

# SERVING LEADERSHIP



## Recipes for Success

Hubert H. Humphrey Fellowship Program at the  
Walter Cronkite School of Journalism and Mass Communication  
Arizona State University

2012-2013

## **Hubert H. Humphrey Fellowship Program at the**

Walter Cronkite School of Journalism  
and Mass Communication  
Arizona State University

### **2012-2013 Graduation Program**

#### **Program Agenda**

Welcome  
Overview of Program & Unveiling of Legacy Project  
Conferring of Certificates  
Thoughts From the Graduates  
Closing Remarks

#### **2012-2013 Hubert H. Humphrey Fellows**

Kareem Awadalla, Egypt  
Ilona Bičevska, Latvia  
Nikiwe Bikitsha, South Africa  
Kibnesh Chala Fulas, Ethiopia  
Gwendolin Mojoko Messinge, Cameroon  
Fatima Talib, Pakistan  
Alma Telibečirević, Bosnia and Herzegovina  
Branko Veselinovic, Serbia

#### **2012-2013 Professional Development Year Fellow**

Deni Donevski, Macedonia

#### **2012-2013 Humphrey Mentors**

Craig Allen, associate professor  
Linda Austin, executive director, Reynolds National  
Center for Business Journalism  
Marianne Barrett, senior associate dean and Solheim  
Professor  
Kristin Gilger, associate dean  
Sue Green, assistant news director and broadcast  
director, Cronkite News Service  
Jim Jacoby, television production manager, Cronkite  
NewsWatch  
Fran Matera, associate professor  
Liz Smith, outreach director  
Brian Snyder, production specialist

#### **2012-2013 Humphrey Host Families**

Sandy Bahr and David Komm  
Liz and Jon Bernreuter  
Sandi and Al Blumit  
Lily and Michael Ciric-Hoffman  
Sandy and Terry Kappes  
Suzanne and David Kinney  
Erika Ladewig  
Ingrid Miller and family  
Casidy Ward and Lynn Hofackett  
Ellen and Joe Widoff

#### **2012-2013 Humphrey Attachés**

Gerald Bourguet  
Harmony Huskinson  
Nicole Lavella  
Hannah Lurie  
Rachael McBride  
Oonagh McQuarrie  
Lauren Saria  
Mary Shinn  
Christina Silvestri  
Sara Steffan  
Sam Tongue  
Brian Wise

#### **2012-2013 Humphrey Excursions**

12 News, KPNX-TV/Republic Media  
ACLU Arizona  
ASU Art Museum  
ASU Changemaker Central  
ASU Library  
ASU Lodestar Center for Philanthropy & Nonprofit  
Innovation  
Barrett, The Honors College at ASU  
City of Tempe  
Eight, Arizona PBS  
Heard Museum  
Insperity  
Kitchen Sink Studios  
McMurry  
Musical Instrument Museum  
Newseum  
Phoenix Suns  
St. Mary's Food Bank Alliance  
Voice of America  
Washington Post

Fellows hosted several outstanding events that honored accomplishments of their colleagues including: 15 Young By Young film premiere — Ilona Bičevska Art exhibits — Fatima Talib and Alma Telibečirević

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#### **Contact us**

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# About the Humphrey Program

## Hubert H. Humphrey Fellowship Program at the Walter Cronkite School of Journalism and Mass Communication

The Humphrey Fellowship Program at the Cronkite School has three primary goals:

- Foster personal and professional growth for each Fellow;
- Prepare Fellows to take up meaningful leadership roles in their home nations; and
- Provide opportunities for a rich exchange of information among Fellows and faculty, students, professionals and citizens of Arizona.

Cronkite's curriculum for the fellows includes the Humphrey seminar, a yearlong course in global leadership; other ASU coursework of their choice; opportunities for fellows to interact with their American counterparts at conferences, meetings and seminars; professional experiences; and the Washington Global Leadership Forum, a four-day seminar in Washington, D.C., during which fellows learn about U.S. institutions, federal agencies and international organizations.

Fellows live in downtown Phoenix, participate in academic study at ASU, develop professional affiliations and friendships, receive mentoring from Cronkite faculty and experience a rich cultural immersion into American life.

