

New nonstop service to Washington, D.C.

With connections to 61 cities throughout the United States.

United toll free call center: 810 800 229 010 44.



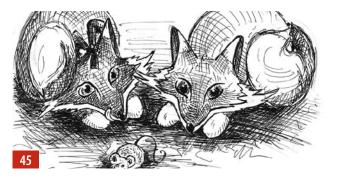
dvertising



14







3, 6-8 Previews:

The Great Lent and Easter in Russia France in Russia/Russia in France year

4 What's On in April

10 Theatre Review

A Person from La Mancha The Breath of Life Barefoot in the Park

12 The 1970s in Art

14 Culture

Church Bell Ringing
Transcendental Meditation

18 Travel

Kolomna

22 Russian reflections, a Personal View

Consumerism in Russia The Olympics

26 Real Estate

The Collapse of the Office Market

29 Your Moscow

The Babayevsky Chocolate Factory Kolomenskoye and Tsaritsyno

32 Recipe

Beef Stroganoff – The Right Way

33 Restaurant Review

Druzhba Chinese Restaurant

36 Out & About

HOLI festival in Moscow! Ambassadors make Art RBCC Real Estate Seminar Brian Wilson at the British Lifestyle Exhibition

40 Columns

Flintstone, Anth Ginn, Deidre Dares

43 Book Reviews

'Gengis Khan', 'Absurdistan'.

45 Family Pages

Another 'Lisa & Friends' story

_etter from the Publisher



John Ortega Owner and Publisher

Easter this year in Russia is on April the 4th, which is a Sunday. This follows six weeks of fasting which Russian Orthodox Christians observe with a varying degree of abstinence. Olga Slobodkina explains in her article on Lent and Easter in Russia. This Easter, as every year now, church bells will ring out, pronouncing the news that 'Christ has risen indeed'. Church bells themselves are a very interesting part of Russian history, and the bells have been cast with love and care in Russia since the 16th century. During the communist period, ringing church bells was forbidden, after all, the workers had to rest, and many were destroyed. Vycheslav Perkhovsky, who has dedicated his life to making such bells, tells the story: 'Ringing the Glory in Russia'.

A different approach to the divine is taken by Charles Borden, our Wine and Dining editor in his article about Transcendental Meditation in Russia. This year's HOLI festival, which was celebrated by the surprisingly large and dynamic Indian community here in Moscow, is also covered in this issue.

 $William \ Brum field \ lends \ his encyclopedic architectural \ and \ historical \ knowledge \ to \ bringing \ us \ Kolomna, \ a \ verification \ bringing \ us \ Kolomna, \ a \ verification \ bringing \ us \ Kolomna, \ a \ verification \ bringing \ us \ Kolomna, \ a \ verification \ bringing \ us \ Kolomna, \ a \ verification \ bringing \ us \ Kolomna, \ a \ verification \ bringing \ us \ Kolomna, \ a \ verification \ bringing \ us \ Kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ kolomna, \ a \ verification \ bringing \ us \ bringing \ us$ table treasure-house of a town with a history starting in 1177. Ross Hunter, headmaster extraordinaire, starts off with a new series of 'Your Moscow', moving from living places to green spaces to live in.

Enjoy the Spring!

Dear Editor

I just received my temporary residence permit after 6 months of gathering documents and numerous visits to the local and regional immigration office. The article on residency permits in the April 2009 issue of Passport was the best information I had seen on this issue and was an inspiration for me to pursue this process. It was very informative. This is very important because Russian agencies are not known for good customer service and in most cases the large results of the results ofRussian official will merely direct you the wall where the instructions are posted.

I have been told that Russian authorities have more respect for the residency permit than a work or business visa. Perhaps they realise that holders are thoroughly initiated into Russia.

Yours truly, Art Franczek, President, AIBEc

Dear Art

I am glad that you appreciate our efforts. Actually the rules and regulations concerning residence permits for foreigners are quite stable, but their interpretation on a local level varies from one office to another. For this reason we will continue to write about this subject, and hope that you will share with us your experiences if they differ substantially from what we have already covered.

> Reaards Editor

Dear Editor

I have read Passport with great interest and appreciation since it first came out. Having been in Moscow for almost 12 years, it has been a great source of information and a wonderful alternative to the "Xxxxx" magazine [censored by editor] which seemed to be little more than a collection of ads and recycled articles.

Thank goodness that, like the Moscow News, your magazine has now enlisted Deidre Dare to tell us which restaurants have "xxxx-able" waiters. I'm sure that in her tremendously varied and insightful way, I may soon hope to learn which BP stations have xxxx-able car wash attendants, which Kroshka-Kartoshka stands have xxxx-able teen workers, and which areas of the city have xxxx-able street cleaners, policemen or flower vendors. Her deep insight into the vast range of issues surrounding ex-pats living in Moscow as demonstrated in her pithy answers to the profound questions posed in your magazine elevate your publication to new heights.

> Once again, proud to be an American, Bruce W. Nelson

P.S. Thanks for the rest of the magazine. Well done.

Wine and Dining Editor

c.borden@passportmagazine.ru

Charles Borden

Contributors

Dear Bruce.

Thanks a lot for writing. We value the views of all xxxx-pats. Yyyy do not more of them write letters like yours expressing their views? I am sure they would help save readers from zzzz-ing.

> Best regards Editor

Owner and Publisher

John Ortega, +7 (985) 784-2834 jortega@passportmagazine.ru

Editor

John Harrison

j.harrison@passportmagazine.ru

Deputy Editor

Elena Krivovyaz

e.krivovyaz@passportmagazine.ru

Sales Manager

Valeria Astakhova

v.astakhova@passportmagazine.ru

Accounting and Legal Services Vista Foreign Business Support

alexey@telemark-it.ru

Arts Editor

Designer

Wehmaster

Alevtina Kalinina

Julia Nozdracheva

Alexey Timokhin

chiccone@yandex.ru

alevtina@passportmagazine.ru

Trubnaya St. 25/1, Moscow +7 (495) 933-7822

Printed by BlitzPrint. Moscow representative office: 127051, Moscow, Petrovsky Boulevard, Dom 10.

Ian Mitchell, Ross Hunter, Elena Rubinova, Nika Harrison, Olga Slobodkina, Deidre Dare, Maria Savelieva, Marina Lukanina, Art Francezc, Elena Rubinova, Anth Ginn, Emily Fieldhouse, Vyacheslav Perkhovsky, William Brumfield

Published by 000 Passport Magazine. All rights reserved. This publication is registered by the Press Ministry No. 77-25758. 14.09.2006

Passport occasionally uses material we believe has been placed in the public domain. Sometimes it is not possible to identify and contact the copyright owner. If you claim ownership of something we have published, we will be pleased to make a proper acknowledgment.

Editorial Address:

42 Volgogradsky Prospekt, Bldg. 23 Office 013, 1st floor 109316 Moscow, Russia Tel. +7 (495) 640-0508 Fax +7 (495) 620-0888

www.passportmagazine.ru

Everything is Left to the People

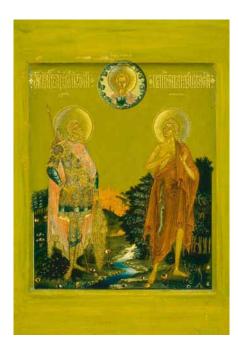
The exhibition named 'Everything is Left to the People' is devoted to the 60th anniversary of Viktor Bondarenko, the well-known arts collector. The exhibition is the third in a series of projects related to Russian icons. Two previous exhibitions: 'A Tree can be Recognized by its Fruits' and 'The Iconography of the Romanovs Dynasty' were exhibited at the State Tretyakov Gallery in 2003 and 2008.

The new project covers the period from the most ancient times to 1929. More than 125 pieces are on display in total, the majority of which were paint-

sian iconography, though not all of the icons have been properly studied.

Victor Bondarenko's collection of icons represents the main Russian cen-









ed during the XVII-XX centuries. Icon art was neglected during Soviet times but once again interest is growing rapidly. Victor Bondarenko has contributed much to the growing popularity of icon art in Russia.

Russian iconography of the XVII-XX centuries contains famous and exemplary examples of high art; works that fill in the gaps in our understanding of the iconography of old times. Among the XVII century works, a special role is assigned to a series of eight icons from an iconostasis of 1680, created by masters of the Armory Museum. The icons on display, particularly those from the XVIII-XIX centuries, help us to fill in various gaps in our understanding of Rus-



tres of iconography: Yaroslavl, Kostroma, Tver, Uglich, Nerekhta, Palekh, Romanov-Borisoglebsk, Pavlov on Oka, Syzran, Guslitsy. The exhibition is crowned by a copy of an ancient 'wonder' icon of the Mother of God, painted in 1929 by Alexander Bryagin, a restorer of old icons. Created during the Soviet Union, it was intended to be part of an exhibition-sale of Russian icons in Europe and America in 1929-1931.

22nd , April – 18th July The Central Museum of Old Russian Culture and Arts of Andrey Rublyov Opening – 21st , April, at 16.00 10 Andronievskaya Ploschad www.rublev-museum.ru

What's On in April

Friday, 2nd

Rakhmaninov, Tchaikovsky, Shostakovich

The Russian National Orchestra and the Moscow State Chamber Choir perform Tchaikovsky, Rachmaninov, Shostakovich. Jose Serebrier (USA) conducts. Soloists – Lubov Petrova (soprano), Dmitry Popov (tenor), Sergey Leiferkus (baritone), Wen-Sinn Yang (violoncello, Switzerland).

Conservatory Great Hall, 19:00

Saturday, 3rd Marc Almond

It was Marc Almond who created the new-wave style with his synthesizers and drum machines. Underneath all the electronics and disco rhythms, Almond harked back to the days of cabaret singers, updating that sound for the dance clubs of the '80s. He has had a long and varied career spanning almost 30 years. During this time, after a career with Soft Cell and Marc and the Mambas, he has collaborated with an extremely wide range of artists including Antony and The Johnsons, Jools Holland, Siouxsie Sioux, Nick Cave, P.J. Proby, Nico, Kelli Ali of the Sneaker Pimps, Neal X to name a few.

B1 Maximum, 21:00



Sunday, 4th

Grand Easter Concert

Ensemble of soloists 'Academy of Old Music' conducted by Tatiana Gridenko, Evgenia Lisitsyna (organ) perform J.S. Bach, Handel, Vivaldi, Biber and Corelli.

The Roman Catholic Cathedral of Immaculate Conception of the Blessed Virgin Mary, 19:30

Slade

Slade may have never truly caught on with American audiences, but the group became a real sensation in their homeland with their anthemic brand of glam rock in the early 1970s, as they scored a staggering 11 Top Five hits in a four-year span from 1971 to 1974 (five of which topped the charts).

B1 Maximum, 21:00



Thursday, 8th Duke Ellington Orchestra (jazz, USA)

Duke Ellington and his Orchestra is perhaps the greatest of all jazz bands. The group stayed together for over fifty years and recorded and wrote some of America's greatest music. The band started in New York City under name of the Washingtonians in 1923, they then briefly became known as Duke Ellington and his Kentucky Club Orchestra. then as Duke Ellington and his Cotton Club Orchestra from 1927 to 1930. Duke Ellington led his Orchestra from 1923 until his death in 1974. His death did not end the band, which was taken over by his son Mercer, who led it until his own death in 1996. Paul Ellington, Mercer's youngest son, took over the Orchestra from there.

The State Kremlin Palace, 19:00



Saturday, 10th

Easter Chime

The Boys Choir School "Debut" conducted by Alla Yastrebova performs Mozart, Vivaldi, Britten, Pergolesi, Shabalin, Flyarkovsky, Pakhmutova. Elena Kandzuba conducts. Concertmaster – Denis Denisov.

Roman Catholic Cathedral of Immaculate Conception of the Blessed Virgin Mary, 13:00

Gotan Project (tango & electronic music, France)

Gotan Project delivered the sweetest revenge for tango, bringing the sexy music and the sound of Argentina to the world. Now the sound of Gotan Project is synonymous with cool and chic from the clubs of New York to the beaches of Rio de Janeiro. 'La Revancha Del Tango' made it into The Guardian top 100 albums of the decade. Now get ready for a trip to the magical world of cool tango.

B1 Maximum, 21:00



Tuesday, 13th Always Other Art

The exhibition presents one of the largest collections of contemporary Russian art - the Collection of Viktor Bondarenko, collector, patron, honorary member of the Russian Academy of Arts, member of the State Tretyakov Gallery Council of Trustees. The exposition includes approximately 100 works of artists spanning several generations. Amongst the artists presented in the collection there are all the prominent figures of contemporary Russian art, including Oskar Rabin, Vladimir Nemuhin, Mikhail Shvartsman, Erik Bulatov, Ilya Kabakov, Ernst Neizvestny, Dmitry Gutov, Alexander Kosolapov, Oleg Kulik and many others. But Bondarenko's interests do not include only these stars. They encompass a wide range of contemporary art, its various trends, spheres and media.

13 April – 23 May 2010

The State Museum of Modern Art of The Russian Academy of Arts

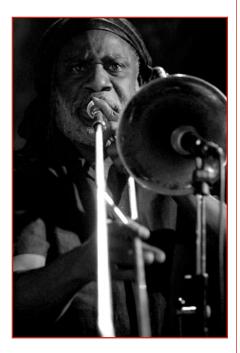
10 Gogolevsky Boulevard

Thursday, 15th

Frank Lacy (jazz, USA)

Texas vocalist, trombone player, composer and arranger Frank Lacy who was called 'the best sideman of modern jazz' by Downbeat magazine has been playing trombone and flugelhorn since the age of 16. Frank Lacy is a true virtuoso in combining musical styles: ragtime, swing, dixieland, jazz, be-bop, post-bop, fusion, funk, blues, gospel, rock'n'roll, boogie-woogie, pop, afro beat, afro pop, rap, hip-hop, new age.

Club Soyuz Kompozitorov, 20:30



Status Quo (rock, UK)

Status Quo is one of Britain's longestlasting bands, staying together for over 30 years. During much of that time, the band was only successful in the UK, where they racked up a string of Top Ten singles that ran into the '90s. In America, the group was ignored after they abandoned psychedelic for heavy boogie rock in the early '70s. Before that, the Quo managed to reach number 12 in the U.S. with the psychedelic classic "Pictures of Matchstick Men" (a Top Ten hit in the UK).

B1 Maximum, 21:00



Sunday, 18th

Lady in Jazz Festival

A brand new club event that features live performances by Russian jazz bands, such as Non Cadenza, Venger Collective, Acid Cool and Zventa. These bands work in different styles, but in the same jazz genre. Their vocal deserves to be heard, so welcome to 16 Tons and enjoy.

16 Tons Club, 20:00



Gary Moore

"The King of Blues" from Northern Ireland, that's how he is called all over the world. In a career dating back to the 1960s, Moore has played with artists including Thin Lizzy, B.B. King, Colosseum II, Greg Lake and others, as well as having a successful solo career. He is a frequent guest in Moscow and still attracts many blues-lovers to his concerts.

Crocus City Hall, 19:00



Tuesday, 20th International Women's Club

presents: Star Ball

Champagne reception, sit down gala dinner, auctions, ballroom & modern dancing and live entertainment are part of the programme. Live and silent auctions featuring fine art pieces will offer additional special lots: one-of-a-kind magnificent wooden eggs designed by celebrities and painted by renowned Russian masters.

The Ritz Carlton Moscow, 19:00, additional information: www.starball.ru

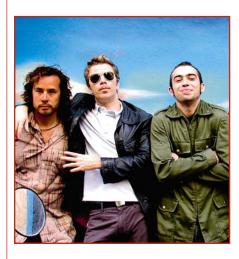
Wednesday, 24th

David Brown

and Brazzaville

Brazzaville is an indie pop band founded in 1997 by David Brown. The band is known for its particular musical style that mixes jazz, electronics, rock and lounge and can be listened by anyone and anywhere. That's why they're so popular amongst intellectuals from all over USA and Europe. In May 2009, David Brown officially announced the dissolution of the band, stating that he would henceforth be recording and releasing music under the named David Arthur Brown with "many of the wonderful musicians who have contributed to Brazzaville records." However, a month later David once again announced that the band will continue to exist in parallel with a solo career.

Ikra Club, 21:00



Thursday, 25th

Hip-Hop Summit 2010

A must-be-at event for all hip-hop fanatics. The summit will see such legends of genre, like Onyx and Raekwon (former member of Wu Tang Clan). Some Russian hip-hop and rap bands will also to be presented.

Luzhniki Sport Complex, 17:00



1812 in Vereshchagin's pictures

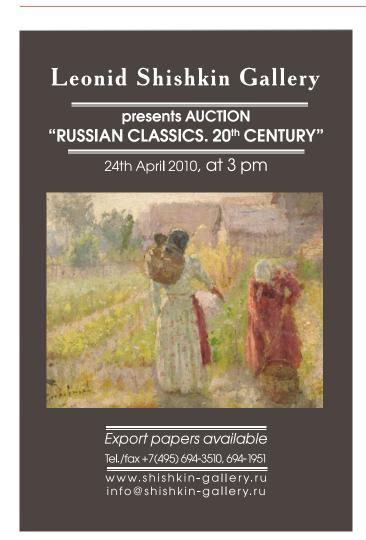
Vasily Vereshchagin, 'painter, soldier, traveller', is one of the few Russian artists of the 19th century who belonged to the democratic school of the visual arts. Consequently, he was not very popular at home, even though widely recognised abroad. The current exhibition at the State Historical Museum pays homage to this talented painter and presents a historical retrospective exhibition with the series dedicated to the 1812 War. Vereshchagin was born in the town of Cherepovets in the Novgorodskaya gubernaya into the family of a nobleman.

