benefit of selected charity projects.

We have major and most important events ahead and it is only through the joint efforts with our members and partners that these Great Expectations can be met. SILA IWCL is definitely always ready to lead, support and promote.

With this I would like to cordially acknowledge all those outstanding members who have contributed into this exceptional organization throughout the last 30 years and wish the future Presidents for the next 30 years lots of stamina, passion and dedication to the cause we all believe in.

I want to acknowledge each and every Board member, under the lead of the SILA IWCL Presidents from 1993 till today and the Boards under my lead from 2020 till today, who made this extraordinary association and its invaluable contribution possible - Tanya Madzharova, Jelena Milosevic, Niki Tomescu, Magdalena Ana Dent, Sennur Muratoglu, Miryam Yauli Palomino, Spela Piskur, Seethal Kaur, Alja Mravljak, Mojca Slana, Irena Debeljak, Vesna Nisha Dolinar, Olga Mukhina, Vida Rudolf, Paula Ribeiro Stalone.

I extend my personal sincere gratitude to all that contributed to this initiative in honor of the 30th anniversary of the SILA IWCL – a truly charitable, international and inclusive

enhancement event where the music plays its main role for the betterment of all of us.

Last, but not least, I would like to humbly extend my heartfelt thanks to each and every person for any minute of their precious time invested in shaping SILA IWCL into its current form and infusing the values it brings to the community.

Our founders, two visionary ladies, our Honorary Members, Vida and Danijela are very inspirational and give the whole team of SILA IWCL excellent motivation to achieve our goals. I am incredibly grateful for the letter they have prepared for us to learn more about the important work of our association from the beginning, back on November 9, 1993 till today.

Congrats, SILA IWCL, for the 30 years of remarkable achievements and off for success for the next 30 years! TOGETHER we are always strong!

Yours sincerely,

Lali S. Ilić, MSc MFA
SILA IWCL President

Foreword by the founders

“Amazing friendships were made in those early days, and many are still intact. I think it is true to say that Slovenia occupies a very special place in all our hearts thanks in very large part to SILA.”

This is how she Mrs. Hilary Naquie, wife of the first EU Ambassador to the Republic of Slovenia, described how she saw SILA.

The initiative to establish an international association of women goes back to the colorful autumn of 1993 at a picnic in Trenta where Danijela Voljč, Vida Rudolf, Barbara Johnston, wife of the British ambassador and Janine Janssens, wife of the EU ambassador (photo) were present. A few days later, Dušica Zupanc and Anne-Marie Yazbeck joined. Both foreign and Slovenian ladies were united by the fact that we had all lived abroad at some point in our lives, from the Americas to Europe, the Middle and Far East, and were members of organizations in which diplomats' and business representatives' spouses come together. More than 40 wives of foreign diplomats responded

to our informal invitation to lunch on November 9, 1993, at the National Theatre restaurant in Ljubljana to get to know each other and find out if they even want similar organizations in Slovenia. The response to the lunch exceeded all our expectations and a unanimous decision was made to start the process of establishing SILA (Slovenian International Ladies Association) – the word *сила* means strength in Slovenian. The presence of the then First Lady of Slovenia, Mrs. Štefka Kučan, and her address to us gave the entire meeting and the organizers the necessary credibility.

Together with Vida, Danijela managed SILA until the first elections of members who would lead the association. (photograph) We were highly motivated, full of ideas, with all the members meeting monthly and the organizers even several times per month. The local newspapers reported that we just drink coffee and talk about recipes, but in fact we got to know each other and talked about the problems that foreign women had in their new environment. Today, the

situation is different, because there are international kindergartens, schools, private doctors etc., but back then there was no such thing, so they urgently needed information to be able to establish a normal life in a new country. We gave each member who joined us a list with the most essential information and immediately organized a Slovenian language course. We organized many trips around Slovenia and met Slovenian writers and artists. Every month we also published a short newsletter, which contained current information and instructions for easier integration into the new life.

On the initiative of Mrs. Nuran, the wife of the Turkish ambassador, we organized the first international charity bazaar in December of the following year, 1994. (photo) It was to become a real novelty in this Slovenia and was an incentive for us to organize bazaars for many years to come. With the proceeds from the bazaar, we helped individuals and organizations in need.