In 2010, the Cronkite School became the second of only two schools in the U.S. currently hosting the Hubert H. Humphrey Fellowship in journalism.

The program, operated in partnership with the U.S. State Department and the Institute of International Education, brings accomplished mid-career professionals from emerging



democracies to the U.S. for an intensive 10-month academic study and professional experience.

The Humphrey Fellowship Program, named in honor of the late vice president and U.S. senator from Minnesota, began in 1978 as a way to provide professional enrichment and non-degree studies at American universities for experienced professionals from around the world. It is a Fulbright exchange activity funded by Congress.

Candidates are selected based on their leadership potential and commitment to public service. They must have an undergraduate degree, a minimum of five years of substantive professional experience, demonstrated leadership abilities, a record of public service, little or no prior U.S. experience and strong English skills.

Associate Professor B. William Silcock, director of Cronkite Global Initiatives and a two-time Fulbright scholar who conducts journalism training around the world, is curator of the program. He is assisted by Program Manager Kristi Kappes.



## Food for Thought

So much of life — indeed so much of culture — boils down to close friends and good food. As you whet your own appetites perusing the cookbook that is the 2012-13 Cronkite Humphrey Fellows' Legacy Project, know that these are tried-and-true international recipes — not just for meals but for leadership success. Alongside the fellows' recipes, you'll find critical ingredients for quality leadership. Just as unique aromas and flavors come alive under different chefs, no two countries or leaders are alike.

The fellows have shared servant leadership activities as well as their culinary and cultural offerings across Phoenix's Valley of the Sun and with the Cronkite family of faculty, staff and students during their Humphrey year.

Stephen R. Covey once said, "I am personally convinced that one person can be a change catalyst, a transformer in any situation, any organization. Such an individual is yeast that can leaven an entire loaf. It requires vision, initiative, patience, respect, persistence, courage and faith to be a transforming leader."

As the fellows studied the master skills of leadership and practiced them in community and academic settings, they influenced us collectively. But their greatest contributions often came in one-on-one settings where they transformed each life they touched.

Fittingly, such lessons were taught in the great laboratory of learning that is the Walter Cronkite School of Journalism and Mass Communication. As John F. Kennedy said, "Leadership and learning are indispensable to each other."

It has been my privilege and blessing, along with our indispensable Program Manager Kristi Kappes, to have sampled on multiple occasions all the rich and wonderful insights the fellows brought with them. They have given us their trust for 10 months. In return, we, and everyone they've encountered, have received their warm hearts, thirst for knowledge, courageous examples, practical wisdom — and yes, good taste — all critical ingredients in recipes for life.

Bon appetit!



Dr. B. William Silcock  
Curator, Hubert H. Humphrey Fellowship Program



Kareem Awadalla  
Egypt



Prep Time: 15 Minutes  
Cook Time: 45 Minutes



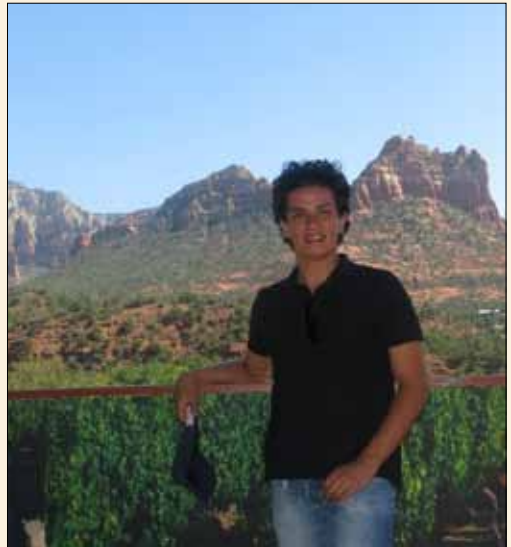
### Kareem Awadalla, Egypt

Kareem Awadalla has a bachelor's degree in tourism and hotel management from Alexandria University. He is the youngest talk-show host for Egyptian National Television, where he hosts a prime-time political program as well as the live morning talk show. Kareem has covered the Egyptian revolution from Tahrir Square 24/7.

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### Recipe for Success

Even the greatest storytellers must learn how to reach viewers. We exist to serve and we must keep the audience needs in mind.