He received his education first at the Tsarskoe Selo, the Alexander cadet corps, and later at the naval school at St. Petersburg, making his first voyage in 1858 to Denmark, France and Egypt. After graduating, he abandoned military service in favour of painting, and in 1863 he won a medal from the St. Petersburg Academy of Fine Arts for his Ulysses. The next year Vereschagin became Jean-Léon Gérôme's apprentice in Paris. His main ideal in arts was 'truth and simplicity', something that he expressed in his numerous sketches while travelling in Europe and Caucasus. But it was martial scenes that brought him fame. In 1887 he realised a grand-scale project dedicated to the War of 1812. He was to complete twenty pictures chronicling the major events of the War from the battle of Borodino to the escape of French troops across the Berezina river. The first ten paintings were exhibited in the History



Museum in 1895. The audience warmly greeted the exhibition whereas those in higher ranks who purchased the pictures for the museum were indifferent, and they forgot about the rest of the series that Vereschagin almost completed. The current exhibition presents the whole series for the first time.

Till May State Historical Museum www.shm.ru Open: 10:00-18:00 Every day except Mondays



Mark Rothko

Garage Center for Contemporary Culture presents an exhibition that has been widely discussed from Facebook to Bloomberg since last autumn. Gagage's projects last year included Antony Gormley's sculptures, and a collection from French billionaire and Christie's-owner Francois Pinault. Now Garage bring to the Russian public an anonymously owned col-



lection of Mark Rothko's canvases. This is Rothko's first solo show in Moscow. Born in Latvia, fluent in four languages, Rothko made a career in USA where his father had fled before the Revolution in Russia. Being in the circle of avant-garde artists, Rothko soon became the leader of a group of postwar Abstract Expressionist painters. The current show presents twelve pictures which he worked on from 1949 to 1969. 'Red and Yellow', the late 'grey series' will be presented in interiors elaborated by architect Jamie Fobert. The Garage Center is a former bus depot recently transformed into a modern exposition centre, now also with proper climate conditions installed, to display the Rothko's paintings in the way that they were displayed in their previous owner's apartment in Park Avenue in New York.

From April 23 www.garageccc.com



Baikal the Azure

The 'Pearl of Siberia' or the 'North Sea' as known in historical Chinese texts, or "the rich lake" as the local tribes called the lake Baikal, has attracted wanderers, poets and artists since ancient times. Since exactly what ancient times we cannot say as this is also one of the oldest lakes in the world. being formed 25 million years ago. From chronicles to folk songs there are traces of this beautiful land: The Glorious Sea - Sacred Baikal, the Wanderer - these are the songs every Russian knows since childhood. But certainly more vivid are the visual images. Alyona Telpukhovskaya, a photographer from



the Siberian town of Miass, fell under its spell many years ago. Inspired by oriental philosophy, she has presented her view of this mysterious place as if in yin and yang, with the waters of the lake being in permanent interaction with the skies. This simultaneous duality and unity are strengthened with such a technical trick as double exposure, thus uniting discrete moments, places and emotions in one picture.

> **April 3 - May 11** Vrubelevskaya Gallery

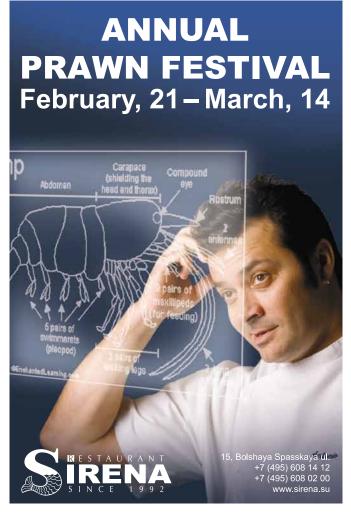
Von Lenkiewicz's triumph



The Triumph gallery is one of the few trend-setting modern-art galleries in Moscow. And as today's modern art is both an object of fashion and is fashion itself, an opening of a new artistic space is always a good sign. To mark the event, Triumph presents an exhibition of Wolfe von Lenkiewicz's works which is his first exhibition in Russia and biggest solo show. It is entitled as 'Victory Over The Sum' and is spread in Triumph Gallery's two locations: a 19th century merchant's mansion and the

gallery's new space at the Metropol Hotel. The title of the exhibition refers to the Russian avant-garde opera 'Victory over the Sun' that was staged in Moscow in 1913. Von Lenkiewicz comes from an artistic family. His grandfather was court painter to the King of Bavaria; his father was a painter in England. An artist with a diploma in philosophy is a rare thing. Von Lenkiewicz uses Old Master techniques as well as from of modern artists from Picasso to Koons, making a fusion of most different characters, images and epochs. Philosophic, but comprehensible.

> From April 3 Triumph Gallery Teatralny proezd 2



April 2010

Easter Day – Victory Day

The earlier the Easter Day occurs, the sooner spring begins, something that has been observed for centuries in Russia. Another saying has emerged recently: the earlier Easter Day comes, the more classical music and performances there will be in the spring. Maestro Gergiev, general director and artistic director of the Mariinsky Theatre, principal conductor of the London Symphony Orchestra, and principal guest conductor of the Metropolitan Opera is starting, here in Moscow, a huge programme of classical music, choral recitals, bell-ringing, and charitable events for orphanages and people in retirement homes. The symphonic part of the programme will be performed in various cities from Kyiv and Yerevan. The Mariinsky choir will sing in the capital of Lithuania, Vilnius. Week-long concerts of bell-ringing are scheduled for numerous cathedrals inside and outside Moscow. This year's programme also highlights the 65th jubilee of the World War II Victory. Cities of glory - Volgograd (former Stalingrad), Voronezh, Kursk, Saint-Petersburg (former Leningrad), Vladikavkaz (Gergiev's home in Ossetia) and Moscow will host performances to mark incredible human losses, and cruelties of the war.



April 4-May 9 For schedule see www.easterfestival.ru

'The Piaino's Triumph'



The gilded clef of the Moscow House of Music appeared on the Kosmodamiaskaya embankment in 2002. Since its opening, much attention has been paid to its main 'Svetlanovsky' hall and its modern pipe organ. There were fears that the organ would not stand up to competition with its counterpart in the Tchaikovsky hall of the Moscow Conservatoire. But despite everything that people said, the organ has proved itself and won favourable reports from both Russian and foreign musicians. Wonderful acoustics, the superb taste of its artistic director, Vladimir Spivakov, make the House of Music a must-visit for anyone with an evening of classical music this April.

The repertoire is divided into a series of concerts for both piano and organ. The concerts given by pianist Alexander Gindin are a regular programme in this series. In April the 'Piano's Triumph' programme presents an organist from France, Olivier Latry. This is the first concert that unites piano and organ. Latry, one of four titulaires des grands orgue of Notre-Dame and Gindin, laureate of the Tchaikovsky competition will present French composers' scores.

> 19:00 April 22 Moscow House of Music www.mmdm.ru

Nightingale from the Internet

Nobody could fail to notice last year's Eurovision Song Contest which was hosted in the Olimpiysky complex last May. Now the country is fitting out this year's musical hero to go to Oslo. The

competition to select Russian's representative for 2010 was between twentyfive hopefuls. Music varied from electronics to folk songs, from Russian to Udmurtian and Italian. Finally the pro-

fessional jury and TV-viewers selected Peter Nalitch's band with his 'Lost and Forgotten' ballade.

Nalitch with his incredible internet fame is hardly a mainstream musician. But as the internet, the modern 'vox populus', promoted Nalitch's band to the level of huge open air concerts in 2007 from one home-made video named Gitar, so did the TV audience award Nalitch a Eurovision ticket to Oslo. An architect by background, Peter has always been fond of music. His huge success is partly due to his velvet tenor voice, tricky compositions and what is most important - his love and desire for music. The concert at B1 Maximum is a kind of rehearsal, not for the band but for its existing fans and those who don't know they are fans yet.

> **B1 Maximum** April 16 21:00

April 2010

The Great Lent and Easter in Russia





What do Russians do during Great Lent and at Easter? Non-believers go on living the way they always lived, and this period does not mean an awful lot to them. There are also different types of believers. There are those who believe in a higher reality, in Angels and retribution, but they are not members of the Church. They do not fast, do not confess their sins, receive communion, attend the liturgy or observe any other ecclesiastic rites and rituals. There are strict believers who do all these things, but sin anyway. And then there are the priests and monks who give their whole lives to the Lord leaving nothing or almost nothing for themselves. They keep all the fasts, listen to people's confessions, receive and give communion and pray for those who come to them to confess (as well as for their spiritual children) thus helping them to perfect themselves. At least this is what they are supposed to do.

But let us talk not about the whether people stick to rules or not, but what the Russian Orthodox Church expects of believers. In the Church calendar one will find ordinary days, Lenten days, holidays and special days of commemorating the dead. Lenten days are divided into strict Lenten days: those days allowing cooking oil, those forbidding oil, Lenten days allowing fish, Lenten days allowing wine, Lenten days allowing caviar. There are also days allowing forbidden food without meat, usually during the weeks before the Lent.

So what is one supposed to do during the Great Lent and Easter? During the Lent a believer should reflect on his or her life, behaviour and way of thinking. Abstention from the forbidden foods (meat and milk products) is only the corporeal part of the Lent, which helps the believer to purify him or herself and concentrate on prayer in order to be able to grow spiritually. Entertainments are also forbidden during Lent. Instead, a believer should go to Church more often, read morning and evening prayers more carefully and do good deeds, such as helping invalids and the poor. In this context, confession and communion are a kind of an indulgence and a chance to start afresh, to be able to ascend spiritually.

It is not so easy to keep the fast even for weather-beaten believers, let alone neophytes. However, one can start with a small amount of self-denial, while experienced members of the church go further. The Church, however, is not a dictatorship. Each believer decides what is the correct measure of asceticism for him or



herself. The Church allows small children and the sick not to fast at all, especially if their diet prescribes the forbidden products.

This year February 8 – February 14 was Maslennitsa, that is a week before the Great Lent when people are baking blinis (pancakes) and eating them with caviar, herring, salmon, butter and oil.

The first three days of Lent, from February 15 until February 17, presuppose strict abstinence from forbidden food. During the rest of the February, oil can be added to Lenten food at weekends, and this general regime is practiced in March.

This year, Easter falls on April 4, which is a Sunday. So on April 1, Thursday, one is allowed to consume food without oil. April 2, the Great Friday, (the day when our Lord Jesus Christ was crucified) is a strict Lenten day. April 3 allows one to drink wine. April 4 is the Great Easter.

All believers spend Easter night in Church, a service ending with the Holiday Easter Communion, the Greatest Communion of the year. Then the priest congratulates the believers. Some good food awaits them in Church to end the Lent. At home people eat eggs painted on the eve of the Easter, sweet cottage cheese with raisins or dry apricots called Paskha (Easter) as well kulichi or Easter cakes. All this food is brought to the Church to be sanctified or hallowed on Easter eve. On Easter day and during the whole Easter period, people (especially in the Church) greet each other with the cry: "lisus voskrese" or "Jesus is resurrected". The answer to this is "Voistinu voskrese" or "In truth He is resurrected".

Many neophytes who are learning to fast think that Easter day is it, and now they can go and eat to their hearts' content. They sometimes eat so much that they even have to go to hospital. They should be careful, especially this year, because the Annunciation will be celebrated after Easter, on April 7, which will also be a strict Lenten day. So, one should not relax to the full, but only a little.

Spiritually, Easter is the Day when Jesus rose from the dead. It means He redeemed us all from the depths of Hell, starting with Adam and Eve and ending up with the last man on Earth. However, we are all sinners anyway. We spit from time to time, use four-letter words, are vicious, jealous, discuss each other, disrespect our bosses, make love on the side and so on. We can only hope the Lord will forgive those who repent and start afresh, which is never too late, I suppose.

Cultural Diplomacy in Full Swing

Elena Rubinova

2010 has been officially named as the year of Russia in France and the year of France in Russia, Some 400 events are on the official program covering culture, trade, industry, science and space research, education and sport. The geography of the year includes not only Moscow, Paris and St.Petersburg, but also the Urals, Siberia, Tatarstan and even the Far Fast as well as over 30 towns across France. Cultural diplomacy is at the heart of this yearlong marathon.

Russian President to France that coincided with the opening of the exhibition "Sacred Russia" at the Musee du Louvre. In Moscow the year of France in Russia kicked off on February 25 with the inauguration of a landmark Picasso exhibition in Moscow from the Paris Musee National Picasso. A total of 250 works on display at the Pushkin Fine Arts Museum makes it one of the largest-scale Picasso exhibitions ever held in Russia. It will be open till mid-May and experts have already called the show "a once-in-a-lifetime chance" to see Picasso's works.

For a month from March 25 to April 25 France will be the guest of honour at the Moscow Photobiennale-2010, traditionally held by the Moscow House of Photography. A number of shows profiling world famous French photographers as well as new names will occupy a dozen of different venues across the city (www.mdf.ru). For a week, starting April 8, Moscow Art Theatre and several other clubs will host



vites and then viewers in other cities will have a chance to enjoy works of Annette Messager, one of France's leading artists, whose solo exhibition once won the prize for the best national pavilion at the Venice Biennale.

Autumn will be no less ripe for big cultural events. In September Russia will welcome a major tour by the Comedie Francaise and the Opera de Paris ballet troupe, which will perform in Novosibirsk. Choreographer Angelin Preljocaj will bring together the Bolshoi and his own dancers in a contemporary ballet, which will be produced in Moscow and then in France a few weeks later. In November the Opéra de Paris National theatre and the Bolshoi will demonstrate their co-production of the opera commissioned from Philippe Fénelon and based on themes from Chekov's "Cherry Orchard".

This year a new approach to economic and commercial relations has been taken. "The interest in investment



"Russians will be able to discover France in its diversity, as a country with a rich history and proud of its cultural legacy on the one hand, and as one that is modern, vibrant and inspired by everlasting ideas of freedom and multicultural society on the other. By holding this exchange we hope to overcome many stereotypes and prejudices," said Nicolas Chibaeff, the French general commissioner of the year France-Russia. The French programme in Russia is so diverse that any audience will be able to find areas of interest and get to know more about the latest developments in French music, dance, theatre, fashion, design and contemporary art. The exchange is already in full swing, but there is a lot more to come.

In fact, the exchange year started long before its official launch in Paris on March 2nd, during the state visit of the a festival of French jazz, Le Jazz (www. lejazz.ru), presenting such well-known bands as the Galliano Tangaria Quartet and the Yaron Herman Trio.

After Moscow Le Jazz will tour other Russian cities. Contemporary culture is not just about established brands, it also encompasses the creations of young people working outside the mainstream. Two other remarkable events aimed at the younger audience will take place later this spring: the "Trans Musicales de Rennes" festival that will be travelling from Samara to Sochi and a special writers' train across the Trans-Siberian railway that will allow young Russians to experience today's French literature and music first hand.

For two summer months French modern art will be in focus. In the end of May, the National Center for Contemporary art (www.ncca.ru) will present huge installations by Claude Leveque. In June Musco-

is huge among French businesses," says Philippe Pegorier, the Head of Ubifrance, the French economic mission in Russia.

Ubifrance will be holding a variety of events, but three of them are of special significance. The exhibition in the Manezh dedicated to French know-how and the 'art of living' will give Russian consumers, professionals and trade organizations a chance to see the latest products from over 100 French manufacturers that are not on the Russian market yet. Also in the second half of the year, there will be a meeting for professional winemakers and a B2B business forum in Moscow.

The exchange year's closing ceremony will take place at the Bolshoi Theater on December 8, 2010.

The full program of Russia-France exchange year can be found in Russian and French at www.russia-france2010.ru

Theatre Review April

Marina Lukanina

A Person from La Mancha The Russian Army Theater



This legendary Broadway musical based on Cervantes' book was staged as a benefit performance of Vladimir Zeldin, an even more legendary Russian actor who turned 95 this February. This show still manages to pull in a full house years after opening, in 2004, mainly because of the talent and enthusiasm of the leading actor.

The plot is familiar to everyone from their school days. However the performance is nonetheless full of exciting moments and unexpected turns. It is indeed unbelievable to watch a 95-year old Zeldin immaculately singing: "This is me, Don Quiote, a person from La Mancha", and dancing along the way. Most of the younger actors cannot really keep up with him. Even though there is a big cast, it is definitely the leading actor that holds the entire show together. So unless you are a big fan of Vladimir Zeldin or you would like to see superb acting at the age of 95 it is probably not a good idea to attend this performance.

April 11th, 6pm The Russian Army Theatre Suvorovskaya Square 2 (495) 681-2110 http://catra.su

The Breath of Life Chekhov Moscow Art Theater



photo by Ekaterina Tsvetkova

The Breath of Life is was written by a famous British dramatist, David Hare, who was a screenplay writer for such movies as The Reader, Plenty and Strapless. The Breath of Life was earlier staged in London with Judi Dench and Maggie Smith as main actresses. Alla Pokrovskaya and Natalia Teniakova star in the Chekhov Moscow Art Theater production.

The Breath of Life covers less than a twenty-four hour period, and there are only two characters that appear on stage. Madeleine Palmer lives on the Isle of Wight, and Frances Beale has come to visit her. They are both in their sixties. The two women talk about their lives, specifically as defined by and around one man called Martin who was married to Frances and had an affair with Madeleine. Then he moved to the USA to live with a new woman. This two hour long dialogue cannot leave anyone indifferent. During the performance one could easily forget that the play was actually written by a man, so well was the writer able to grasp the essence of a woman's soul.

It is impossible not to mention the superb acting of the two Russian actresses. The performance is staged on the Small Stage of Moscow Art Theater which makes it possible to establish a strong emotional connection with the audience since the action takes place right in front of you. Throughout the performance the audience is kept in real tension, catching every single word of this conversation of a life time. If you would like an evening of good modern British dramaturgy and outstanding Russian acting, this is the performance to see.