In 1996, the new Slovenian Law on Societies was adopted, and SILA was finally officially registered as an

association. We wrote the bylaws for its functioning, elected management bodies, opened a bank account, and operated according to the regulations. We clearly stated in the rules that SILA is a non-governmental, non-political, non-religious and non-charitable association except for the charity bazaar and spring dance. The activities kept multiplying and the members organized trips, visits to exhibitions, trips to get to know Slovenia, cultural attractions, promotions of inns with home-made Slovenian food and more. We showed them a large part of Slovenia and gave them the incentive to visit these places with their families. We published a monthly review of activities in the internal SILA Newsletter. We published three books with international cooking recipes, organized lectures and did many other things. This is still true today, as our membership changes very quickly. However, it is true that times have changed and today they have much more information at their disposal than at the beginning, with the Internet also being helpful to us all.

Through all these years SILA which later became SILA IWCL, was led by extraordinary women, many friendships were formed and are still maintained through occasional visits or modern ways of keeping in touch like the Internet. Many former members have become our ambassadors for the promotion of Slovenia both at home and abroad, where their husbands served, and for visiting our places and publishing Slovenian tourist attractions online. Many often return to Slovenia and send quite a few of their friends to us on vacation.

On the 15th anniversary of the association, we were honored when we were named honorary members of SILA.

On SILA's 25th anniversary the President of the Republic of Slovenia awarded it the Slovenian Order of Merit.

Finally, let us add that we look upon SILA IWCL as our own child who has grown up and left home, but is still

ours. We haven't had a formal function for a long time – Danijela continued her professional journey at the School of Economics and Business at the University of Ljubljana quite early on, whereas Vida has been active all these years, especially in managing the charity bazaars.

The SILA association has given us a lot, especially pleasant gatherings, and unforgettable friendships, and we hope that it will give the same to all the other members. We look with pride at the journey we have made, we are happy that we have been and still are a part of this journey, which continues under the excellent leadership of the current president Mrs. Lali S. Ilic, MSc MFA and with the cooperation of all the SILA IWCL members.

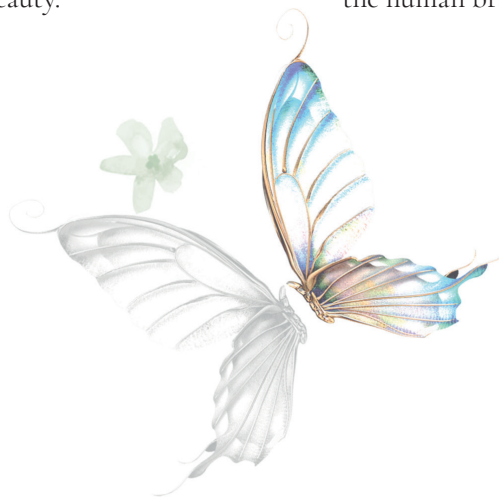
We wish SILA IWCL to continue successfully on its future path and wish you all the best for your 30th anniversary!

Danijela Voljč and **Vida Rudolf**

The influence of music on the brain is possible to explain professionally and scientifically.

Art, medicine, and science sometimes seem like different worlds in the universe of the human mind. And yet, it was not always so. In ancient Greece and the Renaissance, philosophy, architecture, medicine, music, and art existed in complete symbiosis. Pythagoras studied the harmony of sound and numbers, developing a musical theory that served as the foundation for the art of music. He believed that different musical intervals influenced the human body and spirit and that harmonious sounds could balance bodily functions. Phidias and Praxiteles used the science of anatomy in sculpting statues that captivate us with their beauty.

Later, in the Renaissance, Leonardo da Vinci, while drawing precise anatomical and technical sketches, created the enigmatic face of the Mona Lisa. In the last century or two, there has been a growing divide between art and science, eloquently described—and lamented—in his essay „The Two Cultures“ by the writer and scientist Charles Percy Snow. He believed that only through collaboration and understanding of these two cultures can we address the complex questions of the modern world. In recent decades, the unforeseen rise of new methods in neuroscience allowed us to observe the intertwining of these two cultures in the human brain.



Through digital images of magnetic resonance, we can observe what Pythagoras intuited with his mind—that music alters brain networks, influencing our thoughts and emotions, providing comfort, and acting as a healing force. Tonight's evening, in a sense, began on the sandy shores of Pythagoras's Magna Graecia, specifically on a late afternoon this spring in the vestibule of a lecture hall, where Mrs. Irena Debeljak, in conversation, expressed her thought, perhaps not in these exact words, that art and science are two wings with which humanity can soar higher and deeper. She shared her personal desire, supported by the SILA association,

to possibly emphasize the invaluable connection between science and art with a concert, this time from the perspective of the brain—the organ that we describe not only with the language of numbers and graphs but also feel with the pulse of our hearts.

Zvezdan Pirtošek, MD, PhD
Head, Chair of Neurology ULMF
Dpt of Neurology, UMC



Let's help with music!