## Stuffed Zucchini

### Ingredients

- 2 pounds zucchini
- 1 pound minced meat
- 1 cup rice
- 2 teaspoons pepper
- 1 can tomato paste or fresh tomatoes
- 1 tablespoon minced garlic
- 2 large onions
- mint
- salt

### Preparation

1. Cook onions until soft.
2. Combine minced meat, onions, uncooked rice and mint.
3. Season the mixture with salt and pepper.
4. Cut the end off each zucchini and empty the squash carefully from the inside.
5. Stuff each zucchini about three-quarters full with the meat mixture, leaving room for rice to expand as it cooks.
6. Place zucchini, standing, in a cooking pot.
7. Add 2 cups of water, tomato paste and salt and pepper (water should come halfway up the zucchini).
8. Cook stovetop, covered, over high heat for a few minutes, then simmer about 30 minutes until cooked.
9. Serve hot.



Yield:  
Serves  
5-7

Ilona Bičevska  
Latvia



Prep Time: 20 Minutes  
Cook Time: 30 Minutes



### Ilona Bičevska, Latvia

Ilona Bičevska has a master's degree in film production from the Baltic Film and Media School and a bachelor's degree in sports and health education from the University of Latvia. She is the director of Avantis Promo, a Latvian film and music production company, as well as the founder of Avantis Youth, a nongovernmental organization that offers more than 30 social and youth programs. She hopes to develop an international network to support creative talent from emerging countries.

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### Recipe for Happiness

I don't believe in long-term happiness before 60. For me, happiness is the short moments in life — what makes me feel happy and enjoy life. I am trying to catch those moments and ask "why." Then I can actually plan happiness by adding those "because of" moments in life.

And please don't be too serious...It's boring!





## “Karbonade ar kartupeļiem un sēņu mērci”

### Carbonado with potatoes and mushroom sauce

If you want to taste Latvian spirit, this is the real thing! Karbonade (a special type of pork meat from the back of the neck that is typically pan-fried) is the third word that kids pronounce after “mama” and “papa” in Latvia. In order to make this dish you need to have some money and patience. You can find all ingredients at your local grocery store.

#### Ingredients

- pork meat (1 serving per person)
- 1 egg
- flour
- potatoes
- mushrooms (Latvian or internationally available mushrooms)
- onion
- sour cream

#### For the Meat

1. Take meat hammer and pound karbonado meat to make it as thin as possible.
2. Whip 1 egg and put it in plate number one.
3. Take bit of flour and put it in plate number two.
4. Heat up a pan with a bit of oil.
5. Dip the karbonado in the egg and then in flour on both sides.
6. Place it in the pan. Cook on medium heat.

When you smell it's ready...its ready!

#### For the Potatoes

1. Slice and bake scalloped potatoes to your liking.

#### For the Mushrooms

1. Cut mushrooms into small pieces and place them in a pan with hot oil.
2. Cover the pan and steam mushrooms. Push mushrooms aside.
3. Cut 1/3 onion into very small pieces and place in middle of pan.
4. Cook until onions become gold and mushrooms become light brown.
5. Take 1/2 teaspoon of flour and brown in the middle of pan.
6. Add 1/4 cup of water. Stir contents of pan and bring to boil.
7. Next, add 3 spoonfuls of sour cream and stir into a creamy sauce. Cook until sauce starts to boil.

Labu apetīti.



Latvian mushroom



Internationally available mushroom



### Nikiwe Bikitsha, South Africa

Nikiwe Bikitsha holds a bachelor's degree in journalism and media studies from the University of Witwatersrand. An award-winning broadcast journalist with 15 years of experience in radio and television, she is the senior news and current events anchor for the eNews Channel, South Africa's only 24-hour news station. She also writes a column for the weekly newspaper The Mail & Guardian. As part of her Humphrey year she will intern at International Monetary Fund and United Nations Development Fund.

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### Recipe for Success

Be relentless in pursuit of what you want.

Be honest and kind.

Listen — It is so underrated.

All things in moderation —  
work, play, train and pray.