April 6th, 17th Chekhov Moscow Art Theatre Kamergerski per., 3 (495) 692-6748 (495) 229-38-43 www.mxat.ru

Barefoot in the Park The Pushkin Drama Theater

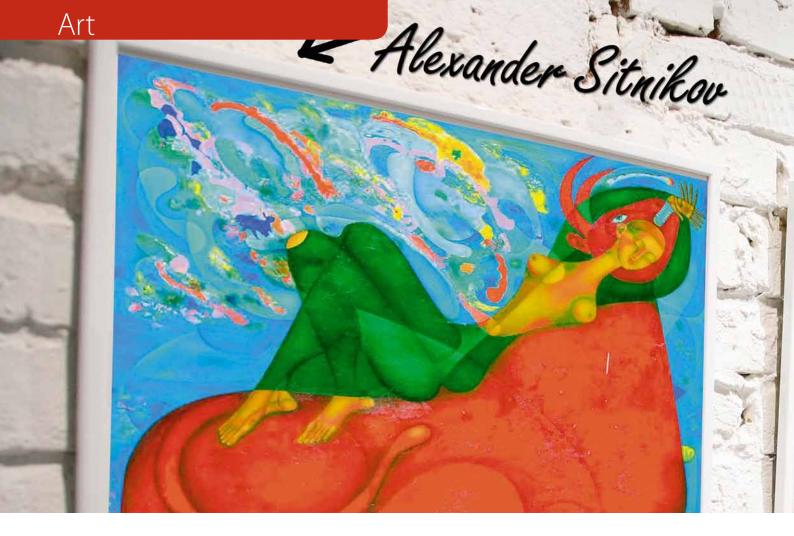




This, is the most recent opening at the Pushkin Theatre, is based on Neil Simon's famous play. This is a story of newly married couple who are trying to organize their new life. They are young and full of energy, not bound by any prejudices and are ready to do things for the sake of love, such as running barefoot in the Central Park, New York. This play is one of the most popular comedies in theaters around the world; however it is the first production in Moscow for the past ten years.

The director of this play, Evgeny Pisarev, is a well-known in Moscow theatre circles for staging financially successful productions. He is also the recipient of the Seagull Theatre and Chrystal Turandot Theatre Awards. In one of his interviews he mentioned that he wanted to create a star performance rather than a performance with star actors. His directing approach has always been about the performance as a whole rather than an individual actor. "The key is to create the ensemble on the stage where everyone is equal", says the director.

April 3rd, 11th, 17th, 25th The Pushkin Drama Theatre Tverskoi Blvd., 23 (495) 694-1289 (495) 650-1896 www.teatrpushkin.ru



The 'Semidesyatniki'

by Olga Slobodkina-von Bromssen

In the February issue, we talked about the artists of the 1980s, the so called Vosmidesyatniki. In this issue, since we are moving retrospectively, we shall look at the artists of the 1970s, the 'Semidesyatniki'. They are an interesting generation of artists that followed in the footsteps of the 1960s, born out of Khrushchev's thaw.

If the artists of the 1960s believed in the new times in the USSR after the fall of Stalin's regime, their art and philosophy being optimistic if not a bit naïve, the artists of the 1970s realized things were not that easy and democracy does not just pop up overnight. They lived during Brezhnev's stagnation period when Stalin's gulags became more or less a thing of the past, but the political system was still a far cry from freedom. Most aspects of life and art were still under strict KGB supervision.

The free market did not exist, one could not stroll into a shop and pick up a pair of Italian boots, a French sweater or a Japanese tape-recorder. One could see long lines of people queuing around GUM (State Department Store in Red Square). One had to have a special ticket from one's enterprise to be able to buy some delicious food or a good set of imported furniture, for which one usually waited a long time. That black and white world was still full of fear of repressions, although it was safer than the terrible years of Stalin's rule. Whilst in the West in the 1960s and 1970s, youth culture was in full swing, in the Soviet Union pop culture was just evolving (with the

appearance of Alla Pugacheva, for example) and only a few people such as diplomats and their children who had spent time abroad experienced what was happening in the West.

Art in the 1970s became more complicated. That period of art, unlike the collective approach of 1960s artists, demanded resolving one's individual position through a deep analyses of the situation. Perhaps creative people realised that in the end it is the individual who has to struggle. The philosophy was all about: "me as an individual and the world". The creative ego-consciousness of the artistic 1970s was much less integrated than in the 1960s.

In this sense what was happening here was similar to what was happening in the West as young people started to reflect what was actually going on around them, and in the Soviet union the reality was pretty morbid. Young artists of the 1970s reflected the atmosphere of stagnation and left a figurative image of society. For example, the early works of Evgeny Strulev, Tatiana Nazarenko, Irina Starzhenetskaya, M. Malashenko, Ksenia Nechitailo, Irina Mesheryakova and Pavel Malinovsky. We can also mention masters from various Soviet republics: S. Aitiev, R. Bichunas, D. Dzhumbaev, A. Nakisbekov and F. Khalilov. These artists rethought the traditions of folk art, contemporary naïve art and the search for primitivism at the beginning of the 20th century, represented by Marc Chagall, Mikhail Larionov and Henri Rousseau. The canvasses of these semidesyatniki combined decorativeness with a burlesque view of life in the folklore style, using grotesque



streaks whose tone varied from light irony to bitter sarcasm. It's noteworthy that the artists turned the mocking mirror first of all to themselves.

That tendency showed itself vividly in portraits: self-portraits and group portraits of the artists' friends or acquaintances. On the face of it, the realistic nature of this genre is alien to the primitivistic grotesque. But here we have a creative situation when buffoonery serves the truth. Is it so paradoxical? 'To tell the truth to the Tsars with a smile', as the Russian famous 18th century poet Gavriil Derzhavin once said.

That tradition goes back to the medieval times, to carnival culture. There are more recent examples: at the beginning of the 1910s - in the portraits that belonged to the art group "The Knave of Diamonds". The early works of Konchalovsky and Falk reveal some features of the sitter that were not realized by the traditional realistic school.

Stern energy, discontentment with and disapproval of the old order of things, a quest for the new, a need to unite with the Universal being. That is the mood of these portraits. The primitivistic portraits of the 1970s declared their own conception of man, and in a way developed the demographic pathos of the young art that had been popular at the beginning of the 20th century.

The characters of the above-mentioned artists of the 1970s are very common people. They differ even from the common people of the 1960s who had a social status at least. What do people do in the paintings of Strulev or Nechitailo? They walk the streets, drink tea, are seated and just exist in their usual habitat. What statement is behind all that? These characters seem to be saying: 'We are people. We are made of flesh and blood. We are common and not romantic heroes.' Such a perspective was new to the Soviet art.

One of the early works of Natalia Nesterova is called 'Village Razdory' (1967). It is a far cry from the sentimental poetic image, so typical of the Soviet rhetoric, so to speak. Country people are the same 'common people' living in the provinces. They do common things, not at all aesthetic. They are alien to the patriotic style of the socialist realism tradition that was domineering the arts. They trade in the market place, bargain, mock each other. There are butchers among them, rough creatures murdering animals. One can see a man or a woman with an axe cutting off the head of a rooster, putting up carcasses in their shops. These people take a steam bath, beating themselves with green birch twigs. They nibble sunflower seeds, drink beer, embrace at dusty dancing places.

Other works of Nesterova, as well as the art of Nechitailo and Alexander Sitnikov dating back to the beginning of the 1970s go along the same lines. The women artists began to portray maternity hospitals in their undisguised ugliness. These images bear the bitter truth. They are full of pain, speaking about the miracle of life that appears in conditions, which can hardly be called miraculous. These paintings are not beautiful, but very sharp.

Such works push the viewer from the aesthetic heights down to the Earth, almost into a ditch, into the dust thus revealing a strata of society, which Soviet art preferred not to notice, not to mention. They actually spoke about the same reality that was revealed in the prose of Vasily Shukshin and in the plays of the dramatist Alexander Vampilov. However it was more difficult for the paintings to talk directly to their audience. Fiction was more direct, thus its way to the hearts of the readers was shorter, while the paintings were more fragmentary and less purposeful. But both the art and the works of literature determined the social thinking of the 1970s in the USSR.

(to be continued in the next issue)

Ringing the Glory in Russia



Vyacheslav Perkhovsky

Cities, like people, have their own character and peculiarities, making each one special in its own way. Venice brings to mind carnivals and gondolas; Paris, small cafes and street organs on the boulevards; Vienna, luxurious facades and the opera. Moscow, at least according to the recollections of visitors in times gone by, was a city of churches and the constant sound of church bells.

I met Ivan completely by accident. One sunny Sunday morning I was walking through an old part of Moscow and heard amazingly beautiful bells ringing from a small church not far away. Something made me go inside. I made my way through the modest doors of the belfry and heard footsteps. A minute later a short, thin, middle-aged man was standing next to me. I started talking to Ivan, my new friend, about the beauty of the peel of church bells, about bell-ringers, about traditional methods of casting church bells. As it turned out, casting bells was Ivan's job, ringing the bells on Sunday was his hobby.

There are about 500 churches in Moscow now, but there were over 1000 before the Revolution. If you consider the size of old Moscow; roughly the area of the central part of Moscow within the third ring road, and the fact that there were between 3 and 20 bells in every belfry, then you can imagine just how significant the ringing was

on Sunday mornings, not to mention on major religious holidays, and most of all, at Easter. The bell ringing started at midnight with a single ring of the biggest Moscow bell of all, the Uspensky Bell which weighs 64 tons. It now hangs in the Kremlin's Filaretovsky belfry and is rung several times a year. Then to the peel of several thousand bells, the Easter procession in all of Moscow's churches began. The ringing continued the whole of the next Sunday, everyone was invited into the belfry to try their hand at ringing.

The bell-ringing technique in Russian churches differs from that in Western churches. In Russia, the ringer extracts the sounds, pulling on a rope which is tied to the clapper, whereas in the Western system, the whole bell is swung. The Russian system allows complex musical compositions to be performed.

People used to gather in crowds to hear the virtuoso church bell-ringers who were quite famous, one of the last and most famous of whom was Constantin Saradzhev who used to ring the bells of the Maron Pustinnik church on Yakimanka Street in the Zamoskvorechiye part of Moscow. Constantine possessed a phenomenal musical ear, and he described in writing the sound of over 300 large bells in Moscow and surrounding areas. Using these notes, we can today estimate the approximate weight of many of the old bells and way they were hung. It was Saradzhev who in the 1930s,

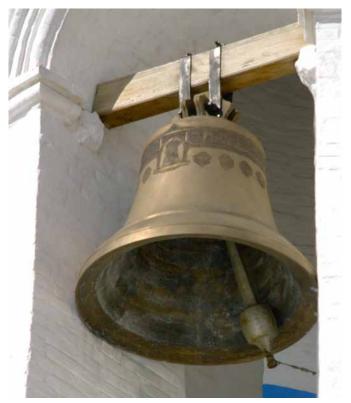


Vyacheslav Perkhovsky

was called on to choose the bells for the belfry of Harvard university. He chose the unique collection of bells used in the Danilov monastery, bells which had already been taken down and were destined for re-smelting. Russia has to thank Charles Crain, an American businessman for saving these bells when he purchased them from the Soviet government and transported them to the USA. In 2009, the Harvard University collection of bells was ceremoniously handed over to the Moscow Patriarchy and returned to the Danilov monastery.

The church bells in Rostov the Great, in the Troitse-Sergiev Lavra in Sergiev Posad, Zvenigorod and Valdai were also famous. A unique set of 17th century bells has been preserved in Rostov the Great, each of which bears its own name: Sisoi (32 tons), Polieleini (16 tons), Lebed (8 tons), Golodar (4 tons). The Zvenigorod bell (35 tons) was particularly beautiful, and was cast for the Savvino-Storozhevsky monastery by order of Tsar Alexei Mikhailovich in 1667. The bell was smashed in 1943, when workers were lowering it from its belfry.

People have always loved church bells in Russia, and master casters built reputations for themselves by creating bells which weighed many tons, had beautiful resonance, and were elegantly decorated. Many bells were adorned with large calligraphy which bore historical significance.





Bells in the church of St. George in Kolomenskoye

In the 16th century, bells of 20-30 tons were already being cast. Master bell-maker, Alexander Grigorev, cast a 150-ton bell in 1655, and in 1735, Mikhail Motorin created the Tsar-bell which weighed 202 tons. But this giant bell was never rung.

There was a major fire in the Kremlin in 1737. The wooden buildings over the casting pit where the giant bell was positioned caught light. Whilst trying to put out a fire created by burning beams, workers ran to the site and poured water into the pit. Cold water came into contact with the red-hot metal and the bell cracked; an 11-ton section fell off. The Tsar-bell lay in its casting pit for over a century, and was only raised to the surface in 1836 by a French architect Monferran, who is also responsible for the creation of the pedestal on which the bell sits, next to the Ivan the Great Bell Tower in the Moscow Kremlin to this day.

Bells are cast using bell bronze together with a mixture of copper and tin. The proportions are well-known and have not changed since the middle ages. The casting process of the big bells was accompanied by ritual and ceremony. On the day before the bells were cast, the owner of the bell-casting factory or people who he hired specially, would spread the most absurd rumours around the city. It was considered that the more people believed

the rumours, the better the bell's ring would be. Police frequently warned the factory owners, against spreading wild rumours, but this only resulted in such rumours spread more quickly. A new meaning of the verb to pour (заливать) appeared in Russian, with the meaning to deceive.

At the beginning of the 20th century more than 20 bell workshops cast bells weighing a total of more than 1,200 tons each year. After the Revolution, a merciless hate campaign against Russia's religious past was stoked up. Bells were thrown down from belfries and sent for recycling.

By some miracle, some of the bells from the Troitse-Sergiev Lavra, Rostov the Great, the Moscow Novodevichy Monastery were preserved in Moscow museums and theatres. Bell-ringing was forbidden; it was considered that such noise disturbs workers on their day of rest.

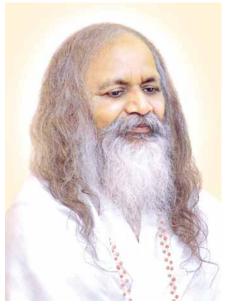
With the advent of Perestroika at the end of the 1980s, the ban on religion was ended. The restoration of churches began and the first church bell-making cooperatives were formed. That is when my friend Ivan started his unusual business.

Now there are several places where bells are made in Russia, but when they started back in the 1980s, it was necessary to relearn the bell-making craft once again, almost from scratch. The ringing of church bells ceased in most Russian churches right after the war, however a very few church bell ringers were still alive, and they taught the next generation. But nobody remembered how to actually cast new church bells. The last functioning bell-making factory, located in Valdai, which cast bells for fire engines and ships, was closed in 1930. Production was only possible because a few books had been miraculously preserved, and they provided the basic knowledge of how to create the bells. Things have changed completely now. The Moscow company where Ivan works casts about 70 tons of bells a year.

Ivan told me about miracles and legends connected with church bells, about their design, about the meaning of that special ringing sound in people's lives. I listened to what he said and thought to myself that ancient Russian culture is still alive, despite of almost a hundred years of insane Bolshevism, Red Terror, Stalinist repressions and constant war with religious art.

The old culture is alive in its century-old traditions, in people's consciousness and striving for creativity. I thought about the fact that seldom are we able to afford the opportunity to participate in the resurrection of this culture, to find an occupation which allows us to realise all of this, ourselves, completely, and all of this is not bad at all.





Maharishi Mahesh Yogi

Transcendental Meditation in Russia

text by Charles W. Borden, photos: various sources

Last year's Moscow visit by filmmakerartist David Lynch, which followed the publication in Russian of his "Catching the Big Fish: Meditation, Consciousness, and Creativity," sparked a renewed interest in Transcendental Meditation (TM) in the country. Lynch has been popular in Russia since his Twin Peaks was released on local television at the end of the Soviet era, and his iconic film style and independence seems to have local appeal.

Lynch was enthusiastically welcomed at events related to his book and the work of his David Lynch Foundation for Consciousness-Based Education and World Peace, which were held at the All-Russia State Cinematography Institute and the Moscow Book Store on Tverskaya, where the line stretched toward the Kremlin. Lynch came to Moscow just a day after a New York "Peace Begins Within" benefit concert for the David Lynch Foundation at Radio City Music Hall that featured a number of well-known TM practitioners: Paul Mc-Cartney, Ringo Star, Moby, Donovan, Sheryl Crow, Mike Love, Howard Stern and others.

The reaction to Lynch's Moscow visit was reminiscent of the reception when the first teachers of Transcendental Meditation arrived in the USSR after being invited as part of humanitarian aid

in the aftermath of the earthquake that struck Armenia in 1988. This was the first time that the country had accepted international assistance since World War II, and this time not only in the form of physical assistance, but to bring a calming influence to the region. Apparently it was not only the scientific research on "reduced anxiety" or "increased sociability" among TM practitioners that attracted hosts; it was the early results of research on broader social indicators such as "reduced turbulence and violence in society" that were being reported in such journals as Journal of Conflict Resolution or Social Sciences Perspectives Journal. This research showed that even a small percentage of a population practicing Transcendental Meditation (one percent) could significantly reduce negative factors in the larger population.

Teams of Transcendental Meditation teachers came to the USSR from many countries, but the largest contingent came from my hometown, the small southeastern lowa community of Fairfield. Fairfield is home to Maharishi University of Management, named after the university founder, Maharishi Mahesh Yogi, or Maharishi as he was popularly called. It was Maharishi who, beginning in the 1950s brought TM to the west, and the technique has now been taught to millions worldwide.