After a poetic introduction about science, art, medicine and music, I transition to the reality of the world. My own family was marked by neurological diseases: Parkinson's, Alzheimer's and epilepsy, which contributed to the fact that I followed the development of science and medicine in these fields during my pharmaceutical studies and later, throughout my life. I attended lectures by prof. dr. Pirtoška, where he explained the influence of music on the brain. Coming from a musical family, this connection was easier for me to understand. The effect of music on the brain can now be medically and scientifically explained. On the occasion of the 30th anniversary of the SILA society we decided to present this topic to the public. The expert explanation and performed music will

later be accessible on a CD with the aim of improving our well-being and that of those with neurological diseases. Together we can raise awareness of the special relationship of music in these disorders. We would like to thank Prof. dr. Pirtoška for responding to our invitation to participate in this project.

Now I invite to the floor Ms. Darja Korez Korenčan, editor of the cultural and artistic program of RTV Slovenia, who has stood by us from the very beginning during the preparation and design of the project. Thank you, Mrs. Darja.

In the end, all three: dr. Pirtošek, Irena and Darja say: „This is our tribute to health and music.“

Irena Debeljak
*B.Sc.Pharm and
honorary member of SILA*

The power of music knows no boundaries

Despite trying for four decades to bring classical music to the widest range of viewers through the medium of national TV, he found himself in an interesting situation – on the one hand, he is praised as one of the most educated and culturally artistic enlighteners of classical music, and on the other hand, the organizers place classical music programs to late night viewing hours, saying “who cares about classics?”.

The natural response of academically educated individuals, motivated by their faith in the art of music, one perseveres. In recent years, there has been the medical and scientific confirmation that music plays, not only an artistic and musical therapeutic role, but much more. It assists in overcoming issues with dementia, Alzheimer’s and Parkinson’s disease and other neurological diseases! I have listened to Zvezdan Pirtošek, MD, PhD online

and invited him to a studio interview, I enjoyed his conversation and together with the audience I tried to understand the influence of music on the most complicated part of the human body - the brain.

Shortly after the interview, Mrs. Irena Debeljak arrived at my place on behalf of Sila Iwcl, and thus begins this tribute to musical art and science.

I cannot refuse the invitation, on the contrary, I am honored and pleased to be able to participate as a screenwriter in a project whose long-term goal is to help those who are losing their minds, their relatives and caregivers by recording this evening.

Thank you SILA IWCL for the noble mission!

Darja Korez Korenčan

Broadcast editor

Department of Broadcasts on Culture

Culture and Arts Programmes

Television Slovenia

Slovenian Philharmonic Orchestra

Together with its predecessors (the Academia Philharmonicorum was founded in 1701, the Philharmonic Society in 1794 and the Slovenian Philharmonic in 1947), the Slovenian Philharmonic Orchestra is among the oldest institutions of its kind in Europe. The orchestra has undergone constant growth, initially guided by Slovenian resident conductors and later also by celebrated guest conductors such as Carlos Kleiber, Riccardo Muti, Charles Dutoit and Daniel Harding. Performances were originally held in the Slovenian Philharmonic Hall in Ljubljana, but since 1982 the orchestra has presented regular concerts in the Cankarjev Dom Cultural and Congress Centre, where it offers the audience a number of subscription series featuring music from various stylistic

periods. The Slovenian Philharmonic Orchestra brings together the best Slovenian musicians, who, since 1990, have been joined by many outstanding foreign instrumentalists. In recent decades, the orchestra has undertaken tours and guest appearances at the most prestigious halls and prominent festivals around the world. Since 2019, the Slovenian Philharmonic Orchestra has also been the resident orchestra of the Ljubljana Festival.



Slaven Kulenović

Conductor

Slaven Kulenović is one of the most successful young Slovenian conductors today. He is an artist with a refined sense of different musical styles.

He began his studies at the Academy of Music in Ljubljana where he first studied piano with Dubravka Tomšič Srebotnjak and graduated with honors in 2007. Then he continued conducting in Milivoj Šurbek's class, completing his studies in 2009. For his interpretation of Mozart's Concerto for Piano and Orchestra in C minor, he received Prešeren Prize of the Academy of Music, with solo recitals. He has performed as a chamber musician in many countries. As a conductor he improved his skills by attending master classes with prominent conductors. He has conducted with the Slovenian

Philharmonic Symphony Orchestra, RTV Slovenia, Sarajevo Philharmonic, SNG Opera and Ballet Ljubljana, SNG Maribor, the orchestra of the city of Lohja (Finland), the Symphony Orchestra of the Romanian Radio, the Symphony Orchestra of the Academy of Music in Ljubljana, Choir of Croatian Radio Television, Choir of Serbian Radio Television, etc. This year, together with the violinist Žigo Brank and the RTV Slovenia Symphony Orchestra, he released a CD with the complete works of L. van Beethoven for violin and orchestra. Krstno performed a number of works by Slovenian composers. Slaven Kulenović is currently a professor of piano and chamber music at the Ljubljana Music and Ballet Conservatory.