### **Umngqusho or Samp and Beans** **Traditional South African dish**

#### Ingredients

- 17.5 ounces cracked corn (needs to be in pieces)
- 17.5 ounces haricot beans, black-eyed beans or sugar beans (soaked overnight)
- 2 onions, sliced
- 2 cloves garlic, crushed
- 1 teaspoon whole cloves
- 1 teaspoon oil
- 1 teaspoon nutmeg
- black pepper
- 2 tablespoons butter (optional)

#### Preparation

1. Soak samp (cracked corn) and beans overnight.
2. Place samp and beans in large saucepan, cover with water and simmer slowly (2-3 hours) until the samp and beans are nearly soft and most of the water has evaporated. (Add extra water if necessary.) Season well with salt.

#### Directions

1. Saute onion and garlic in oil until soft.
2. Add cloves and allspice.
3. Add onion mixture to the beans and continue to simmer until the samp mix is completely soft.
4. Season with nutmeg and black pepper. Add extra salt to taste.
5. Stir in butter.
6. Serve hot with meat and gravy if desired.



Kibnesh Chala Fulas  
Ethiopia



Prep Time: 10 Minutes  
Cook Time: 40 Minutes



### Kibnesh Chala Fulas, Ethiopia

Kibnesh Chala Fulas earned a master's degree in journalism and communication and a bachelor's degree in English education. She has worked in nonprofit communication and advocacy in Ethiopia for the past 10 years. She worked with international organizations including SOS Children's Villages, Doctors Without Borders, The Brooke animal welfare charity and CAFOD, Trocaire and SCIAF: the official relief and development agencies of the Catholic Church in England, Scotland and Ireland. Kibnesh uses her leadership, media and public relations skills to advocate for positive social change.

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"People with passion can change the world"  
~ Steve Jobs, co-founder, former chairman and CEO of Apple Inc.



### Recipe for Success

Main ingredients: passion and attitude

To be successful in life, passion and attitude are the most important ingredients. All you have to do is follow your passion while you are seeing life from the positive light.

If you are passionate about the work that you do, you will enjoy your work, where you spend most hours of your day. But above all you will have the zeal to rise up even after repeated failure. This perseverance will then undoubtedly lead you to success.

"Attitude is a little thing that makes a big difference."  
~Sir Winston Churchill, former prime minister of Britain



In life, our journey is as important as our destination. Your attitude or outlook toward the world will decide whether your journey is pleasant or not. One thing that you need to remember is we can always choose to be happy by adopting a positive attitude. Try it — it works!

Taking time to relax and refresh is also very important as it reenergizes us. Nature, travelling and my family are the sources of my energy. What is yours?



Tasty food doesn't stay long in the bowl.

## **Gomen Besiga** **Quick and delicious dish with Ethiopian flavor!**

Bone-in beef cooked with collard greens, herbed butter, onions and green pepper. My favorite dish, this is very easy to make, and tasty!

### Ingredients

- collard greens, cleaned and cut into medium pieces
- 1 pound diced beef or small pieces of meat with bones
- large onion
- green peppers
- salt
- seasoned butter (preferably Ethiopian-spiced butter, available in Ethiopian food stores)

### Directions

Boil the meat. When it starts to get tender, add the collard greens, followed by onion and green pepper. Cook to desired doneness. Season with herbed butter. Serve warm.



Gwendolin Mokake née  
Mojoko Messinge  
Cameroon



Prep Time: 20 Minutes  
Cook Time: 1 Hour



### Gwendolin Mokake née Mojoko Messinge, Cameroon

Gwen has spent her professional life acquiring knowledge and experience in programs that involve promoting organizational branding, convincing stakeholders to perform specific actions or advocate for a particular public course. Her professional portfolio encompasses employee communication, stakeholder management, reputation management and media relations.



Gwen has substantial experience in managing people and operations in a nascent and rapidly growing university. She is head of the Public and Alumni Relations Department of the University of Buea, which is ranked as one of the top state-owned universities in Cameroon. For almost eight years Gwen created, guided/coached and directed the communications program, strategies and plans of the University of Buea.



With her education, professional skills and multi-cultural experience, Gwen is uniquely positioned to impact an organization's long-term success using direct and indirect channels of communication to move and influence public policy or to promote an agenda.



Gwen has an Honours Bachelor of Science degree in Journalism and Mass Communication and a master's in Journalism. She enjoys choral singing.