In the two years following the Armenia quake, teams of TM teachers were also invited to other parts of the Soviet Union, Moscow and St. Petersburg of course, but also Kiev, Tallinn, Riga and many other cities that would soon become capitals of independent countries. Thousands, if not tens of thousands, learned the simple, natural TM technique in each city. In the New Russia in the years to follow, Maharishi trained Russian TM teachers, and individuals continued to learn to meditate throughout the country.

Maharishi organized investments in the region, most recently with organic agriculture initiatives in Ukraine. He inspired an Italian businessman to set up packaged pastry production, and these wholesome products are now very widely sold in Russia under a brand named in Maharishi's honor.

During his life, Maharishi also fully established what is now arguably the most extensive, widely developed preventive health care program in the world. Maharishi Ayurveda offers hundreds of completely natural herbal remedies, cosmetics, body and hair care, teas and other products in almost every country. He developed the modern, fully ISO qualified production facilities that processes, formulates and packages these products, which are extracted from organic and wild-collected herbs and





plants. There are now relaxing and luxurious Maharishi Ayurveda spa clinics in a number of locations in Europe, North America and Asia, but the Bad Ems, Germany location has become particularly popular with Russian visitors and has about ten Russian staff members.

In Russia, Maharishi set up a training program in the Ural regions to train technicians in the remedies and treatments of Maharishi Ayurveda, and some will staff a Maharishi Ayurveda Spa now being planned for a hotel north of Moscow on the Golden Ring, and a Maharishi Ayurveda Salon in Moscow.

Of course, other forms of meditation and yoga have become popular in Russia as well and meditation and yoga resorts in Goa and other Asian countries have become regular destinations for Russian tourists. But the interest of many in the specific technique of Transcendental Meditation as taught by Maharishi is due to the large body of inde-

pendent research that has verified and validated specific results of this meditation, now over 600 studies from more than 120 research institutions. Russia Today and the Good Morning Russia program reported one of the most recent studies, conducted at the Medical College of Wisconsin, which showed 47% fewer heart attacks, strokes, and deaths of those who practiced Transcendental Meditation among a group of more than 200 patients.

Maharishi was an outspoken advocate of research on TM, saying that modern science should be able to verify the effectiveness of the TM technique, or any technique for that matter. He has been described as a "Scientist of Consciousness" because of his attempt to remove superstition, religion, and speculation from the realm of study of the subjective. He stated that the subjective world could be described and understood just as the objective universe has been.

Maharishi was exasperated that leaders, particularly in the West, continued to think that military force and weapons could bring it about. He followed developments in Russia and often sent emissaries to meet with political or government leaders to offer his consciousness based solutions to global problems. The cornerstone of his solution is to create groups of practitioners of an advanced program, the TM-Sidhi program. Peer-reviewed research published in the 1990s showed that such groups, even as small a number as the square root of one percent of a population (350 for Moscow, 1250 for Russia) could positively influence trends for such factors as accident rates, illnesses and violent crime.

An important goal of the Russian TM organization is to create such groups for Moscow and Russia. It is hoped that they can duplicate the efforts of the David Lynch Foundation, which has now taught tens of thousands of students including groups from inner city schools and American Indian reservations in the United States to Catholic schools in Latin America.

'A single institute in Russia such as that in Fairfield, lowa, where students learn traditional subjects, and modern topics such as entrepreneurial skills and sustainable development, but on the basis of complete knowledge of consciousness, could help us, as Maharishi would say "change the trends of time," and create a new, energetic, creative and positive direction for our country,' stated Dr. Maxim Shatokhin, National Director of the TM programs in Russia.

In the early 20th century, Russian artist-philosopher Nikolai Roerich was the leading intellect on the relationship of ancient peoples of Central Asia and India. In 1928, he founded the Institute of Himalayan Studies "Urusvati" in the Western Himalayas. Roerich believed that the spiritual factor was underestimated in the development of humanity. He argued that, 'Wealth in itself does not generate Culture. But broadened and subtler thinking and the sense of Beauty produce that subtlety, that nobility of spirit which are distinctive for a cultured person. It is this kind of person that can build the future of light for its country.'

Oh and BTW, David Lynch just returned from India after filming segments for his latest film project, a documentary on the life of Maharishi Mahesh Yogi.

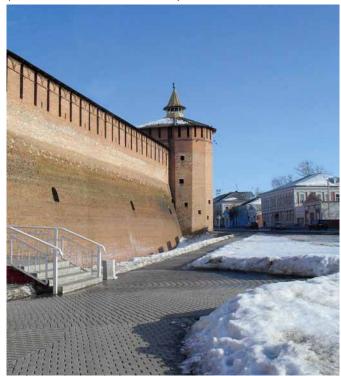


View of Dormition Cathedral, with Bell Tower and New Golutvin Monastery

Kolomna: Architectural Treasure

Text and photos by William C. Brumfield

Kolomna kremlin, Moscow Tower (also known as Marinkina Tower).



Yes, there is life beyond Moscow in Moscow oblast. Among the many gems scattered throughout the region, perhaps the brightest is Kolomna, located two hours south of the metropolis by ramshackle but generally reliable suburban train. The approach to Kolomna is one of the most compelling views in the Russian heartland. Cupolas and bell towers take shape as in a museum diorama.

Of course Kolomna is a modern, evolving city of modest size, and closer inspection reveals a sharp contrast of old and new, of the well-preserved and the derelict. A number of churches have been beautifully restored, while others bear the traces of decades of neglect and vandalism. New "cottages" arise in proximity to semi-abandoned houses of historic value. The cause of architectural preservation in Kolomna faces challenges that are common to all of Russia's historic cities. Yet Kolomna has been favoured by a picturesque setting and the dedication of citizens who have struggled to preserve its rich array of monuments.

The earliest mention of the town occurs in the year 1177 in reference to a struggle between the mighty Vsevolod III (the "Great Nest"), prince of Vladimir, and his rival prince Gleb of Riazan. These battles among Russian princes in the twelfth and early thirteenth centuries were followed by the far more devastating Mongol invasion of 1237-41. Kolomna was ravaged in 1237 as a part of this invasion, although not without fierce resistance (Kulkan, the youngest son of Genghis Khan,

20





photo by J. Nozdracheva

was killed at Kolomna). In 1380 Kolomna played a significant role in Dmitry Donskoi's campaign against khan Mamai, which culminated in the battle at Kulikovo Pole.

From the beginning of the 14th century, Moscow would closely hold Kolomna, the strategic linchpin guarding its southern border. Advantageously located at the confluence of the Kolomenka and Moscow Rivers, and not far from the latter river's merger with the Oka, Kolomna served as a transportation pivot for much of central Russia, particularly with the Oka's position as the major western tributary of the Volga. Trade from several directions moved through the town, which soon developed an enduring merchant culture.

Like many other Russian towns, Kolomna benefited from building projects sponsored by grand prince Basil III (1479-1533). In Kolomna, he replaced the log kremlin with massive brick walls, a sign of the town's continued importance as a bulwark against attacks on Muscovy's southern flank. Indeed, Kolomna's walls, built in 1525-31 to a total length of some two kilometres, bear comparison with those of the Moscow Kremlin itself. Of the original sixteen towers, seven remain, including one gate tower. The southwest range of the walls is anchored by the massive Kolomna Tower, also known as the Marinskaia (Marina) Tower from the legend that Marina Mniszech (ca. 1588-1614) died a prisoner here after her failed efforts in support of a pretender to the Russian throne during the Time of Troubles.

The last serious military action witnessed by the Kolomna kremlin occurred at the beginning of the seventeenth century, during the Time of Troubles, when the town was taken by a number of factions during a decade of destructive chaos. Although the walls continued to be repaired during the seventeenth century, the waning military significance of Kolomna led to their gradual dismantlement for building materials. Fortunately, the historic importance of the Kolomna kremlin was sufficiently evident to prevent a complete destruction.



ohoto by William C. Brumfielc



EXPLORE RUSSIA BEYOND THE RING

with the leader of the Russian adventure travel business

- Tours into Russian nature: Altai, Baikal, Kamchatka ...
- Weekend, week or more in non-polluted environment
- Sophisticated trips all over Russia
- Trips with children
- River cruises
- International standards of quality







PASSPORT

ENJOY CITY SERVICES

in Moscow, St.Petersburg, Golden Ring, Vologda, Novgorod, Irkutsk and many other cities

- Hotels, transfers, guides, excursions
- Air and train tickets

Astravel

Tel.: (+7 495) 781-2702, 781-2700

Fax: (+7 495) 781-0547, 781-2701

www.ecotours-russia.com | ecotours@astravel.ru Bld. 2, 31 Novoslobodskaya st., 127055, Moscow





Dmitry Donskoy

Within the kremlin walls and a few paces from the Brusenskii Monastery stands Kolomna's main cathedral, also dedicated to the Dormition of the Mother of God. Rebuilt in 1672-82, its structure follows the traditional design of large Russian churches, with six great columns supporting the interior space and a cap of five onion domes. Like many other Kolomna churches, the Dormition Cathedral was frequently modified and "renovated" in the eighteenth and nineteenth centuries. A restoration in 1958-63 regained some of the earlier features. The interior has been well preserved, with a late baroque iconostasis from the 1770s and an impressive set of wall paintings in a late academic style executed in oil during the 1880s and closely following an earlier set from 1804.

The monastic ensembles inside the Kolomna kremlin are complemented by two others on the outskirts of the town, both apparently established by Dmitrii Donskoi in the 1380s. To the south of Kolomna, at the village of Golutvin in the direction of Riazan, is the Epiphany-Golutvin Monastery (after 1800 known as the Old Golutvin Monastery), picturesquely situated near the confluence of the Moscow and Oka Rivers. By far the most colorful feature of the Old Golutvin Monastery is its wall towers, which provide a panoply of playful architectural motifs. Built of red brick with limestone details, the towers are firmly in the style of the Moscow architect Matvei Kazakov, who knew Kolomna well, made a series of drawings of the city and was involved in its rebuilding after the 1777 fire.

In its general appearance Kolomna is defined by churches and bell towers. But a walk through the town's large historic centre also demonstrates the wealth of its secular architecture. The predominant ambience of the historic centre of Kolomna is neoclassical. As in other Russian provincial towns, neoclassicism provided the template for a well-ordered society—or at least its appearance. Houses, hospitals, schools, administrative and commercial buildings—even a fire station—all shared the forms of classical harmony.

April 2010



Saints Cyril and Methodius

In addition to its imposing, if often dilapidated, monumental architecture, Kolomna has a rich array of wooden dwellings: log houses with decorative window surrounds, houses with plank siding, and wooden houses elevated on a high masonry base. Most of these structures were built in the twentieth century, but their designs originate in the nineteenth. Especially popular is a small decorated window gable over the centre of the facade. The town also has a new log church dedicated to St. Sergius of Radonezh in the outlying Kolychevo district. Alas, a charming wooden theatre in the central park was razed six years ago.

During the Soviet period new forms of housing appeared, particularly for workers at the Kolomna Factory, founded in 1863. A major producer of locomotives, the Kolomna Factory sponsored a number of housing projects. Early examples of these, from the 1920s, can still be seen on Kolomna's main Street of the October Revolution. Yet many workers preferred to live in wooden houses with a small garden plot, and such houses continued to be built throughout the Soviet period.

Current construction in Kolomna (cottages, commercial architecture) shows little architectural distinction, with one important exception. Popularly called the Ice Palace, this modern arena for ice sports is located in proximity to kremlin ensemble—a point criticized by preservationists. Yet its low silhouette, with a suspended membrane roof, makes use of the descending terrain along the Kolomenka River to avoid a direct clash with the town's historic nucleus. And its design, by Alexander Goder and colleagues, has been praised for functionality, the high quality of materials and workmanship, and its ability to accommodate multiple functions in meeting rooms and an auditorium. Kolomna has gained a civic centre as well as a leading sports facility. As the city moves into a new century, it will continue the delicate balance between necessary innovations and its architectural heritage, the legacy of a rich history spanning many centuries.

22

Доставка документов, посылок и грузов всех видов в любую страну мира.

Delivery of all kinds of documents, parcels and goods to any country

+ 7 495 661 3541



In a two-part series, Elena Rubinova analyses the causes and development of consumerism in Russia.

Elena Rubinova

Descarte's phrase 'I think, therefore I am' can in Russia be easily twisted into 'I consume, therefore I exist', to express what sociologists call "conspicuous consumption". If you spot a pretty woman somewhere on a ski resort wearing high-heel boots, a fancy mink coat and Chopard jewelry where everybody else has a 'Columbia' anorak on, you can be almost sure she is a wealthy Russian. Her partner probably likes her attire and could not care less what everyone else thinks. Russian customers are still easy to spot in Europe: you'll find them in London's smartest restaurants, darksuited and discreet in the corner, famous for leaving huge tips. Their wives and girlfriends will be shopping primarily at boutiques and luxury brand stores favouring crocodile skin purses and a heavy dose of diamond frosting.

The Soviet ideological machine spent a lot of effort on labelling consumerism as a negative manifestation of bourgeois society. Another Soviet myth was that Soviet man was indifferent to material wealth, could live on very basic things and did not cherish comfort. In reality, the ideology of consumption was not consistent and homogeneous during 70 years of the Soviet state, changing from everyday asceticism to the legitimating of consumer goods.

Once communist slogans started fading in the late 1960s and 1970s, it became clear that there was no special breed called "a Soviet man" and that Russian consumers were no different from anyone else. The society that lagged behind the West in both consumer product choice and quality, demonstrated a sociological phenomenon called 'veshizm', which basically translates as: wanting and liking consumer items. In an era of total deficit, people worshiped a pair of new boots or Western-produced jeans almost as

Consumerism:



sacred objects, as icons of a better life.

From the late 1980s to early 1990s, food shortages were people's main concerns. Stacks of boxes of sugar on book shelves and macaroni hoarded in every spare corner of a living space were common even in the flats of rather wealthy Muscovites. Eating out was a special event for any family. Some were driven to the ridiculous extreme of buying burgers for their dinner parties at the recently opened McDonalds, outside of which huge queues sometimes formed.

Elegant Russian ladies, deprived of high quality beauty products, prematurely turned into middle aged women, wore hand-knitted cardigans and a sack-like skirts. Glossy magazines such as Cosmopolitan, Elle or Vogue depicted bright, colourful and sun-filled worlds in the midst of drab reality. In many ways, the lack of a consumer market speeded up the fall of communism. Acceptance of 'democracy', although few had much idea of what that entailed, came part and parcel with the western consumer items.

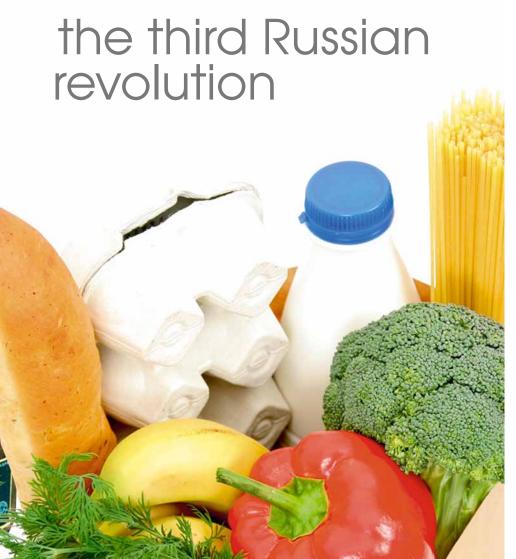
The pace of social transformation alongside with economic reforms of the 1990s was rapid indeed. In the early 2000s, sky-rocketing oil and gas prices fuelled the Russian economy and rising incomes. GDP averaged a 7% growth for almost a decade. Real disposable incomes showed annual growth in the double digits, reaching \$718 a month in May 2008, compared to approximately \$60 a month in 1999.

In 2001-2003, the consumer-credit market for the first time offered credit loans, credit cards and car loans. The credit market saw phenomenal growth, reaching a debt market of 940 billion roubles in 2007. The lifestyle of tens of millions was reshaped, and not only of those who could afford to buy high-end cars.

Happy consumers flocked to Mega malls and chain stores as fast as developers could build them. From 2000-2007, consumer demand increased by

24

April 2010



20-30% each year. In 2006, Russia came out top in Europe for sales of washing machines and telephones; second only to Germany for beer; and third for automobiles. In 2008 alone 2.8 million automobiles were sold in Russia. One could see more brand-new BMWs or Toyotas in Moscow than in most European cities. Despite the economic crisis, 28% of families got consumer credits over the past 2 years according to 'Levada Center' poll of 2009. The newly born 'middle class' was at the heart of a decade-long consumer boom.

But how solid is the middle-class? Opinions differ among sociologists, political scientists and other specialists studying the phenomenon, as to whether it exists in modern Russia at all.

'According to our latest surveys, the middle-class in modern Russia did not exceed 17% of the population in 2008 and by the end of 2009 it even decreased to 13%,' says sociologist Alexei Levinson, the Head of Special Research Department at Levada Analytical Centre. 'The main cri-

teria used in our studies was participants' self-evaluation of their consumer capacity, not their political, psychological or cultural views. Russia does not have what in the West is called "middle-class culture". We can point out various groups of the population that live according to laws of consumerism, but it is barely enough to speak about consumer society on a national scale". he said.

Sociologists from Public Opinion Foundation (FOM), avoid using the term "middle-class", explaining that a mechanical transfer of terms used in most developed countries standards only distorts the picture. Other researchers claim that if the middle-class does not exceed 25%-30% of the population (the highest figures obtained for Russia), it is useless to discuss the phenomenon, since this figure is around 60% and over in developed societies! It is not just a matter of statistics; it means quality difference for middle-class role in society in general and its consumer aspect in particular.

'The Russian middle-class is growing not due to entrepreneurs and people from free business, but due to government employees or state corporations. Furthermore, gradually this tendency is becoming more vivid and changing the mentality of what the middle-class is. It is not the mentality of free people who act independently and take a risk, but the mentality of those who must obey the boss, putting it simply,' explains Alexei Levinson.