Manja Slak

Violin

Manja Slak started learning the violin at the Music School of Marjana Kozina Novo mesto. At the age of seven, she performed her first solo concert, and the same year she received a special award for excellent musicianship at an international competition in Italy. During her schooling, she regularly participated in music competitions, where she reached the highest places. Since its foundation, she has been a member of the Piano Trio Sensible, which has won many first prizes for achieving 100 points at national and international competitions. During her studies, Manja regularly performed with various European youth orchestras. Among other things, she

was a member of the Gustav Mahler Youth Orchestra and the European Union Youth Orchestra. Since 2021, she has been a substitute at the Vienna Symphony, and was also an ambassador of the Benedetti Foundation. She performed as a soloist already at the age of twelve, when she performed Vivaldi's concert Autumn. Among other things, she performed Beethoven's Triple Concerto with the Piano Trio Sensible, Brilliant Polonaise, Introduction and Rondo capriccios and Schindler's List. In 2023, she finished her studies at the University of Music and Visual Arts in Vienna with prof. Anton Sorokow and got employed in the Slovenian Philharmonic Orchestra.



Blaž Ogrič

Horn

Blaž Ogrič started learning horn at the Idrija School of Music, continued his education at the Ljubljana Conservatory of Music and Ballet, and in 2015 became a student at the Academy of Music in Ljubljana. In addition to numerous awards at the competitions he participated in, he is the recipient of the first prize at the international competition of soloists and chamber groups in Belgrade and at the TEMSIG competition, he won first place in the highest category at the international competition in Varaždin, at the 42nd competition of young Slovenian musicians however, he received a gold plaque as a member of the KGBL Horn Quartet. He is the recipient of the KGBL Škerjančeve nagrade for exceptional success in the artistic promotion of the school and the Prešern Award for students of the University of Ljubljana.

He trained in seminars with renowned professors Radovan Vlatković, Johannes Hinterholzer, Luiz Carlos Garcia, Dal

Clevenger, Will Sanders. He has played with great conductors such as Neville Marriner, Philippe Jordan, Daniel Harding, Christoph Eschenbach and many others.

In 2019, he performed as a soloist with the RTV Symphony Orchestra and the SNG Maribor Symphony Orchestra. Even as a student, he was a regular substitute in our symphony orchestras. To date, he has collaborated with various ensembles both at home and abroad, including the Camerata Salzburg, the Zadar Chamber Orchestra, the Orchestra of the HNK Ivana pl. Zajca Reka, Haydn Philharmonic.

In 2016, he auditioned for solo horn in the orchestra of the Ljubljana Opera, where he was employed only for a short time, as he decided to continue his career in the RTV Slovenia Symphony Orchestra. In 2019, he successfully auditioned for solo horn player in the Slovenian Philharmonic Orchestra, where he is still employed today.

Schedule

W. A. Mozart: *Overture to the opera The Magic Flute*

A. Vivaldi: *Four Seasons (Spring)*

J. S. Bach: *Air from suite no. 3, BWV 1068*

W. A. Mozart: *Horn Concerto No. 4*

M. Ravel: *My mother goose*

J. Strauss senior: *Radetzky's march*

S. Avsenik: *Memory* (adaptation by B. Adamič)

M. Ravel: *Bolero*



Song predictions

Wolfgang Amadeus Mozart:

Overture to the opera The Magic Flute

Mozart's opera *The Magic Flute* is a tale of extraordinary power that was born in Mozart's soul during the difficult moments of the last year of his life. It is interesting that the bitter trials of life, with which he constantly struggled, did not leave a mark on his creativity, but even contributed to an even greater cheerfulness and ease of creation. In this opera, light triumphs over darkness, evil succumbs to goodness, instinct submits to reason, and love drives out hatred. Tonight we will listen to the overture to the opera.

Antonio Vivaldi:

Four Seasons (Spring)

Vivaldi's *Four Seasons* is his best-known work and at the same time the world's most popular and recognized piece of Baroque music. We will hear the promise of spring which will be conjured by the solo violinist, ... **nekaj manjka!!!**

Although the entire composition is based on playing with natural sound phenomena, imitation is subtly woven into the musical form, the music illustrates man's intimate experiences and his coexistence with nature.