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### Recipe for Success

"Making your mark on the world is hard. If it were easy, everybody would do it. But it's not. It takes patience, it takes commitment and it comes with plenty of failure along the way. The real test is not whether you avoid this failure, because you won't.

it's whether you let it harden or shame you into inaction, or whether you learn from it; whether you choose to persevere." — Barack Obama

"Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny." — Mahatma Gandhi



## Fried Ripe Plantain (Dodo) and Ndole

This is a Cameroonian favorite. Although it originates from the littoral region of Cameroon, it is loved and cooked all over the territory.

### Ingredients

- 1 pound beef (alternately, you can use shrimp, smoked or dried fish, pork or goat meat)
- 2 bunches bitter leaf (washed, dried and chopped bitter leaf or kale)
- 1 1/2 cups groundnuts (shelled peanuts)
- 1 cup crayfish
- 2 cups olive oil (or vegetable/sunflower oil)
- 2 medium onions
- 4 cloves garlic
- ginger (about the size of a large clove of garlic)
- 3-4 vegetable stock cubes (e.g. Maggi cubes)
- salt
- pepper (optional)

### Directions

1. Slice the meat, place it in a pot, together with half an onion (already chopped), some salt and a cube of Maggi and leave to boil.
2. Blend peanuts with some water, garlic and ginger to a fine texture and add to meat. Continue to cook until the groundnut loses its raw smell and taste. The color also will become slightly darker.
3. Add the crayfish and stir well.
4. Add the bitter leaf handful by handful. Rule of thumb: The mixture should not be too green. You should add just enough bitter leaf such that there is still a good amount of peanut visible in the mixture. However, this a matter of taste. Some prefer more groundnut than bitter leaf while others prefer more bitter leaf to groundnut.
5. Pour the groundnut oil in a frying pan and place on stove.
6. Slice the remaining onion. When oil is hot, add sliced onion and let it fry (not burn) then pour mixture, oil and onions into the pot of ndole.
7. Stir and turn off heat.
8. Ndole is typically served with fried ripe plantain.





### Fatima Talib, Pakistan

Fatima Talib holds a master's degree in mass communication from Punjab University and a master's degree in fine arts from Lahore College for Women University. As a reporter for the country's Express News Channel, she covers health and social issues, human and women's rights issues and politics. Prior to joining Express News, she was assistant editor at the think tank Pakistan Institute for Peace Studies. She hopes to learn new ways of gathering and presenting news and making documentaries during her Humphrey year.

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### Recipe for Peace During Humphrey Year

- 1 cup friendship
- 1/2 cup hope
- 2 cups love
- 5 tablespoons respect
- 1/2 cup kindness
- 1 cup joy
- 3 teaspoons understanding
- 1 1/2 cups honesty



Mix friendship, love and kindness in a large bowl. Add understanding a few drops at a time. Then stir in honesty and joy for good firm dough. Sprinkle some respect over it and mix well.

Pour into a cake pan and bake at 350 F. When it is ready, pour the hope and the remaining respect on top and share with everyone you know.





## Chicken Karahi

Chicken karahi is among the favorite meaty dishes of Pakistan. Chef Zubaida Tariq made it in a perfect taste just with simple ingredients. Serve with a simple vegetable salad and pita, roti, naan and raita (a yogurt dip).



### Ingredients

- 2 pounds chicken
- 1 tablespoon crushed ginger
- 1 tablespoon crushed garlic
- 1/2 teaspoon crushed black pepper
- 1 teaspoon crushed cumin
- 1 teaspoon crushed dry coriander
- 4-5 green cardamom
- 8-10 green chilies
- 5-6 whole red chilies
- 5-6 tomatoes
- 1/2 bunch green coriander
- 4 to 5 tablespoons ghee
- 4 to 5 tablespoons oil

### Directions

1. In blender, blend garlic, ginger, green chilies and 1/4 bunch of green coriander to make a paste.
2. In a pan, heat oil and ghee; Add chicken and cover with lid.
3. When the chicken turns white, add the blended paste, stir and cook.
4. Add tomatoes, crush whole red chilies, cumin, coriander seeds and green cardamom in the karahi. Combine and cook.
5. When completely cooked, plate and garnish with coriander, ginger and crushed-spice mixture.
6. Serve with pita, roti, naan and raita.