To retailers, who cares what the middle-class is?—as long as people are buying things. And buying things is certainly popular in Russia today. The Russian consumer virus affects not the superrich and famous.

Karin Kleman, a French sociologist who has been living in Russia over a decade, shares her observations: 'In the Russian provinces, people tend to buy a new TV set every year even if it's the third in their household, or update a mobile every half a year, but eat badly. They have limited funds or take out bank credits. It's a kind of a proletarian show off.'

Utility costs are low in Russian, and saving for education, health and retirement is still not widespread, nor is financial planning, so a high percent of income is spent, something that retailers have been keen to exploit.

So has consumerism radically influenced national mentality? Has a drive for material wealth replaced the famous Russian urge for spirituality? Recent history showed that the Russian soul is bubbling away searching for spiritual values as much as ever. The myth about a special breed of a Soviet man resistant to material values, has however exploded and re-grouped to turn into "Conspicuous consumption".

'This is not a particular Russian trait and should not be exaggerated,' says Alexei Levinson. 'Russian rich behave in exactly the same way as the nouveau riche from China, Korea or the Arab countries. If we speak about a nouveau riche on an individual scale, it takes him about 3-4 year to learn the rules of consumption. When we speak about the instantly wealthy class as it was in Russia, it takes a lot longer to digest exported models of consumption and work out their own patterns. And the young will play a decisive role in maturing Russian consumer population.' 📮

(to be continued)



The Winter Olympics in Retrospect



It would be fair to say that Russia reacted badly to its showing on the medals table in the 2010 Winter Olympics in Vancouver. Before the athletes left for the Games, one commentator declared that any finish lower than fourth would be a 'disgrace'. So finishing sixth on the overall count was presumably disgraceful. But why?

Admittedly Russia was a long way behind fourth-placed Norway, which won 23 medals as opposed to Russia's 15. Moreover, if you measure the placing by gold medal rather than total medal counts, as Olympic organisers do, Russia came eleventh, behind both the Netherlands and Korea.

That is not the standard which people have come to expect over the years since 1952 when the Soviet Union came out of sporting isolation and competed in the Helsinki summer Games. In all the summer and winter Olympics since then in which the Soviet Union competed, it came either first or second in the medals total, and more often first than second.

Since 1991, Russia has not done at all badly, for example coming third in the Beijing Olympics by both gold and total medal counts. It was beaten only by the United States and China, countries which have populations that are, respectively, twice and nine times the size of Russia's. On a per capita medals basis, Russia was ahead of both of them, only being beaten by Australia and Great Britain. Until Vancouver, Russia has had nothing to be ashamed of. Why should one lapse be seen as a national 'disgrace'?

Many ordinary sports fans would say: who cares about the Olympics anyway? It is today a highly artificial form of competition. And until Hitler politicised the Games at Berlin in 1936, few people regarded them as a symbol of national pride or competence. They were simply a festival of individual competition.

Russian Reflections

Nonetheless, the Russian state cares. It thinks Olympic success so important that it pays enormous sums of money to get results. The three Russian gold medal winners at Vancouver will each receive Euro 100,000 and a new car, which is being paid out of a total fund which, at \$117 million, is five times larger than it was for the previous Winter Olympics, in Turin in 2006. Oblast authorities are said to be topping up these awards with land grants and apartments.

Norway and Sweden, both of whom won more gold medals at Vancouver than Russia, do not pay their athletes anything at all. Neither does New Zealand, North Korea and a host of other countries. India, by contrast, is said to offer \$500,000 for every gold medal. Clearly there are some things money cannot buy, since India did not win a single medal—gold, silver or bronze—at Vancouver.

Why does the state care? Though Imperial Russia seemed unconcerned about the Olympics, coming 12th and 16th in the medals tables at London and Stockholm in 1908 and 1912, the Soviet Union thought that Olympic success conferred international prestige. It suggested that Soviet proletarians were fitter and stronger than people in the decadent, bourgeois West.

But this success was bought at the cost of most of the ordinary traditions of sportsmanship which were espoused by Baron Pierre de Coubertin, the Frenchman who founded the modern Olympic series when he organised the Games in Athens in 1896. De Coubertin said. 'The important thing in life is not the triumph but the struggle; the essential thing is not to have conquered but to have fought well.'

De Coubertin took his ideal of amateurism from sport as he had seen it played in Victorian England, especially at Rugby School when the legendary Thomas Arnold was headmaster (on which "Tom Brown's Schooldays" was based).

This idea was restated in America by the famous early-twentieth century sportswriter, Henry Grantland Rice, who wrote these oft-quoted lines:

'For when the One Great Scorer comes To write against your name, He marks, not that you won or lost, But how you played the Game.'

Both de Coubertin and Rice were, like Dr Arnold, representatives of a bourgeois culture that was the object of derision, hatred and, where they could get away with it, violent attack by the Bolsheviks who built the Soviet Union. Soviet sport was explicitly opposed to the ideals embodied in the gentlemanly ethic of amateurism.

The original and most explicit example of the new approach was chess, which was "Bolshevised" in the 1920s by the first Soviet Commissar of Justice, Nikolai Krylenko. His cynical ruthlessness was revealed in his approach to law. 'Execution of the guilty is not enough,' he once said. 'Execution of a few innocents as well will be even more impressive to the general public.' He carried the same attitude through to sport.

Krylenko was a mountaineer of distinction, claiming several first ascents in the Pamirs, in many cases without the use of any specialised equipment. He was also a chess fanatic. He established the Soviet approach to sport generally through his passion for the game, which he had played with Lenin while they killed time in exile before the First World War.

'We must finish once and for all with the neutrality of chess,' Krylenko wrote. 'We must condemn once and for all the formula "chess for the sake of chess". We must organise shockbrigades of chess-players, and begin the immediate realisation of a Five Year Plan for chess.'

These were not empty words. Russia had not been the preeminent force in world chess which it was later to become until Krylenko turned the game into what he called 'a scientific weapon in the battle on the cultural front'. He established a country-wide chess development programme, starting in the schools, while at the same time infiltrating the international governing body.

The results were impressive. Before they started to come through, Russia's record was undistinguished. From the establishment of the classical world title in 1886 until the Second World War, it produced only one of the five world champions, the émigré Alexander Alekhine (who officially represented France).

However, in the period after the War, when the players and administrators who had come through the Krylenko system had matured, eight of the nine world champions were Soviets, the only exception being Bobby Fischer. The last of these, Gary Kasparov, was followed by Vladimir Kramnik who, though representing Russia, was a product of the Soviet system.

Now that the artificial Krylenko "shock-brigade" approach is history, older patterns have reasserted themselves. Russia no longer holds the title. The current world chess champion is the Indian, Viswanathan Anand.

The 'disgrace' of the Vancouver Games looks slightly different when seen in this light. Arguably it was a victory for humanity in Russian sport and a defeat for self-congratulatory Soviet fanaticism.

To me there was really only one 'disgrace' for Russia connected with Vancouver this year, and that is the deafening silence surrounding the Winter Paralympic Games which are being held there from March 12 to 21. Russia, very sadly, has a large supply of potential competitors, all of whom are forced by nature, war or an inadequate health service to compete on de Coubertin's terms as true Corinthians, for glory without the material rewards that their able-bodied comrades enjoy.

It is a great testament to the spirit of these people that at the Turin Winter Paralympics, in 2006, Russia came first by a long way in both the gold and total medals tables, with Ukraine second, ahead of Germany then France. The United States won 12 medals compared to Russia's 33. But the Kremlin appeared to take little interest. Perhaps at government level the spirit of Krylenko, with its vicious, aggressive chauvinism, is not entirely dead. If so, that is the true and only 'disgrace' of Vancouver 2010.





The Collapse of the **Moscow Office Market**

John Harrison

Anyone driving around Moscow this spring cannot help notice the number of shell and core buildings that appear to have been abandoned, which the real estate people aptly call: 'distressed buildings'. Hard not to notice also, are the signs over the streets advertising offices to rent at ridiculously low prices, such as: 'office to rent by a Metro, \$350 a sq metre per year'. As the months go by, there are fewer such signs around, but nevertheless they are there. Even if the Metro concerned is in a rough area right on the outskirts of the metropolis, and the office is class B or below, these kind of prices in a city that was up to eighteen months ago was as expensive as Manhattan are truly remarkable. Good news for the end-user, but catastrophic for developers, investors and owners.

You can now pick up a 'prime class A' (meaning within the boulevard ring, although classification of offices has never really been sorted out in Moscow due to various vested interests) office suite for around \$1000 per sq meter per year (psmpy), space which used to cost up to \$2000 psmpy. Prices have not just fallen, they have collapsed. Between the boulevard ring and the garden ring, good 'class A' office space can be found for between \$600 and \$700 psmpy, which also represents a significant drop on the 2nd or 3rd quarter of 2008. You can sublet space in a building leased by another company for around \$400 psmpy, although the original tenant may be locked into a lease of \$800

or \$900 psmpy. The class B office space, which represents about 10 million square meters of the total 11.5 million sq m office market has also fallen dramatically, and offices which can be leased for prices descending to lows not reached since 1999. Cushman & Wakefield Stiles & Riabokobylko report a 41% drop in class A office prices in Moscow from September 2008.

The office market was hit on all sides, at the same time. Financing collapsed at the same time as the nature of demand changed radically, and this was just after a boom when companies took on more office space to cope with future expansion. Almost all the buildings earmarked for completion in 2009 and 2010 have been halted. Vacancy rates, according to various sources is in the region of 20-25% even now, when we are supposed to have come out of the crisis. According to Credit Suisse, about 2.5 million square meters of office space in Moscow is now empty, needing 3-4 years to fill under normal circumstances.

Many cranes are at a standstill even at Moscow landmark project, Moscow City. Two projects, one being North Tower, constructed Severstaltrans, and the other Embankment Tower being constructed by Enka will be finished, but all other projects appear to have halted, although it is now extremely difficult to obtain accurate information from developers who were falling over themselves to talk to the press a year ago. Governmental agencies will not allow the Federation Tower project to fail, and information



Maxim Zhulikov, leading expert in commercial real estate department Penny Lane

from various sources indicates that Alfa Bank, through stock acquisition, will ensure the troubled developer finishes the project. Whether or not these buildings, once completed, will be financially viable is another question that nobody is prepared to answer now.

Maxim Zhulikov, leading expert in commercial real estate department Penny Lane commented: "The nature of the market has shrunk, tenants are not leasing for strategic goals, they are taking advantage of short term opportunities. People [developers] panicked a year ago and thought that perhaps there will be no demand for their building, perhaps there will be no market at all, so they decided not to finish their projects, with a few exceptions. Those that finished have

April 2010

come up against another problem: how to lease in shell and core condition. Before, lessees were happy to take on property in this condition and pay for fit out, now they are not, and there is zero demand for such office space. It costs \$600-\$700 a sq meter to fit out shell and core, you have to communicate with a whole load of builders, it is a nerve-racking, expensive experience. Prices returned more or less to what they were in 1999. There are many similarities between the market then and now, with the exception that there are many many more buildings now than then."

However it is not only demand that has shrunk, most Russian developers (and it is they who are building 99% of real estate in Moscow) are experiencing severe financial difficulties, and would not be able to complete their projects even if demand was to take off tomorrow. About 50% of class A and even class B projects were refinanced by Western banks once construction was complete. The projects were financed by Russian banks during construction with high interest corporate loans (usually 7%-15% which have risen to up to 25% per year) with clauses stipulating that the whole corporate structure would be at risk if the developer defaulted on payments.

Elisabeth Pestl, partner in the estate team at CMS Russia explained: "All the developer's projects would be at risk rather than one particular building, as would be the case with construction finance in countries such as the UK, where in a severe crisis, it would be possible to cherry-pick the best projects and leave the others to fail. Non-recourse construction finance never really appeared in Russia because of issues with registering the title of the building before it is completed. It is not easy to enforce loans secured by the title over the course of the construction period, and so the developer had to go elsewhere for a relatively large part of the development financing, but could expect the final financing to be refinanced by a western bank." But western banks have more or less stopped lending.

Some Russian banks have demanded stock in place of repayment of debt. Almost all buildings built in Moscow recently, with the exception of the Lesnaya building (AIG Lincoln) were constructed on a partnership basis between a western developer and a local Russian developer, with the Russian developer bearing most of the construction development costs.

The little acquisition activity that there has been, commented Elisabeth Pestl, has been financed by funds which already had commitments from their investors, and they simply had to make an acquisition within a certain period of time. Even with funds an acquisition is not 100% fund money but also involved some third party debt. "Such funds are usually designed for a 5-7 year program, and they are usually committed to spend this money within certain time periods. However there has not been a lot of 'quality product' coming to market. At least one fund has left Russia without making any acquisitions, others have achieved serious price reductions."

The German fund Kanam Grund, for example, which intended to acquire the 'Vivaldi plaza' Business Centre before the crisis for \$900 million and Citydel business centre for \$600 million, achieved a 25% reduction on 'Vivaldi Plaza' and refused to purchase the Citydel complex altogether.



Olga Archangelskaya, partner and head of real estate advisory services Russia and the CIS of Ernst & Young

Some Russian banks are stepping in to help chosen Russian developers through stock-buying programs, but this has meant that developers are not looking to reduce the prices of their buildings in the near future (why should they, there may be more bailouts), and by no means all developers will be favourably treated. Furthermore, the Russian banking crisis is not yet over.

At the same time that financing has dried up, demand has contracted. As a result few people are now looking for new space for expansion, they are looking for tenants to sublet the spaces they have. Maxim Zhulikov added that demand has not really evaporated, it has changed. "Demand has not become less, it has just changed. Many foreign companies, for example, stopped

leasing large premises, but when prices fell from their peak in late 2008, many Russian companies which previously had to decentralize their offices to cut costs moved back downtown. Whereas they were paying \$600 or \$700 for class B in the outskirts, now they could centralize and pay less for a class A office. The number of sq. meters dealt with by this company has not changed throughout the last year, but prices have changed. On average, tenants agree to sign leases of about three years now, not ten years because the owners hope that the market will recover eventually."

One would hope that the current crisis has a silver lining, and developers will act differently in the future. Olga Archangelskaya, partner and head of real estate advisory services Russia and the CIS of Ernst & Young commented: "Personally speaking, I don't think developers will change their practices strongly, however it does seem that huge projects of four, five or six thousands meters will not be built, or at least they will not be built in the way they were originally conceived. Secondly, I think that more attention will be placed on the quality of construction, and I mean bad building practices where a developer will build with lower ceiling heights to fit more people in, because then the market would pick that up. Now the market will not accept that kind of building. I also think that development beyond MKAD will resume, but not for a while, because lease rates there have fallen even more in these areas than in the center and vacancy rates have risen faster. I don't though that even the present crisis is enough to change the legal environment for the better."

Now that there is real choice, there may be an increased demand for more sustainable, comfortable buildings, but unless there is a sea-change in public awareness in this regard, only for Western corporate clients who demand this kind of accommodation.

Maxim Zhulikov commented: "My own opinion is that the market, like all real estate markets will fall back into the boombust cycle, starting in the autumn."

The fundamental shift from looking at real estate as a short-term, low-quality 'product' which can be built for maximum profit only, to a long-term, high-quality, income producing investment is not about to happen in Russia, as in many other countries, unless activists in organizations such as the Russian Green Building Council actually start changing public opinion, and that is extremely difficult in the Russian.

Rent Now!

Andrei Sado, Director, Elite Residential Rental. Penny Lane Realty

The world has changed. Many analysts did not expect the market to bounce back so quickly, after what seemed to be a devastating blow, not only to the Russian, but to the world economy. Financial and investment tycoons predicted a minimum of 5 years for the world economy to begin feeling the trends of a return to stability, some of them were right, we don't yet know. American investment king Warren Buffet lost nearly US\$ 7 billion on the assumption that the market will recover slowly.

In Russia, we have just about passed the bottom of the market. Some say that the residential rental market is about to turn. The ex-pats that we earlier assumed would not be returning are beginning to come back. Russia is still regarded as one of the best investment opportunities, although there are still very many uncertainties. Many companies see the current situation as a fast closing window of investment opportunity to introduce their services on Russian market. This window was created by an investment vacuum formed after the world financial crisis of 2008.

We see ex-pats arriving back in Moscow later this year and shifting the supply-demand misbalance back towards the former. Already some tenants have reported fewer quality offers, less desires for compromise, more choices of tenants for landlords leading us back to the situation of 2007-2008 where the market was completely dominated by landlords.

We expect a price-hike of 10-15% in May-June, and another rise of 10% in September-October. We strongly suggest to all of our clients to rent properties now, because waiting until May will cost you 10% more a month; an extra month of rent to pay a year.

Arriving ex-pats will create additional competition for quality supply, forcing you to make a decision quicker, pay



more and agree to less. Prices on the rental market stabilized for a short time. however there is a secondary flow of people entering the market: Russian professionals who getting better jobs again. This, combined with the fact that many residential development projects (which usually add an additional 10% of new apartments to the market) were temporarily frozen and therefore unfinished on time, means that there is a real danger of there being a serious quality offers.

I only have one advice, Rent NOW!