Johan Sebastian Bach:

Air from Orchestral Suite no. 3 in D major BWV 1068

Bach's Suite No. 3 was not publicly performed until the 19th century, many years after Bach's death, and it remains one of the most popular pieces of classical music. It was also the first recorded Bach's work.

"If you're depressed sometimes, tune in and enjoy this music! You'll feel like you've been reborn, this music brings tears to my eyes, and at the same time, a sense of relaxation fills my whole body with it," wrote one of the listeners online.

Wolfgang Amadeus Mozart:

Horn Concerto No. 4

Mozart wrote four concertos for horn and orchestra, all of which he dedicated to his friend, horn player in the Salzburg orchestra - Ignaz Joseph Leutgeb. On an instrument without valves at the time, the horn player had to adjust the intonation by pushing his palm into the resonance funnel, so the performance was quite demanding. The familiarity of their relationship is evidenced by Mozart's sarcastic remarks on the score, which Leutgeb apparently did not resent, as after his death he helped Mozart's widow edit the scores.

Maurice Ravel:

My mother Goos

Throughout history, the nickname "Mother Goose" has been used to refer to women who knew how to lull children to sleep with fairy tales.

For the composition of *My mother Goos*, Maurice Ravel was inspired by the fairy tale collections of the French

writer Charles Perrault. He decided to write a suite, which he dedicated to his friend's children. At first, he wrote the composition for piano four hands, later he transformed it for piano solo, he then orchestrated it, and finally a ballet was created.

Tonight we will listen to the last of the five movements entitled *Fairy Garden*.

Johann Strauss Sr.:

Radetzky March

Johan Strauss Senior wrote a march in honour of the Austrian patriot - Field Marshal Josef Radetzky. Nowadays, the work is regularly performed at the Viennese New Year's concert. A lesser-known fact is that *Radetzky* is connected to Slovenia as he was married to Francesca Romana von Strassoldo Grafenberg a member of the House of Auersperg from Tržič, Upper Carnolia. *Radetzky* chose Ljubljana as the place of his retirement. As he could not afford to buy the Tivoli Castle, the building was bought by Emperor Franz Joseph himself and presented to

Field Marshal Radetzky for life use. For a long time, the building was called Villa Radetzky. Radetzky built the first “Švicerija” and the court park opened to the public.

Slavko Avsenik:

Memory

(adaptation by Bojan Adamič)

»*Matilda's memory awakens,
to the days long past,
everything was like in a fairy tale,
golden happy years
where oh where are you no.*«

This is one of the stanzas of the song *Memory* by Slavko Avsenik, the lyrics were written by Ferry Souvan, the first lyricist of the Avsenik ensemble. Tonight, we will listen to the orchestral version, for which the master Bojan Adamič wrote an adaptation. This composition is often performed abroad by our philharmonic orchestras as an addition, and it is always well received by audiences.

Maurice Ravel:

Bolero

In 1928, the Russian ballerina Ida Rubinstein asked Ravel if he would rework some compositions by the Spanish pianist Isaac Albeniz for orchestra, to be performed with choreography. Ravel agreed, and when the piece was recorded, many artists wanted to perform it, including the star conductor Arturo Toscanini. Maurice Ravel was in the audience when he performed *Bolero* at the New York Philharmonic. At the end, everyone present jumped to their feet and applauded enthusiastically. But when the conductor waved to the composer, the latter ignored him, as Toscanini, in his opinion, performed the *Bolero* too quickly. Ravel was generally surprised that the composition was such a success, he said several times that he did not see it as particularly successful for himself and that he had written better pieces.

Zvezdan Pirtošek, MD, PhD

Head, Chair of Neurology ULMF, Dpt of Neurology, UMC

Zvezdan Pirtošek, MD, PhD is the head of the Department of Neurology at the University of Ljubljana Medical Faculty and the long-time head of the Clinical Department for Neurological Disorders at the University Medical Centre (UKC) in Ljubljana. He is also a university professor at the Faculty of Arts and Faculty of Education and a co-founder of the Middle European interdisciplinary master's programme in Cognitive Sciences. His main research areas include neurodegenerative diseases and cognitive neuroscience. For his work in the field of dementia, the President of the Republic of Slovenia awarded him the state decoration Order of Merit, and he has also received special recognition for his connecting role among dementia experts in Southeastern Europe, from the hands of the wife of the President of North Macedonia, Mrs. Elizabeta Gjorgievska, for its connecting role among experts in the field of dementia for SE Europe.