Alma Telibečirević  
Bosnia and  
Herzegovina



Prep Time: 20 Minutes  
Cook Time: 45 Minutes



### Alma Telibečirević, Bosnia and Herzegovina

Alma Telibečirević studied painting and education at the Classical Academy of Fine Arts in Sarajevo. She is a freelance project manager and public relations and marketing specialist for various concerts, exhibitions, festivals, seminars and other events. For the past nine years she has organized the Kids' Festival, the largest independent youth event in Southeast Europe, attended by more than 40,000 children each year. She studied public relations during her time at the Cronkite School.

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### HHH Fellowship Recipe for Happiness

#### Ingredients:

- 9 HHH Fellows + 1 Humphrey cousin (from Macedonia if possible)
- Some additional spices (Barrett students, other American friends)
- A lot of laughs, some worry and just little bit sadness (it will make happiness stronger to have just a small portion of sadness).
- One swimming pool. Add interesting and sometimes weird neighbors...
- One of the most important elements is the three-for-10 wine special from the nearby Circle K.

Combine above ingredients, cook it at the Cronkite School and Humphrey program workshops for 10 months.

Happiness will simmer during the entire process.



## Kljukuša

### Ingredients

- flour
- 1 egg
- vegetable oil
- salt
- potatoes
- baking powder
- cottage cheese or round of white cheese
- margarine

### You will need

- "tepsija" (a shallow pan)
- large bowl
- potato peeler/knife
- wooden spoon

### Directions

Peel and dice potatoes. They should be thinly sliced.

Preheat oven to 375 F. Combine diced potatoes with egg in a bowl. Add oil. Bosnians do not cook with measurements, so you'll have to do what feels right. It is about 1/3 cup of oil. Stir. Add 1 to 2 tablespoons of baking powder. And approximately 3 cups of flour. Stir and add water. Stir. Add water. Stir. Add enough water to give your kljukuša the consistency of a milkshake. Add some salt — 1 to 2 tablespoons. Prepare your "tepsija" by rubbing it with oil — all over the bottom and around the edges. You don't want it to stick. Pour your mixture into the "tepsija," give it a shake and pop it in the oven. Cook at 375 F for about 40 to 50 minutes. Check after 30 minutes. You'll know it's done when a toothpick comes out clean. You can also remove a chunk from the middle and taste it. Once your kljukuša is cooked, take it out of the oven and splatter it with warm water, cover with a cloth and let it sit for a few minutes. This softens it and cools it down, making it easier to tear. Melt 2 tablespoons of margarine and add equal parts oil. Mix. Set aside. Tear the kljukuša up. Use a spoon or your hands and tear it into bite-sized pieces. Top with generous handfuls of cheese. Sprinkle your margarine/oil mix on top of the cheese sparingly, using a spoon. You can always add more later if you think it's too dry.

Serve and enjoy!

Yield:  
Serves  
6

"Since in order to speak,  
one must first listen,  
learn to speak by listening."  
—Rumi

"Do not be satisfied with  
the stories that come before you.  
Unfold your own myth."  
—Rumi

Branko Veselinovic  
Serbia



Prep Time: 15 Minutes  
Cook Time: 35 Minutes



### Branko Veselinović, Serbia

Branko Veselinović holds bachelor's and master's degrees in economics and is pursuing doctoral studies in journalism and communications. He is the youngest prime-time news anchor at Radio Television of Serbia, the national broadcasting corporation, and also produces and anchors the country's most-watched week-end morning show. As a part of his professional development in the U.S. he spent a month working at NBC News in New York City.

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### Recipe for Success

The Humphrey year is the best time to make your signature dish. Don't hesitate!

Take a bowl (stay open-minded), add fresh ingredients (classes, seminars, lectures, conferences, workshops), get into a good mood (travel, sports and music), ask if you need help (Dr. Bill and Kristi, host family, mentors, cohorts), don't burn it (don't be so hard on yourself) and share what you've learned with your new friends.

Enjoy your meal (year)!