A Gallery of Services

Crown Fine Arts - your specialist in Russia with internationally trained staff and 40 years of experience

Transportation of Works of Art • Professional Packing & Custom-built Crates • Handling of Heavy Art Work • Secure Climate-controlled Warehouse Storage • Travelling Art Exhibitions Customs Services & Insurance

For more information, contact us at: russia@crownfineart.com Tel: (+7) 495 626 5244

crownfineart.com



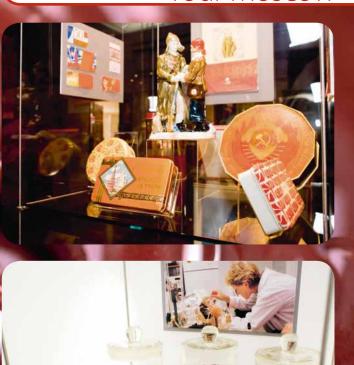
30



By Katrina Marie

It hits you even before entering the Babayevsky factory near Krasnoselskaya metro: the deep, haunting, intoxicating aroma of chocolate -- an instant endorphin rush. Babayevsky, a powerhouse of Russian chocolate in its own right, now houses the remains of the Red October (Krasniy Oktyabr) chocolate company, which moved from its famous Moskva River location in 2008.

The Red October chocolate factory (originally the mid-19th century German-founded Einem factory until nationalized after 1917) is perhaps most identifiable for its 'Alyonka' chocolate bar (look for the image of a headscarf-wearing chubby cheeked toddler) and 'Mishka' adored with three bear cubs.



A New Era for the Red October Chocolate Factory

The company's chocolates are renowned throughout Russia.

I admit to being one of the many disappointed by the move from its architectural landmark on the Moskva River. However, the 'new' location at Babayevsky most definitely has its own charm. Founded in 1804, Babayevsky is one of the oldest confectionary companies in Russa. Its factory building near Krasnoselskaya is well-maintained and still evokes the era of industrialization.

Melted chocolate is pumped through metal pipes descending from the ceilings, which deliver the ebony delight into moulds cooling on conveyor belts. From there, an assembly line of hair-netted women in white lab coats are positioned at each stage of the production process, from the cutting of the chocolate, to packaging and labelling, and finally to boxing for shipment throughout Russia and the world.

A tour of the factor is a treat, literally. Delicious and everchanging samples of the day's fresh production, still slightly warm, are shared—everything from dark chocolate with almonds, to milk chocolate truffles, to richly sweet caramels coated, of course, in chocolate. Much of the tour is focused on Babayevsky's production line, but the Red October portion of the factory is also visited.

The large and modern factory museum also displays a diverse collection of photographs, confectionary boxes, and memorabilia, beginning with the Tsar-bedecked glamour of the 1800s, the revolutionary fervour post-1917, through World War II with colours of the 'Coalition' Soviet, American and British forces. During World War II, the factories produced supplies for the Red Army, including signal flares and military rations. A 3-D film of chocolate's history caps the tour, after which visitors are given boxes of elegant chocolates.

At the end of the tour, visitors are guided to the factory store, which carries a more diverse supply of products for all tastes. For this author, the dark chocolate with almonds did the trick, particularly when melted over the stove, with a bit of heavy cream and peanut butter thrown in for good measure. It makes a gooey unforgettable hot fudge sauce for an ice cream sundae, or simply to enjoy straight from the bowl.

Additional information about the museum and excursions may be found at http://www.uniconf.ru/ru/museum/muzeyko

31

Your Moscow

Kolomenskoye and **Tsaritsyno**Exploring Moscow's Green Parts (1)

Text & photos:

Ross Hunter & J. Harrison

'It's much greener than we imagined' is a frequent new ex-pat remark. The MKAD is shorter than London's M25 but with 13 million inside it, Moscow's population density is exactly double London's. Amazingly, green spaces abound at all scales - behind every building, local parks, riverbanks and huge forest parks. Over the last eight months, Passport has explored the preferred ex-pat residential areas, so now we offer a four month themed guide to Moscow's greater green spaces.

This month, the historical treasures of Kolomenskove and Tsaritsvno, both south on the dark Green line, only 4 and 7 stops from the centre.

Westwards in May to Victory Park, Gorky Park and Sparrow Hills. In June, north and east for nature and recreation at the Botanic Gardens, Sokolniki, Izmailovo and Kuskovo. And in sunny July, let's spread towards the MKAD, south to Troporevskiy & Bitsevskiy Parks, east to Kuzminki, west to Serebryaniy Bor and north to Pokrovskoye-Glebovo.

Pack your hat, shades, picnic, bicycle and sun cream, and let's go!

Kolomenskoye

A royal park with boundless views, wooded and grasses parkland, amenities and river banks. Centuries of history sitting next to cafes and adventure playgrounds, listening to church bells pealing, birds singing and children frollicking. All this just a gentle boat cruise or a summer cycle-ride along the riverbank. Too good to be true? No. Kolomenskoye, yes!

Nestling along a sweeping curve in the Moscow river, Kolomenskoye park sits atop an unusually steep hill. But the Metro and car park both deliver you near the top of the ridge, so only eyes and children roll down towards the water. It is a splendid recreation area, ideal for a romantic stroll or with energetic youngsters or dogs to exercise, for a weekend hot meal and cold glass, making one's own fun or partaking of the attractions.

Your feet are walking over three centuries of Tsars' footprints. This was the Grand Dukes' green playground, before they even promoted themselves to 'Tsar'. Surrounded by oak forests and hunting grounds (now a UNESCO World Heritage Site), the 1532 Ascension Church gives us 500 years. Here, you can play with the spirit of the young Peter the Great, listen out for the coronation festivities of Catherine I, Peter II and Empresses Anna and Elizabeth, and look for Peter II hunting in the woods. Catherine the Great brought her grandchildren, how about you?



The park is planned to help you along the path of destiny. Your grand entry through the Gate of the Saviour leads first to the elegant 1653 Church of Our Lady of Kazan, built by Tsar Alexei to commemorate the centenary of the capture of Kazan by Ivan the Terrible. Wood was the builder's choice then, as in the Bratsk stockade tower, and the 1702 House of Peter I. The esteemed palace of Tsar Alexei Mikhailovich from 1668, remains only as Smirmov's exquisite 1867 model, to be enjoyed along with the Clock Tower, Guard's Quarters and Cooking House. All is dominated by the Church of the Ascension, celebrating the birth of Ivan the later Terrible. An early stone edifice, it is also the first 'tent' style (kokoshnik) church in Russia, supported only from the corners, freeing up floor space, and making an arrowhead to heaven with its spire.

This is only a taste of the history on offer. You will be ready for a taste of something fresher. Fear not! On any day, you can step into separate worlds of honey, shashlik kebabs, bliny pancakes or modern fast food.





Nicely decorated and fully equipped modern style 3-room apartment is offered in Tverskaya Street area. Stylish apartment with perfect open space living room

More photos at www.realtor.ru/a53686



Patriarshy Ponds

Exclusive interior designed 2-room apartment in a historic quiet centre. Bright and cozy apartment is fully completed with high quality European equipment

More photos at www.realtor.ru/a57173

232.0099

Apartments For Rent

Special days include Maslenitsa, pancake week before Lent, Easter itself, Victory Day (9 May) and Peter The Great's birthday on 31 May. Babje Leto is a folklore festival at the end of September, seeing out the long summer with traditional Russian music, dance, costumes, food and games, and of course plenty of liquid refreshment.

Or pick a quieter day, and simply enjoy the stroll, nature and the views. It is a fine place to unwind.

Tsaritsyno

Percy Bysshe Shelley cannot possibly have visited Tsaritsyno, but his warning is etched in the stones like the Blackpool in rock:

"My name is Ozymandias, king of kings: Look on my works, ye Mighty, and despair!"

His sonnet of 1818 pictures the remains

of a Pharaoh's huge sculpture, with its arrogantly carved boast guarding the entrance to the endless, timeless desert. All else of his empire has drifted and sifted back into the sands of time.

Thrice over, this is Tsaritsyno's story. Four hundred not four thousand years, but the plot fits. An imposing estate already in the fifteenth century, it passed from Tsarina Irina and brother Boris Godunov through Peter the Great and on to Catherine the Great in 1775. Each time it was remodelled but, typically, Catherine's dreams were the most grandiose. And costly. When she died in 1796, the funding stopped, the forest marched back and 'The Tsarina's Garden' sank into its former and future self, 'Black Mud' (Chornaya Gryaz). Until our day, this is how it stayed. The Bolsheviks had no place or cash for this imperial ruin, so every child adventurer's dream El Dorado it remained:

walls to promenade, creepers to grab, towers to scale, memories of grandeur to kick into dusty, ghostly life.

Catherine was never happy with what she was offered, and few seem happy with the nouveau-kitsch 'reinterpretation' that has been thrown onto the old edifice. Fear not: no need to wait for the sands of time, this is crumbling as you watch it. Little solace for today's refugees of Rechnoi, but each imperial arrogance will rot, first quickly, then eternally.

So go quickly, and see history become pre-history before your eyes. Enjoy the forests, walks, ponds, fountains and gardens. Imagine each re-working of Catherine's then dreams now nightmares; walk like a king, a queen or a royal pretender and savour your greatness, wave your imperial wand - enjoy yourself; all will be back to Black Mud ere long. Tsaritsyno has a fantastical side to it. The edifices are suspiciously clean and bright, as if ashamed of their history, and the sheer variety of architecture is bewildering. Unlike the great palaces of St Petersburg, it is hard to imagine the Tsars arriving and walking back into the buildings. Especially if you visit on a Monday, when everything is shut - even if it is a public holiday.

Despite all this, it is an epic outing for the romantic, the wannabe explorer, the melancholic and the poet. Shelley's friend Horace Smith penned his own version, which I borrow by way of epitaph:

The site of this forgotten Babylon. We wonder, and some Hunter may Wonder like ours ... Spot on.





Smolenskaya

The apartment in the modern residential building with underground parking and secured territory is offered. Elegant furniture and expensive accessories add the style to the apartment design.

More photos at www.realtor.ru/a63241

For Our Clients

- Multilingual brokers with experience more than 3 years.
- Corporate coordinator resolving all issues connected with apartment maintenance.
- Free technical support for all questions of apartment maintenance.
- Locksmith, woodwork and electrical works carried out by our certified specialists.
- Free one year insurance policy for an apartment.
- Comfortable transport provided for all viewings.
- Free orientation tour for newly arriving employees.
- 24-hour hotline support for expats in Moscow.
- Free services on lease/tenancy agreement prolongation or termination.























Beef Stroganoff The Right Way

Beef Stroganoff is mainly a Russian dish that appeared in mid 19th century. But now it's one of the most popular ex-pat dishes judging by the number of them in Moscow steak-houses where this delicacy is always on the menu. Now Passport reveals the secrets of the real Beef Stroganoff recipe thanks to Vyacheslav Delberg, Goodman restaurants' chief chef.

Vyacheslav Delberg:

"Beef Stroganoff is cooked from undercut, which is finely sliced. At Goodman we use Australian marmoreal beef which has a very special taste. But at home, Beef Stroganoff can be cooked from average veal or beef. The most important thing rule is to only roast the meat for few minutes, so it should be lightly cooked. That's the true Beef Stroganoff taste. Potato puree is, to my mind, the best trimming for it."

Ingredients:

Beef undercut (500 grams) Champignons (200 grams) White mushrooms (300 grams) 1 cup cream 2 onions 1/4 cup of nutmeg Pepper, salt to taste

First, cut the meat into thin (5-6 mm) slices. Put it onto a plate and let it sit while you make the sauce.

Heat a frying pan until it gets burninghot, then add 10 teaspoons of sunflower oil. Fry the white mushrooms in the pan, stirring them constantly. Some minutes later, when the mushrooms have fried a little, add champignons to the pan and keep on stirring the mix.

At the same time, take the cup of cream, pour it into another previously heated pan and warm it until it gets dense.

Grate a handful of nutmeg.

Pour the hot cream into the pan with the mushrooms and add the nutmeg. After the cream has evaporated a little, go on stirring the mix. When the sauce becomes dense enough, take it off the stove and cover it with a lid.

Cut the onions into tiny cubes. Heat the clean pan to the maximum, add 10 teaspoons of sunflower oil. Add the onions and let them fry a bit, then put them out onto a single plate.

Then lay the pieces of meat out onto the pan and stir them continually. The meat should be assigned uniformly on the frying surface. Remember, you





don't have to roast the meat too much, do it for 4-5 minutes only. Add some salt, ground pepper and fried onion to the meat and stir again. Then take the pan off the oven, pour the contents into a vessel (like you see on the picture) and add the milk sauce with mushrooms and champignons. Sprinkle the dish with greens (parsley, dill).

Serve with potatoes.



Friendship

Charles W. Borden

Druzhba is one of those restaurants that Zagat gives a 25 for food and a 15 for décor and service. Druzhba is said to be the best Chinese restaurant in Moscow, and it may be but only because there aren't any others, practically. What's great about Druzba is that it is very much like your favorite local Chinese back home, and, if you believe the management, Druzhba actually has Chinese cooks (though the management refused to introduce us). Don't get me wrong from the comments in the following review; I enjoyed Druzba and I could hardly set my chopsticks down to take notes. Druzba is authentic and cheap (by Moscow standards), qualities sorely missing from the city's restaurant scene.

Druzhba (friendship in Russian) has been around forever, located directly above the Novoslobodskaya metro station with a McDonald's to the left and a Starbuck's around the corner. It's tucked in on the right of the small Druzba torgovy dom (trade center) that fronts on Novoslobodskaya Ulitsa, and it's down half a flight of stairs, which means, by the way, that you can forget your mobile phone. The staff are very friendly, and it is usually busy.

I tried Druzhba twice, once with Passport publisher, John Ortega, who loves the place, and then for lunch with Passport editor, John Harrison. With JO, we took one of the dozen or so private rooms at the back at a cost of 600 roubles per hour complete with video and music system. With JH, we selected non-smoking, but when we were ushered to one of the private rooms in the back, a small room with six tables, we retreated to "smoking" in the main dining area. The non-smoking room reminded me of one of those smoking enclosures that airports provide for the few smokers that remain in the world, mostly in under-developed countries.

The menu is in Chinese and Russian, but is illustrated with photos of each dish, tagged with a number to the description. As might be expected of a Chinese restaurant, the menu is heavy on pork and chicken, and the fish section is dominated by carp. As a lapsed

vegetarian, I like to find good vegetarian dishes, but Druzhba has very few, and even the heavenly Tofu Homestyle has ample white meat mixed in.

With JO, we tried large sample of the menu, served out on a large rotating glass tray: Fried King Shrimp (1800r), Sweet and Sour Chicken (500r), Fried Pork with Sweet and Sour Sauce (450r), Tofu Homestyle (350r), Peking Duck (1500r), Wild Cabbage with Mushrooms (500r), and Fried Blini with Vegetables (the Druzba version of spring rolls – 400r).

There were no losers from our selection and the portions are ample. I don't know whether it was nostalgia for Chin's back home, or surprise that such food was available in Moscow, but I enjoyed. The Sweet and Sour Chicken and the Tofu Homestyle really got my attention. The chicken was prepared crispy, softened by the heavy sweet and sour sauce and garnished with pine nuts.

The Tofu Homestyle was the first good tofu I've tried in Moscow, served thinly sliced and layered with Chinese black mushrooms, bamboo (and the white meat) in a slightly spicy sauce. I like tofu, the high protein soy curd coagulated from soymilk. The tofu I find in Moscow supermarkets is either a very expensive import, or a home variety that appears to be made with animal feed grade soybeans. Tofu should be made from special food grade soybean varieties. Druzhba has the real thing.

The Wild Cabbage, slender, soft, steamed and served with a light sauce, was also tasty and a first, and it left me wondering where they found this vegetable in Moscow. Druzhba, surprisingly, came up short on the rice with just two choices: a bowl of steamed rice (100r), and their version of fried rice with vegetables, which was far away from the fried rice I'm used to and not worth ordering.

The wine list is limited to a half dozen of wines from French bottler Barton & Guestier, which are decent supermarket wines. They range in price from 1,600 rubles for a white Sauvignon Blanc to 2,600 rubles for a red Cotes du Rhone. The B&G Sauvignon Blanc runs about 400 rubles at a Moscow supermarket, so the Druzhba markup is four times retail







and five+ wholesale, a typical Moscow restaurant markup. A Chinese Tsingtao beer runs 200 rubles.

On both visits, Druzhba was crowded. Druzba doesn't accept credit cards and parking is difficult. But the food is great, and I'll be back.