Zvezdan Pirtošek, MD, PhD is a guest at numerous international conferences

and symposiums, where he presents neuroscientific findings derived from various brain studies and clinical observations. In his lectures, he often focuses on how experiencing a work of art or engaging in creative activities can aid in treating certain diseases, overcoming stress, discovering latent creativity, promoting quality aging, and establishing the well-being of our existence and society as a whole.

Neuroscientific research increasingly reveals that art has a significant impact on brain processes, enabling the integration of attention, cognitive, emotional, motor, and autonomic processes, ultimately leading to a sense of well-being.

Tonight, from the broad spectrum of art that Professor Pirtošek presents in his lectures, we will extract a segment on music. Music, due to its unique experience for each individual, is a phenomenon that triggers processes in the brain that positively influence people with various difficulties and conditions.

Professional explanation by Zvezdan Pirtošek, MD, PhD on the influence of this kind of music on individual diseases

About attention and memory

*Antonio Vivaldi:
The Four Seasons - Spring*

In the luxurious theatre of our mind, attention is like a spotlight that selects, illuminates, guides, directs the stream of consciousness in the tangle of perceptions and is the key to our memories. Many types of attention are built in the brain; sometimes our attention is deepened, directed; sometimes dispersed into dozens of fleeting perceptions. Sometimes it is involuntary and reflexive, emerging from the evolutionarily oldest parts of the brain, in the brainstem; and on other occasions, it is conscious and controlled by the processes that have been built in the highest regions of the cerebral cortex for the past hundreds of thousands of years.

Can a certain type of music sharpen our attention? Scientists tried to answer this question with Vivaldi's concert music "The Four Seasons". The attention span of the listeners was measured by capturing the brain's

electrical activity, so called evoked potentials. And it turned out that among the four concerts depicting four seasons, attention and memory are improved by one in particular. The one that is written in the most exuberant and fresh tone, reflecting the awakening of nature, includes the sounds of birds and the soft murmur of the stream, the one that is introduced by a particularly well-recognizable, lively, emotional and invigorating first sentence and that concludes with a solemn, happy and celebratory mood, unlike the other concerts in the collection, which often end on melancholic notes or dramatic highlights... Spring. It was this concert that improved the brain's measures of attention and memory the best.

About depression

*Johann S. Bach:
Suite no. 3, BWV 1068*

Depression - a gray cloud that shrouds the world and our lives in fog. A time when our mood melts, our emotions

are extinguished or too painful to bear, when the memory and the body weaken. This is a condition where the levels of chemical messengers in the brain decrease, such as serotonin, which leads to feelings of sadness and hopelessness. On the contrary, the stress hormone, cortisol, is increased. When high, cortisol is destroying cells in the hippocampus, a part of the brain that plays a key role in processing memories; and in the frontal lobe, which is responsible for higher mental functions such as decision-making, planning and impulse control. On the contrary, brain networks of fear and stress, the amygdala and the hypothalamus, begin to function excessively.

Many people, trapped in labyrinths of dark thoughts, intuitively seek and find solace in music; The beneficial effect of music on depression is also confirmed by scientific studies. Bach's music is often mentioned. We don't fully understand why. Is it a complex and structured harmony, mathematical precision and balance

in his compositions that both soothe and mentally engage? Is it a wide range of emotions in Bach's music, from melancholy to joy, and from introspection to playfulness, a range in which, somewhere, we too will find solace? Are the spiritual and transcendent qualities that are so evident in Bach's music that may have a very special meaning for those struggling with depression?

About Tourette's disease

*Wolfgng A. Mozart: Horn
Concerto No. 4, K.495 - III.
Rondo: Allegro vivace*

Our deepest, archaic brain, which we share with all vertebrates, is dedicated to our basic biological functions maintaining life itself. Our evolutionarily youngest part of the brain, the cerebral cortex, is a reflection of the astonishing development of human mental abilities. And at the border between them is the intermediate world of habits, routines and automatisms. These are

the basal ganglia, which are crucial for coordinating movement, regulating motor behaviour, and are involved in various mental processes, including decision-making and planning. Tourette's syndrome is a disorder in the functioning of the basal ganglia, when involuntary tics, involuntary sounds or behaviours are released that the individual cannot control, e.g. attention deficit disorder. People with this syndrome are often highly creative and have a marked ability to detect errors in their environment, which can contribute to compulsive symptoms and frequent repetition of patterns. Some historical evidence, based on testimonies and preserved letters, points to belief that Wolfgang Amadeus Mozart could have had this disorder. In any case, a creative, great artist could use some of the signs of Tourette's syndrome, either unintentionally or deliberately, to shape his individual musical style; In Mozart's music, his well-described motor restlessness could also be reflected in his own complex rhythms

and in rapid changes of dynamics, in technically demanding passages that require special skill from the performers. He often repeats certain musical motifs between different episodes, and - as we will hear in the present rondo - includes contrasts between the orchestra and soloists and dynamic transitions between different moods.