Tip from a friend: Get yourself a nice guitar at Pawn Central.  
4420 N. Central Ave., Phoenix, AZ  
(602) 230-7042

Love,  
Branko





## Proja: Serbian Corn Bread Muffins

The cuisine of Serbia is influenced by its Balkan neighbors and Turkey.

And oh, yes, it's organic!



Yield:  
Serves  
6

Traditional meals include soups, stews, smoked meats, minced meats (ćevapi, pljeskavica), stuffed vegetables (such as peppers) or sarma (minced meat rolled in grape, cabbage or chard leaves). If you want to make a toast, do it with *the* national drink rakija (fruit brandy).

Tip: While in Serbia ask for kajmak (a cheese similar to clotted cream) at any farmers market.

Prijatno and Živel!

### Ingredients

- 1 cup corn grits (yellow)
- 1 cup white flour
- 1/2 teaspoon baking powder
- 2 eggs
- 1/2 cup sunflower (or any other) oil
- 2 cups of yogurt
- feta or cottage cheese
- smoked sausage (optional)

### Directions

1. Mix eggs, yogurt and oil in big bowl.
2. In another bowl, mix flour, corn grits, baking powder and salt.
3. Combine dry and wet ingredients.
4. Add cheese and chopped sausage.
5. Fill greased muffin tins 2/3 full.

Bake 30-35 minutes at 480 F.



Deni Donevski  
Macedonia



Prep Time: 15 Minutes  
Cook Time: 2 Hours 30 Minutes



### Deni Donevski, Macedonia

*Donevski joined the Humphrey Fellows during the academic year on a PDY (Professional Development Year) Program sponsored by the International Broadcasting Board of Governors, a part of the Voice of America Program of the U.S. State Department.*

Donevski is a public relations professional from Macedonia who has come to the Cronkite School to develop leadership proficiencies in the business community. He hopes to leverage his American experience to take up a new, meaningful role in either the government or private sector to further Macedonia's civil society.

In Macedonia, Donevski has worked with several television networks and the biggest publishing house in the country, Media Print Macedonia. He currently works for MultiMedia House Center, whose mission is to help businesses create and improve their social media profiles across platforms from website creation to social media outreach.

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### Recipe for Success

- 2 tablespoons Honesty
- 3 tablespoons Hard Work
- 2 tablespoons Faith
- 5 tablespoons Respect
- 2 tablespoons Good Friends=S U C C E S S





## **Tavče Gravče** is Macedonia's most famous food

### Ingredients

- 2 cups dry white beans (rehydrated)
- 2 medium onions, chopped
- 1 cup (or a good handful) sun-dried tomatoes, halved with seeds removed
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 cup sunflower oil (or any other oil with a high smoke point)
- 1 teaspoon paprika
- 1 teaspoon cumin, ground
- 1 tablespoon crushed red pepper flakes (2 if you like it spicy)
- 3 garlic cloves, chopped
- 1 tablespoon mint
- 1 bay leaf (optional)

### Directions

1. Put beans in large pot and cover with water. Add onions and an optional bayleaf. Cook on medium-high heat until soft and creamy (about 2 hours), stirring occasionally and topping off with water when level gets low. Look for a stew-like consistency.
2. Preheat oven to 400 F.
3. In a saute pan, add oil and get pan very hot. Once hot, add mint, garlic, paprika, crushed red pepper and cumin, and any other spices you want. Stir mixture until fragrant, about a minute or so, and then stir oil into the beans. Rule of thumb: When you stir the beans, they should glisten with oil.
3. Add the sun-dried tomatoes. The add meats or vegetables (leeks are great here) to the mix.
4. Put the beans in a clay pot, tagine or Dutch oven. Bake at 400 F, for about 30 minutes, or until you reach a nice, thick consistency. Remember, beans will be thicker when they cool.

Serve with pita bread or dense, crusty sourdough.

Recipe source: SparkRecipes



At their orientation retreat, the Humphrey Fellows drafted a mission and vision and a list of community standards to act as guiding principles for their year ahead.

# MISSION

- We, Cronkite Humphrey Fellows are committed to gaining new skills and knowledge.
- We have the responsibility and opportunity to build bridges worldwide and between different communities in our own countries.
- Using communication for public good is our cornerstone.
- Spreading positive values is our power.