Druzhba

4, Novoslobodskaya Ulitsa

+7 495 973 1234

Wine & Dine Listings

**Indicates *Passport Magazine* Top 10 Restaurants 2009.

AMERICAN

**CORREA'S

Isaac Correa is a master of New American comfort food at his several Moscow locations. Luscious desserts. Great for a business lunch or takeout. Smoke-free. 7 Ulitsa Gasheka, 789-9654

M. Mayakovskaya

www.correas.ru

STARLITE DINER

Paul O'Brien's 50s-style American Starlite Diners not only have the best traditional American breakfasts, lunches, and dinners in town, they draw a daily crowd for early morning business and lunchtime business meetings. Open 24 hours. Four locations. 16 Ul. Bolshaya Sadovaya, 650-0246

M. Mayakovskaya

9a Ul. Korovy Val, 959-8919

M. Oktyabrskaya

6 Prospekt Vernadskovo, 783-4037

M. Universitet

16/5 Bolotnaya Ploshchad, 951-5838

M. Polvanka

www.starlite.ru

AMERICAN BAR & GRILL

Listed here for its status as a Moscow veteran, the American Bar & Grill still does good hamburgers, steaks, bacon & eggs and more. Open 24 hours. 2/1 1st Tverskaya-Yamskaya UI, 250-9525

M. Mayakovskaya

ambar rosinter com

BEAVERS

Way down south (across from John Ortega's Fashion Mart), American proprietor and drinks importer Robert Greco serves some family recipes from back home. Pizza, wings, salads, steaks and other favorites. 171 Ulitsa Lyublinskaya, 783-9184

M. Marino

www.beavers.ru

HARD ROCK CAFÉ

The Moscow HRC has a great location on the Old Arbat overlooking the busy pedestrian mall. The usual HRC menu and rock paraphernalia. 44 Stary Arbat, 205-8335

M. Smolenskaya

www.hardrock.com

ASIAN

**TURANDOT

Fabulous Asian food in a palatial and exquisite setting – the owners reportedly spent a mid-eight figure amount on the fitout including a two million dollar dim-sum kitchen. Try the Wasabi shrimp. 26/5 Tverskoi Bulvar, 739-0011

M. Tverskaya, Pushkinskya www.turandotpalace.ru

BLUE ELEPHANT

Thai cuisine with impeccable service in an elegant royal setting. Try the Royal Thai Platter. 31 Novinsky Bulvar, 580-7757

M. Barrikadnaya

www.blueelephant.com

BUDDIES CAFE

No frills but very expat friendly

- Szechuan, Thai, or Vietnamese from
Singaporean Kelvin Pang. Sports bar.
12/8 Tverskaya Ulitsa, 694-0229

M. Tverskaya, Pushkinskya

DARBAR

36

Hidden away in the Soviet relic Sputnik Hotel, veteran expats say it's the city's best Indian In addition to the usual north Indian fare, Darbar has an extensive south Indian menu. 38 Leninsky Prospekt, 930-2365

M. Leninsky Prospekt

'Elitny" modern Indian restaurant with Chivas bar on the first floor 15 Plotnikov Pereulok, (499) 252-7979

M. Smolenskava

COFFEE AND PASTRIES

COFFFF BFAN

Jerry Ruditser opened the first coffee shops in Moscow, and still serves the best coffee. Smoke-free. Several 56 Leningradsky Prospekt, 742-3755

www.coffeebean.ru

COFFEE MANIA

The Coffee Mania next to the Moscow Conservatory is a popular daytime informal business venue. Open 24 hours. Several locations. 13 Ulitsa Bolshaya Nikitskaya, 775-5188, 775-4310

M. Arbatskaya, Biblioteka im. Lenina www.coffeemania.ru

STARBUCKS

Starbucks arrived in late 2007 and already has too many shops (16) to list. starbuckscoffee ru

VOLKONSKY PEKARNYA-

KONDITERSKAYAThe coffee service at this bakery takes second place to its fabulous French-style baked goods. Smoke-free. 2/46 Bolshoi Sadovaya

M. Mayakovskaya

EUROPEAN

**CARRE BLANC

Moscow's top French restaurant. Try the bistro and weekend brunch. 9/2 Ul. Seleznevskaya, 258-4403

M. Novoslobodskava

www.carreblanc.ru

NEW BLACKBERRY

Elegant but comfortable with an eclectic international menu – Asian, Russian, Italian, sushi and other

cuisines. 10 Academic Sakharov Prospekt 926-1640, 926-1645

M. Chistiye Prudy

NEW BOLSHOI

The latest high-end Novikov restaurant. Modern in a Ralph Lauren kind of way, with a continental-Russian menu. 3/6 Ulitsa Petrovka, 789-8652

M. Kuznetsky Most

eng.novikovgroup.ru/restaurants/

CAFE DES ARTISTES

Restaurant and bar offers fine European cuisine in a relaxed atmosphere, often with recent artwork on the walls of the upstairs room.

5/6 Kamergersky Pereulok, 692-4042

M. Teatralnava

www.artistico.ru

CITY SPACE

Panoramic cocktail bar. A breathtaking view and loads of delicious cocktails

Located on the 34th floor of Swissôtel Krasnye Holmy Moscow

52 bld.6, Kosmodamianskaya nab., Moscow 115054

+7 (495) 221-5357

ELSE CLUB

A small jewel next to the Pokrovsky Hills development and the Anglo-American School which complements the neighboring extravagant health spa. 5 Ivankovskoye Shosse, 234-4444

www.elseclub.ru

GALEREYA

Trendy, lavish and expensive. The place to see and be seen. 27 Ulitsa Petrovka, 937-4544

eng.novikovgroup.ru/restaurants/

GRAND ALEXANDER

Named after poet Alexander Pushkin, this opulent restaurant at the Marriott Grand Hotel is one of Moscow's top French-European restaurants.

26 Tverskaya Ulitsa, 937-0000

M. Tverskaya

JEROBOAM

Ritz-Carlton's Jeroboam, under the stewardship of celebrity German chef Heinz Winkler, offers "la Cuisine Vitale" in the new building that replaced the eyesore that was the Soviet-era Intourist Hotel

3 Tverskaya Ulitsa, 225-8888

M. Okhotny Ryad

KAI RESTAURANT AND LOUNGE

Contemporary French cuisine with an Asian touch at Swissotel Krasnye Holmy. 52/6 Kosmodamianskaya Nab, 221-5358

M. Paveletskava

SCANDINAVIA The summer café is one of Moscow's main after work meeting venues. Excellent Scandinavian and continental menu.

19 Tverskaya Ulitsa, 937-5630 M. Pushkinskaya

www.scandinavia.ru

SKY LOUNGE

Dining on the roof of the Russian Academy of Sciences offers guests unparalleled views of the city. 32a Leninsky Prospekt, 915-1042, 938-5775

M. Leninsky Prospekt

www.skylounge.ru

VANIL

Hip French and Japanese near the Cathedral of Christ the Savior. 1 Ulitsa Ostozhenka, 202-3341

M. Kropotkinskava

eng.novikovgroup.ru/restaurants/

VOGUE CAFE

Elegant, trendy partnership with Vogue magazine. 7/9 Ul. Kuznetsky Most, 623-1701

M. Kuznetsky Most

http://eng.novikovgroup.ru/ restaurants/

FUSION

Masterpieces of design art from Philippe Stark and filigree culinary skill from Arcadyi Novikov. Yakimanskaya nab. 4 , (495) 737 8008/09

M. Polvanka

honmoscow ru

**NE DALNY VOSTOK Passport's 2009 number one Moscow restaurant. Chef Glen Ballis turns out fabulous crab specialties, Asian, grill and salads. Come by when they bring in a big tuna. "Classny." 15 Tverskoy Bulvar 694-0641, 694-0154

M. Tverskaya http://eng.novikovgroup.ru/

restaurants/ **GQ BAR

A warm, active hang-out for the elite just up from the Kempinski Baltschug Hotel. Partnership with *GQ* magazine. 5 Ulitsa Baltschug, 956-7775

M. Novokuznetskaya

eng.novikovgroup.ru/restaurants/

SOHO ROOMS

Chef Laura Bridge mixes it up at this trendy restaurant-club along the embankment near Novodivichy

Monastery. 12 Savinnskaya Nab., 988-7474

M. Sportivnaya

www.sohorooms.com

HEALTHY

JAGGANATH CAFÉ

A simple but excellent vegetarian buffet with an eclectic mix of Asian and other dishes. 11 Kuznetsky Most, 628-3580

M. Kuznetsky Most

www.jagannath.ru

LE PAIN QUOTIDIEN

Simple and healthy food and bakery at the Moscow extension of an international chain. Delivery. Multiple locations.

5/6 Kamergerski Pereulok, 649-7050 www.lpa.ru

LATIN AMERICAN

**NAVARRO'S BAR & GRILL

El Salvador born chef-owner Yuri Navarro excels at everything from tapas to eclectic Peruvian-Mediterranean fusion, seafood to grilled meat. One of Moscow's few chef-owned restaurants. 23 Shmitovsky Proezd, 259-3791

M. Mezhdunarodnaya

www.navarros.ru

OLD HAVANA

An amazing place, with a stunning Brazilian tableside show nightly from Thursday to Saturday. The food is good, but the highlight is the unbelievable three-hour extravaganza with about two dozen dancers and capoiera performers. 28 Ulitsa Talalikhina, 723-1656

M. Proletarskaya

www.old-havana.ru

ITALIAN

**SEMIFREDDO MULINNAZO

Sicilian chef Nino Graziano dishes up the best of Sicily and the Mediterranean with the help of his personal grill out front. Huge Italian wine list. 2 Rossolimo Ulitsa, (499) 766-4646

M. Park Kultury www.semifreddo-restaurant.com

**MARIO Delightful elegance and style with the best-quality Italian dishes. Open noon-last guest.

17 Ulitsa Klimashkina, 253-6505

M. Barrikadnava

MAMMA GIOVANNA

The menu is also minimalistic but has interesting entries in every category, including pizzas. The wine list is almost entirely Italian with a selection limited to two pages. A definitely a worth-while in-city romantic venue.

M. Novokuznetskaya

Kadashevskaya Naberezhnaya, 26

+7(495) 287-8710 www.mamma-giovanna.ru

CASTA DIVA Great Italian and pizza to die for with

award-winning Italian pizza chef. Try the Black Truffle Pizza. 26 Tverskoi Bulvar, 651-8181

M. Tverskava, Pushkinskava

www.castadiva.ru

CIPOLLINO Coffee- and cream-colored stylish Italian cafe a stone's throw from the Cathedral of Christ the Savior. Soimonovsky Proyezd, 695-2936,

M. Kropotkinskava

www.cipollino.ru **JAPANESE**

KINKI

Authentic Japanese kitchen with amazing seafood delicacies like Tasmanian salmon, Madagascar shrimp and others. The range of Japanese drinks is extremely wide. You can taste true Japanese sake – rice-based hot drink - which is served in a special Japanese way. 11, Osennyaya Str., (495) 781-1697

M. Krylatskoye

www.kinkigrill.ru **NOBU

The Moscow branch of the legendary Nobu is now open on Bolshaya Dmitrovka. Nobu moves directly to Passport's Moscow Top 10 list.

Wine & Dine Listings

20 Bolshaya Dimitrovka, 645-3191

M. Okhotny Ryad

www.noburestaurants.ru

ICHIBAN BOSHI

High-quality, affordable Japanese with cool ambience. Several locations. 22 Krasnaya Presnya Ulitsa, (499) 255-0909

M. Krasnopresnenskaya

50 Ulitsa Bolshaya Yakimanka

M. Polyanka

www.ichiban.ru

SUMOSAN

Located in the Radisson SAS hotel, we have heard from many that Sumosan has Moscow's freshest and best sushi but this naturally comes at a cost. 2 Ploshchad Evrópy, 941-8020

M. Kievskava

MISATO

Japanese cuisine, great choice of alcoholic drinks, Japanese and non-Japanese.

47, Myasnitskaya st., 725-0333

TSVETENIYE SAKURY

Completely new restaurant concept in Moscow based on a combination of traditional and contemporary Japanese cuisine. Ancient recipes are joined by recent innovations.
7 Ulitsa Krasina, 506-0033

M. Mayakovskaya

SEIJI

One of the few Moscow sushi restaurants that actually has a Japanese chef, even a celebrity chef – Seiji Kusano, who also set up the O2 Lounge at the Ritz-Carlton. 5/2 Komsomolsky Prospekt, 246-7624

M. Park Kultury

CAUCASUS

ARARAT

A little corner of Armenia right in the center of Moscow at the Ararat Park Hyatt. Cozy atmosphere and spicy Armenian fare. All ingredients delivered straight from Armenia including fine Armenian brandies.

4 Neglinnaya Ulitsa, 783-1234 M. Teatralnaya, Kuznetsky Most

BAGRATIONI

Great Georgian food and entertainment in a stylish mansion near Novodevichy Monastery and the Korean Embassy. 1/7 Spartakovskaya Ploshchad, 267-6881, 266-0531

M. Baumanskaya

BARASHKA

Our Azerbaijanian friends swear it's the best Azeri restaurant in town. 20/1 Petrovka Ulitsa, 200-4714

M. Kuznetsky Most

21/1 Novy Arbat

M. Arbatskava

http://eng.novikovgroup.ru/ restaurants

BELOYE SOLNTSE PUSTYNI

Named after White Desert Sun, one of the USSR's favorite films. An eclectic Central Asian menu that includes Azerbaijan and Uzbek cuisine. 29 Ul. Neglinnaya, 625-2596, 200-6836

M. Kuznetsky Most, Teatralnaya http://eng.novikovgroup.ru/restaurants/

RUSSIAN

**CAFE PUSHKIN

A Moscow classic serving upmarket Russian cuisine in a lavish, 19th century setting. Bustling, ground-floor dining hall and a more sophisticated (and pricier) experience upstairs. Reservation essential.

26a Tverskoi Bulvar, 739-0033

M. Pushkinskaya, Tverskaya, Chekhovskaya

GODUNOV

For real lovers of all things Russian. including traditional Russian dancing rivers of vodka and plates stacked with food in the Tsar's chambers from the time of Boris Godunov.

5 Teatralnaya Ploshchad, 698-5609

M. Teatralnava

NEW GUSYATNIKOFF

The latest VIP Russian restaurant in an 8th century estate. 2A Ulitsa Aléksandra Solzhenitsyna

M. Taganskava

http://eng.novikovgroup.ru/ restaurants

NA MELNITSE

Homemade cuisine – kvas, mors, vodka, pickles. Russian style with plenty of wood. The food is far from cheap, but the portions are enormous: it's like being fed by an overzealous babushka

Tverskoi Bulvar, 290-3737

M. Pushkinskaya, Tverskaya, Chekhovskaya 24 Sadovo-Spasskaya Ulitsa, 625-8890, 625-8753

M. Krasniye Vorota

www.namelnitse.ru

OBLOMOV

Authentic Russian cuisine in a restored 19th century mansion. 5 Monetchikovskyi Pereulok, 953-6828

M. Dobrvninskava

ONE RED SQUARE

The menu features lavish, centuriesold recipes in the State Historical Museum on Red Square. Expect cream-laden meat dishes with fruitbased sauces and live folk music. 1 Krasnaya Ploshchad, 625-3600,

M. Okhotny Ryad, Teatralnaya www.redsquare.ru

The Central House of Writers' opulent Russian-French restaurant is located in the building with the same name. A memorable, top-notch meal in luxurious surroundings. 50 Povarskaya Ul, 290-1589

M. Barrikadnava

YOLKI-PALKI

A Russian chain that serves a great selection of typical Russian specialties at modest prices. Many locations 23 Bolshaya Dmitrovka, 200-0965

M. Okhotny Ryad, Teatralnaya http://eng.novikovgroup.ru/

SEAFOOD

FILIMONOVA & YANKEL

You will find an outlet near many of the Goodman steak houses. Very fresh fish and a straightforward menu. Several locations.

23 Tverskaya Ulitsa, 223-0707

M. Tverskaya, Pushkinskaya

www.fishhouse.ru

I A MARFF

La Maree is Moscow's number one seafood restaurant, built by Tunisian Mehdi Douss, owner of Moscow's leading fresh seafood

28/2 Ulitsa Petrovka, 694-0930

www.la-maree.ru

STEAKS

**BEEF BAR

The latest branch of the Monte Carlo hotspot serves top cuts of the finest imported beef: American, Australian, Dutch and French, Overlooks the river across from the Central House of Artists. 13 Prechistinskaya Nab., 982-5553

M. Park Kultury

www.beefbar.com

True Argentine menu. THE place for charcoal-grilled meats and fish. 4 Ul. Sadovaya-Triumfalnaya, 699-7974

M. Mayakovskaya

6/13 Ul. Zatsepsky Val, 953-2876

M. Paveletskaya

3 Bolshoi Kozlovsky Pereulok, 623-1098

M. Krasniye Vorota

www.elgaucho.ru

GOODMAN

Moscow's premium steak house chain. Crisis menu added. Numerous

23 Tverskaya Ulitsa, 775-9888

M. Tverskaya, Pushkinskaya

www.goodman.ru

POLO CLUB

Dining at its finest at the Marriott Aurora. Features American prime beef and steaks Ulitsa Petrovka 11/20, 937-1024

M. Kuznetsky Most

TORRO GRILL The focus is on the best mid-priced meat in Moscow. Wine Bar. Several locations

6 Prospekt Vernadskogo, 775-4503

M. Universitet www.torrogrill.ru

BARS AND CLUBS

ALL TIME BAR

The bar is decorated like New-York in Sex and The City series. You'll find probably the best Dry Martini here and Manhattan cocktail. This bar is a creation of Dmitry Sokolov who is considered the best bartender of

7/5 Bolshava Dmitrovka, 629-0811

M. Tverskaya, Pushkinskaya

BOOZE PLIB

English-style pub with real British beer and original cocktails. Daily from 5 a.m. to noon: English breakfast for only 100

the big screen. 5 Potapovsky Pereulok, Bldg. 2,

M. Chistiye Prudy

KARMA BAR

One of the most popular night clubs hookahs, and pan-Asian cuisine. Latin American dancing, Thursday-Saturday,

3 Pushechnaya Ulitsa, 624-5633

KRYSHA MIRA

The club has a reputation of being a very closed place. Rich clubbers and beauties will do anything just to get in, so every Friday and Saturday they stand in line all night long asking face control

2/3 Tarasa Shevchenko Naberezhnaya,

NIGHT FLIGHT

If you don't know about Night Flight – ask somebody. Open 18:00-05:00 17 Tverskaya Ulitsa, 629-4165

M. Tverskaya

PYATNICA BAR

Pyantitskaya, 3/4, build 1. 953-69-32.

www.pvatnica-bar.ru

M. Kitai-Gorod

NOTE: For restaurants with multiple locations the most popular location is given – see the website for others. All phone numbers have city code 495 unless otherwise indicated. Reservations



Weekdays from 12:00 to 17:00. Business lunch from 140 rubles and 35% menu discount. Sport matches on

621-4717

www.boozebub.ru

in town. Eastern-inspired interior, 21:00-midnight.

M. Kuznetsky Most

www.karma-bar.ru

to let them in. Open 23:00-06:00

203-6008, 203-6556

www.nightflight.ru

This is a nice city café with delicious and pretty cheap foods. They serve Indian, Thai, Japanese, Italian and Russian dishes here so it's good for having lunch on working days. On Friday night it turns into crazy bar with vibrant, relaxed atmosphere and large selection of cocktails and other drinks.