About stress and tranquility

Maurice Ravel: Ma mère l'Oye (My Mother Goose) – Le jardin féérique

Stress is a natural response that occurs when we are faced with a challenge or threat. When in stress our brain activates the ancient centre of fear, the amygdala, and a division of the autonomic nervous system, the sympathetic. Like a strong crescendo, the sympathetic system evokes a sense of unease, prepares us for fight or flight. While some level of stress is a necessary part of life, chronic stress—so common in modern life—can lead to increased

blood pressure, cardiovascular disease, and memory loss. Music, that universal language of emotion, has been shown to have a profound effect on the autonomic system. In particular, the tempo of music, often defined by the number of beats per minute, plays a key role in shaping our stress responses. Fast music with an energetic tempo and beats tends to arouse. Slow music, which is characterized by a gentle, calm tempo and strategic use of pauses or silences in the composition, has a remarkable ability to activate the opposite part of the autonomic system, the parasympathetic. It slows the heart rate, lowers blood pressure, reduces muscle tension and promotes emotional balance and tranquility. A study of the effect of music on heart rate and blood pressure discovered a perfect ten-second rhythm associated with reciting prayers in Latin (but not in Italian, French or English) while breathing at a rate of 6 breaths per minute. This synchronization between prayer, breathing and circulatory rhythms suggests a unique connection between

ancient rituals and physiological responses. A similar phenomenon has been observed in the slow breathing associated with yoga mantras, which also have a 10-second rhythm; and in the Latin Ave Maria prayer, which developed during the Crusades when European and Indian cultures converged in the Middle East. Were the breathing techniques of yogic mantras adopted by the early liturgies of the Christian churches?

About Parkinson's disease

Johann Strauss: Radetzky-Marsch

In the brain, we distinguish older areas that are located deep, and where processes take place automatically and subconsciously; thus - without thinking - we maintain our balance and gait; later in evolution, areas on the surface of the brain were developed which enable us to experience the world and ourselves consciously and to create desired and planned movements. There is a brain disease that affects older deeper structures and causes slowness,

muscle stiffness, tremors, falls and gait disturbance; it's called Parkinson's disease. As the disease progresses, there are periods, shorter and longer, when the patient cannot walk at all. These are the moments patients often describe as being frozen or trapped in their own petrified body. Medicines often do not alleviate freezing of gait, but the patient can - miraculously - walk by listening to the music. But not any music – the healing, curative music must have a distinct rhythm. How does this miracle come about?

Centres deep in the brain, basal ganglia, create movement, thought or emotional patterns without our conscious decision or external prompting; they also create their own rhythms. In Parkinson's disease, damaged basal ganglia cannot generate gait rhythms. However, when the patient listens to a music with certain rhythm, the basal ganglia are simply by-passed, higher areas of the brain cortex are directly activated, creating a new walking plan and enabling the patient to walk in this very rhythm.

The wonderful message of this 'miracle': if a part of the brain is damaged, we can sometimes restore function by activating other areas of the brain...

About Alzheimer's disease

Slavko Avsenik, prir: Bojan Adamič: Spomin (Memory)

Sometimes, over the years, memories begin to weaken, words get lost, familiar faces fade and the story, time and space of our life fall apart. We don't really know exactly what dementia is. We know what it isn't. Dementia is not aging, it is not a punishment, it is not shame - it is a disease, most often the accumulation of pathological proteins that slowly but relentlessly and persistently destroy those areas of the brain that have developed the latest through millions of years of evolution and that define us most as humans - areas where memories are stored, thoughts are born, speech is created, our personality is formed, our consciousness expands in its highest expressions – in self-awareness and

spirituality. And as the patient slowly slides into the unknown, his initial fear, despair and depression melt into a deafening emptiness; it is especially then that we try to search for those threads and bridges that would connect their reality with ours, even for a split moment, when perhaps their gaze or touch would meet ours. There are many such bridges—empathy, physical touch, embrace, maintaining routine, laughter and humor; a particularly strong bond is the return to the time and space of their youth, either with objects, films, photographs, dance, or with memories from their youth, as these are better preserved and deeply ingrained in the brain. Above all, music has an exceptional power, especially the music we listened to roughly between the ages of 17 and 25: Music and memories of it, unlike other activities, are recorded in almost all brain networks—auditory, emotional, motor, autonomic, and cognitive. Therefore, with the music of their youth, the patient will rejoice or perhaps be saddened, they will try to catch the rhythm of the music

with movement, their heartbeat will quicken, giving birth to a long-obscured memory or a clear thought—perhaps only for a moment or two, but still...