# VISION

We see a bold new path:

- Imparting and sharing knowledge gained in practical ways;
- Embracing diversity and leading by example;
- Inspiring and encouraging future leaders;
- Collaborating on future cross-country projects; and
- Supporting and developing our created network.







Dear Humphrey Fellows:

We believe the Walter Cronkite School of Journalism and Mass Communication is, quite simply, the premier institution of professional journalism education in the U.S. Since we were made an independent school by ASU President Michael M. Crow in 2005, we have recruited more than 20 new world-class faculty, built a state-of-the-art media complex on a new campus in the nation's sixth-largest city and launched bold new programs at ASU such as Cronkite News Service, the Digital Media Innovation and Entrepreneurship Lab, Cronkite NewsWatch, the Carnegie-Knight News21 initiative and the Donald W. Reynolds National Center for Business Journalism.

But no addition to the Cronkite School has been more important than the Hubert H. Humphrey Fellowship Program. You have added richness to the Cronkite School in ways large and small. You have given us important new perspectives through conversations with faculty and students in and out of the classroom, and you have generously shared your expertise through events such as Cronkite Global Conversations. And for the first time Cronkite Humphrey Fellows have contributed their artistic talents with two exhibits of paintings inspired by the places and people of the Southwest. You have been recognized in the community for your spirit of service, leadership and dedication to your field. Your professional affiliations with local news outlets have added richness to those institutional relationships, and you have built personal relationships among faculty and staff that we hope will last for a lifetime.

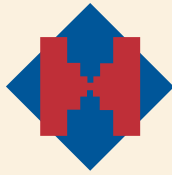
It's with more than a little sadness that our time together is drawing to a close, but we are comforted in the knowledge that you have great things ahead when you return to your home countries. And please know that you will always be members of the Cronkite School family. I look forward to hearing all about your next great achievements and collaborating with you in the future as we expand our engagement in global education and research activities.

Congratulations on all your accomplishments as Humphrey Fellows, and thank you for a very special year together.

Sincerely,



Christopher Callahan, Dean and University Vice Provost  
Walter Cronkite School of Journalism and Mass Communication  
Arizona State University



April 10, 2013

2012-2013 Humphrey Fellows  
Humphrey Fellowship Program  
Arizona State University  
Phoenix, AZ 85004

Dear Fellows:

We send our warmest congratulations to all of you on the successful completion of your Humphrey Fellowship Program. It has been a privilege and an inspiration to see how each of you has shaped your year to accomplish the goals you set for yourself and for the benefit of your communities back home.

The true Humphrey spirit, however, is born when Fellows return home. The seed is only planted when you are here during your Fellowship year. Humphrey Fellows carry the Humphrey spirit with them wherever they go. They continue to seek alliances and partnerships, are willing to help others work for change and champion diversity. And you will be no different. Years from now, decades after your Humphrey Fellowship is over, we hope you will still work to change your communities and learn from each other. We of the Humphrey Program staff look forward to hearing of your projects and accomplishments in the years to come.

We would like to thank the coordinators, faculty, administration, and community hosts at Arizona State University for their support of each Fellow and for their collaboration with IIE in meeting the goals of this very special program.

Best of luck to all of you as you complete your year's activities and prepare to return home.

Sincerely,

Judith Gibson  
Director, HHH Fellowship Program,  
Institute of International Education  
[www.humphreyfellowship.org](http://www.humphreyfellowship.org)

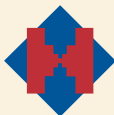
Diana Schapiro  
ASU Campus Liaison

“A leader is one who summons the best from others, as he calls upon the best within himself, to join in the common cause and the common purpose.”  
— Hubert H. Humphrey



Hubert H. Humphrey Fellowship Program at the  
Walter Cronkite School of Journalism and Mass Communication  
Arizona State University  
2012-2013

With primary support from the  
United States Department of State  
Bureau of Educational and Cultural Affairs



**FULBRIGHT**

**ASU** Walter Cronkite  
SCHOOL OF JOURNALISM  
AND MASS COMMUNICATION  
ARIZONA STATE UNIVERSITY

Part of Cronkite Global Initiatives  
~To see the world, to know the world, to report the world~