About left-hemisphere disease of Ravel

Maurice Ravel: Bolero

On November 1928, playing his Sonatine in Madrid, Ravel, to the astonishment of the audience, jumped from the first movement to the coda of the finale. In years to come, his memory began to falter, he developed difficulties with speech and writing and was unable to perform skilled movements with his right hand. We know that Ravel had a neurodegenerative brain disorder which affected particularly his left hemisphere. While both hemispheres contribute to music processing, the right hemisphere contributes more to the emotional, holistic and timbral aspects, making the listening experience engaging and immersive, while the left hemisphere

aids in the analysis of rhythm, in the changing of recurring and intertwined themes, it enables writing music, and helps to grasp the piece's structural intricacies. As the disease process advanced in the left hemisphere, Ravel had to rely more and more on the activity of the right hemisphere which, some believe, may be noticed in his last musical compositions, such as Bolero and the Concerto for the Left Hand. Thus, Bolero includes only two themes, each repeated eight times presented as a single long-drawn crescendo of more and more instruments, louder and louder. And while the rhythm in

“Boléro” is relentless and hypnotic, the central element that captivates the listener remains timbre. Ravel himself felt a strangeness of the piece and has described Bolero as ‘an orchestral fabric without music’. In September 1933, he spoke about his planned opera Jeanne d’Arc: ‘I will never write my Jeanne d’Arc; this opera is here, in my head, I hear it, but I will never write it. It’s over, I can no longer write my music.’ And to the Swiss conductor Ernest Ansermet, he said ‘My mind is full of ideas, but when I want to write them down, they vanish’.



Parkinson's Disease Association of Slovenia

Trepetlika – The Parkinson's Disease Association started with activities in late 1980s. Trepetlika has well over 1200 members, most of them are patients, their relatives or caretakers, and also medical professionals. The objective of Trepetlika, aside from organizing social events (entertainment, social gatherings, field trips, recreational activities, etc.), is to assist those affected by the disease and their families by providing them all kinds of support, information and training. One of the top priorities is lobbying for improved and expanded treatment.

Trepetlika's office is located in Ljubljana, activities are also organized through regional centers (Nova Gorica, Celje, Maribor, Novo mesto, Kranj). Activities are performed within national programs or programs organized locally in regional centers. Each year, there are some ten to fifteen programs available for more than 10.470 patients and at

least that many relatives/caretakers. The programs include one-day seminars, lectures and workshops or multiple day »camps«; webinars, round tables, there are regular one or two hours weekly exercise classes, dance lessons, working and/or rehabilitation therapies, or just informal gatherings that take place in Ljubljana offices or in regional centers. Treatment is especially hindered by long waiting times (over 12 months). Under these circumstances, Trepetlika's role is even more important, as it can offer a kind of shelter and first aid.

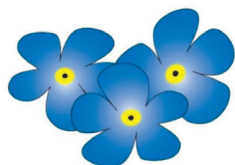


TREPETLIKA

Društvo bolnikov s parkinsonizmom in drugimi ekstrapiramidnimi motnjami
Parkinson's Disease Society of Slovenia

Spominčica - Alzheimer Slovenia

Spominčica - Alzheimer Slovenia, founded in 1997 by psychiatrist Dr. Aleš Kogoj has been providing support and assistance to people with dementia and their relatives throughout Slovenia for more than 25 years. Relatives find themselves in great hardships and problems with a dementia patient, so they need help and information about dementia, which Spominčica provides them with many activities. One of the main tasks of Spominčica is to raise awareness about dementia and reduce the stigma that is still present both in Slovenia and around the world



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Izdala | Published by:

SILA IWCL

International Ladies Association- International Women's Club Ljubljana

Oblikovanje in grafična podoba | Cover and book design:

Nina Žnideršič

Ilustracija naslovnice | Cover illustration:

Lali S. Ilić

Lektorica slovenščine | Slovene proofreading:

Vida Selan

Prevajalka angleščine | Translation from Slovene to English:

Alina Marzel

Tisk | Printed by:

F.DVOR d.o.o.

Naklada 300 | Circulation of 300 copies

Ljubljana, november 2023

www.iwcl.si