Master night spot host Doug Steele is back, at Papa's tucked in the basement below Johnny the Fat Boy Pizzeria, Papa features live music and lots of sweaty young bodies. 2 Myasnitskaya Ulitsa, 755-9554



HOLI in Moscow!

text and photos J. Harrison

On the 14th of March in the Palace of Culture 'Gubkin', the Indian Holi festival was celebrated. An unlikely venue as this may seem, the 4500-seater hall soon filled up with mostly local Indians. To accompany the celebrations, those who attended watched performances by 17 Indian dance groups from different Russian cities which competed in the '4th all-Russian Competition of India Dance'. All of the dance groups comprised of Russian dancers, many of which displayed quite amazing skills in not

just empathizing with Indian traditional and contemporary dance styles, but creating a very positive response from the Indian audience many of whom got up from their seats and rocked, Indian style during some of the faster numbers. Well-known Bollywood actresses Shipra Khazana and Sakshi Gulati were there to share a bit of the beauty, and Russian artists Nikas Safronov and actor Nikoai Drozev made interesting comments about Russian culture in modern Russia. Nikas Safronov said: "I feel myself to be a child who has come into a child's world of peace, love and happiness".



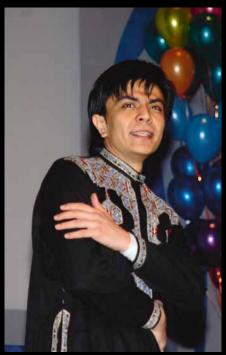












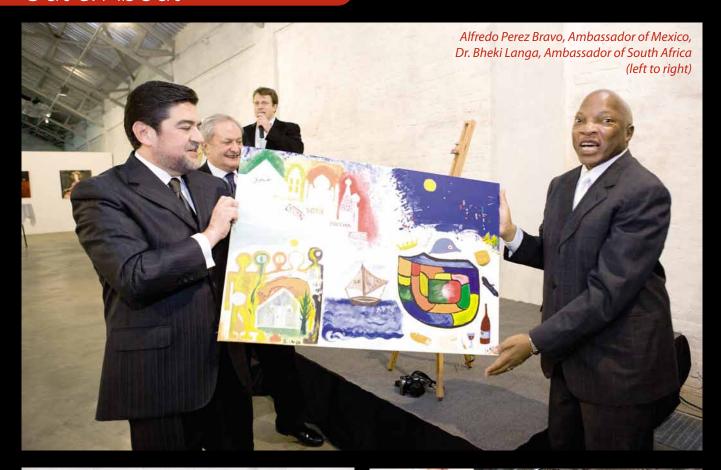
HOLI is not only a spring festival, it is also a festival of equality. This is the only time when Indians forget about caste and join in a general praising of the Gods as equals. Young men in particular enjoy this event. It is the only day of the year they can get close to the girls, through throwing paint. Sammy Kotwani, the president of the Indian business Alliance said: "When the paint is mixed up, it becomes apparent that everyone has become equal. Your white skin is not visible any more, and neither is my dark skin. We are all the same." People become the same before their Gods, and HOLI has fulfilled its purpose, until next spring. The event was organized by the Indian Business Alliance with the support of the STP Group of Companies and other sponsors. It was a fantastic event, and this humble journalist says thank you for being invited.







Out & About







United Ambassadors of Art

That is the title of an unusual IWC event held on the 17th, March at the Winzawod Centre for Contemporary Art. This art auction in the centre's White Hall attracted over 200 guests, mostly ex-pats and diplomats. The evening began with cocktails, snacks and networking. Then, at last, came what everybody had been waiting for: an auction with two lots of canvases painted by Ambassadors. Lot One was by the Ambassadors of Belgium, Head of The European Union, France,



Greece, Mexico and South Africa. His Excellency Alfredo Perez Bravo, the Ambassador of Mexico commented on his participation: "When I was first asked to paint something, I had no idea what to actually paint. But when I finished my part, my wife told me: 'I like it!'" The picture remained unfinished, although it was sold quickly for 50,000 roubles. The complicated and intricated work of moving all the artwork for this exhibition was handled with a lot of TLC by Crown Relocations' Fine Art Division.

The second lot reflected collaboration between Ambassadors of Algeria, Montenegro, Spain, Sweden and Uruguay. This picture was bought by another Russian for 78,000 roubles. Separate exhibitions by IWC artists, such as Marina Al-Shukor, Sofia Antipova, Jean-Yves Coulot, Davina Garrido de Miguel and some others were on display.

Commented Julieta Cervantes, IWC co-President and spouse of the Ambassador of Mexico who wound up the evening: "Thank you to all the contributors to this wonderful project: IWC artists, the WINZAVOD Centre and the Ambassadors for sharing not only their talent and passion for art but their friendship and goodwill.

Foundations For Recovery. RBCC Conference on Real Estate

Moscow 2nd March 2010

RBCC held an interesting conference at the beginning of March. Ostensibly about the foundations of recovery, Olga Archangelskaya, partner and head of real estate advisory services Russia and the CIS of Ernst & Young, who chaired the section called 'The Real Estate Market in 2010', mentioned that at last real estate professionals have started talking to each other, after a long break. She mentioned that there are three elements necessary for successful real estate development: demand, developers and investors. "I am an optimist" she explained as she saw signs that these three elements are beginning to appear again in the Russian market.

Her introduction was followed by Natalia Stenina, Lawyer, Pepeliaev Group who gave a very interesting lecture on tightening legal usage on demolition of unauthorized buildings. Under the draft court practice digest on unauthorized buildings considered by the Supreme Arbitrazh Court on 16th July 2010, a number of major issues relating to unauthorized construction regulations are to be resolved (demolition and acknowledgement of ownership title to unauthorized construction).

The draft proposals, which will probably be finally approved in the near future, will most likely be accepted by Russian courts. Some of the main issues being considered are: who exactly will be able to file a lawsuit requesting demolition of unauthorized constructions (the owner of the plot of land or, in ad-



Igor Indriksons, Director of International Investments Department, IntermarkSavills

dition to that, the public prosecutor, the construction supervisory authority and any other interested party)? Courts may also be entitled to impose a duty on the legal successor of the company that erected an unauthorized building to remove it, and this applies to the purchaser of such a building, including unfinished buildings. The draft court practice, if approved, promises to clear up a lot of grey areas in the aspect of the law.

Igor Indriksons, Director of International Investments Department, IntermarkSavills, followed with a talk entitled: If not Moscow, then where? Investment prospects in the regions and property investment abroad.

Igor gave participants a whistle-stop tour of current real estate markets, something that was interesting and relevant for some participants in the conference who perhaps had got their fingers burned in



Natalia Stenina, Lawyer, Pepeliaev Group

the Moscow market recently and were looking elsewhere. Igor made the point several times that the most important thing in real estate is liquidity, "you can pick up a great house in Bulgaria right now very cheaply, but how are you going to sell it?" Among the countries that Igor highlighted as places where extreme caution should be applied are: Egypt, Bulgaria, Dubai, Russia, Tunisa . Among those countries with "good perspectives" were the UK (particularly London), Austria, Switzerland, France, and others. He painted a rather pessimistic but realistic picture in that the investment attractiveness of Russian real estate is under guestion as similar if not higher yields can be achieved in more stable countries where risk is considerably less.

In all, this RBCC covered a range of topics not usually approached at such events, therefore it was a success.

Brian Wilson at the British Lifestyle Exhibition

On Tuesday and Wednesday 17th and 18th March, the British Embassy hosted an exhibition, titled British Lifestyle, which highlighted the products of a number of small but innovative design and manufacturing companies in the luxury goods market. Ron Archibald, Head of UK Trade and Investment, which organised the exhibition, said, "From London to Isle of Lewis, Britain is renowned for companies producing world-class consumer goods. Many Russian consumers are now looking beyond the obvious labels, and we are sure that the companies will find a ready audience in this discerning luxury market." Perhaps the most unexpected exhibitor was Harris Tweed Hebrides, from the



isle of Lewis. Harris Tweed has, by Act of Parliament, to be traditionally "hand woven by the islanders at their homes in the Outer Hebrides, finished in the islands and made from pure virgin wool

dyed and spun in the Outer Hebrides." The Chairman of Harris Tweed Hebrides is Rt Hon Brian Wilson, who was for many years the Minister responsible for Trade and Investment in the British government, but who now lives in Lewis. He introduced the press conference which launched the exhibiton, after which he manned the company's stand. The first item in the full presentation was a film giving a brief history of British fashion over the past half century. It started at the beginning, forty-seven years ago, with an antique clip of the Rolling Stones singing: "Hey! You! Get off my cloud". That, in the context of Hebridean wool, reminded me of the old Highland joke that has the punch-line, "Hey! Macleod! Get off my ewe."

Ian Mitchell

The Remont

Fred Flintstone

When we left the Flintstones last month, they had become an "Ikea Family" after being ripped off on a divan purchase by Fabrika Fourth of July. Fred, Wilma and Fred Jr were moving into a new apartment that Wilma received from the city to replace their previous one, since then demolished. The Flintstone's new apartment replaced the aging flat that Wilma inherited from her grandfather.

The family had waited ten years, and Fred was thrilled (and surprised) with the new digs, with its unobstructed view up and down the river from a top floor. Fred had no complaints; as a Soviet-era Anapa winemaker once told him, "If someone should be so lucky to get some of our wine, how can he complain about the quality?"

The city delivered no-frills flats, but completely finished. Fred joked with his buddies that "they must have someone whose sole job is to find the ugliest linoleum and wallpaper in the city." The kitchen, though decent-sized, was solely finished with a tiny cabinet and sink. The Flintstones had a month from the time they picked up the key to strip out and re-finish from floor to ceiling, a remont.

When the Flintstones started their remont, they thought to buy otechestveniye (domestic), but the Fabrika ordeal finished that. The Flintstones bought everything they could at Ikea, even shopping at the Ikea food mart. The balance of goods came from the OBI and Leroy Merlin home improvement centers, the big DIY retailers that offer a modern alternative to a visit to the city's huge stroi-rinoks (construction materials open markets). OBI is German, and is more spacious, clean and appears better organized than its French competitor Leroy Merlin, but each has goods not found at the other.

When Fred thought it over, he realized that Ikea, OBI and Leroy Merlin are about as domestic as many local brands. Ikea supports a huge amount of furniture manufacturing in Russia, and a high percent of OBI and Leroy Merlin goods are local manufacture. Other foreign companies in Russia like Italian tile producer Marazzi have domestic manufacturing plants, while otechestveniye kitchen cabinets use Europe sourced hinges, fittings and doors. Even the Fabrika divans open out with foreign mechanicals and are finished with fabrics from around the world.

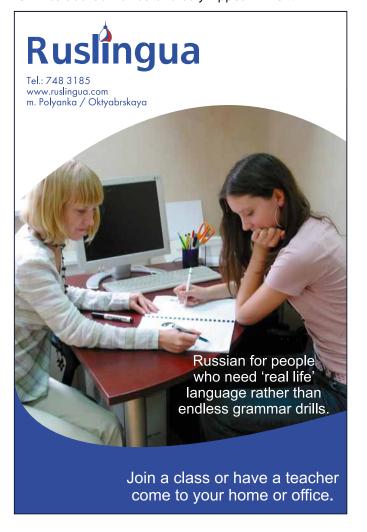
Virtually all foreign companies operate in Russia as a locally registered subsidiary and pay taxes like a Russian company; in fact, unlike many domestically-owned companies, a foreign subsidiary probably pays all its taxes. The foreign company usually has a few foreign managers, but the workers are Russian, and most foreign companies are known for having better worker training and work conditions than local companies. In the end, the remainder, whether foreign or otechestveniye, are profits, which go to shareholders, a global lot of pension funds and institutional investors in the case of a public company, or a few oligarchs in the case of a Russian company.

Back home, the auto unions and Big-3 have failed for years to win over buyers from foreign automakers like Toyota with the "Buy American" slogan. Fred recalls an amusing slick auto "ad" that circulated about the proposed Big-3 bailout during the crisis, which had the caption "You wouldn't buy our s***ty cars, so we'll be taking your money anyway. Maybe the next



time you'll buy American like a real man. Either way, we're cool." To Fred, the current Toyota scandal looks like Payback, Part II, even though most Toyotas sold in America are made there with domestic parts by American workers, though, and this is the rub, non-union.

As for the Fabrika, Fred Jr is writing a subtitle script for a new episode in the "Hitler Finds Out..." video clip series – "Hitler Finds Out Fabrika Fourth of July Ripped Him Off."





Anth Ginn

Britain is crawling out from beneath a bleak, cold, wet winter, still trying to kick off the hangover from the New Year. The sun occasionally peeps through the grey clouds to laugh at us, but as April arrives, it seems like a poor April Fool's joke from Mother Nature. The only thing that's keeping the nation from total breakdown and insanity is our newly discovered love of food. We've spent the winter watching cookery programmes, cooking competitions, restaurant makeovers, celebrity chefs and celebrities trying to be chefs. Everyone in Britain has now heard of olive oil, fresh basil and spaghetti that doesn't pour a tin in river of orange gloop. We are Europe's proud new gourmets.

Up in Yorkshire, food has replaced the weather as the main topic of conversation. They've been partying for days in the Rhubarb Triangle, between Leeds, Wakefield and Bradford. The rhubarb from here, known now that as "forced rhubarb" is grown by candlelight, an ancient technique going back to the Neolithic 1950s when the population of Yorkshire abandoned their huntergatherer lifestyle and took up farming. Yorkshire Forced Rhubarb had taken its place alongside such delicacies as Champagne and Parma ham, in getting Protected Designation of Origin status from the European Commission's Protected Food Name scheme. This is seen by the farmers as a victory against European bureaucracy. The growers say their future is now secure, although cynics point out that the reprieve could only be temporary, saying that when electricity eventually arrives in Yorkshire, the days of growing rhubarb by candlelight may well be over.

Not to be outdone by their rhubarb growing neighbours, and inspired by the

Food and Royalty

magical phrase, "funding from Brussels", the Yorkshire Pudding Mafia are jumping on the nomenclature bandwagon. Roberts, the Real Yorkshire Pudding Company and Aunt Bessie's have sent proposals to the UK Department for Environment, Food and Rural Affairs, demanding that soggy, greasy lumps of batter, resembling deflated Neolithic tennis balls, can only be called Yorkshire Puddings if they are made in the original Lard Triangle, between the Scarborough Mushy Peas Mines, York Soggy Chips works, and Hull East Riding Pork Scratchings Institute.

Over in Wales, an award-winning Anglesey vegetable gardener, Medwyn Williams, 67, of Llanfairpwll, has taken the culinary world by surprise, by announcing that he will sail to the Isle of Man in a giant pumpkin to raise money for charity. He is growing a giant pumpkin, which he will fit with an outboard motor and a seat. The pumpkin was christened HMV (Her Majesty's Vegetable) Cinderella. Hopefully Mr Williams' provisions will include forced rhubard and soggy Yorkshire puddings. If he runs out of correctly named British produce before he reaches the Isle of Man, he can always eat the pumpkin and swim the last leg of his journey. Showing no fear of crossing the Irish Sea in a giant vegetable, Mr Williams said, "I am totally confident this can be done. I have done tests with smaller pumpkins and they float well. I might just make it to the Isle of Man." Another first for British culinary enterprise. Ramond Le Blanc eat your garlic-ridden heart out.

Gourmets have also made their mark at the Chessington World of Adventure theme park in Surrey, where they've set up a trial "Pick and Mix" stall of dried insect snacks. If the experiment is successful, the insects will go on sale in the new Wild Asia area of the park, which opened in March. The selection includes chocolate ant biscuits, bacon flavoured crickets, and chocolate covered larvae.

General Manager David Smith, said: "I have tried the sample snacks and I think if you can exercise mind over matter you will find that they are actually quite tasty. If you are one of many parents who have

found themselves pouncing on a child as the worm they discovered in the back garden is about to disappear into their mouth, maybe this new line of ethically sourced insect fare administered in a controlled environment is just what you need."

Back up in Yorkshire, the hunter-gatherer traditions linger on. Andy and Stephanie Cross, of the Black Swan, have added Squirrel Pie and Mash to their menu. Andy Cross said, "It has had a great response people were calling especially to see if we had it on. It tastes like a strong rabbit, just a more meaty taste."

Stephanie came up with the idea, which has proved so popular that the pub keeps running out of squirrels. The grey squirrels come from butchers who are supplied by gamekeepers.

Although forced rhubarb, Yorkshire Puddings, pick and mix insects, squirrel and mash, and diesel powered pumpkins are all going from strength to strength, in the new candle lit, chocolate covered, gourmet Britain, things are not so rosy down in Gloucestershire, where the 200-year-old tradition of chasing rolling cheeses down a hill has been cancelled.

The event has been held at Cooper's Hill since at least 1826, but last year word got around that there was a chance of some free cheese, and thousands of people showed up. Nineteen participants were injured, charging down the hill in pursuit of a 7-pound Double Gloucester. Dozens of people are usually treated for bruises and sprains at the event, but the massive increase in participants has caused concern about serious injury, or, heaven forbid, "Death by Double Gloucester."

Diana Smart, 83, has made the rolling cheeses for years, at her farm at Birdwood in the Forest of Dean. She was "shattered" by the cancellation and said, "I'm shaking at the prospect of not having any cheese-rolling,"

Maybe the numbers attending the festival could be reduced by diverting some of the participants to the The Festival of Food, Drink and Rhubarb, which takes place in Wakefield every February, the Chessington fried insect buffet, or a plate of squirrel and mash at the Black Swan.

Dare to ask Dare



Photo by Maria Savelieva

Expats and Russians alike ask celebrity columnist Deidre Dare questions about life in Moscow

Dear Dame Deidre:

Are men and women "created equal"? And if yes, what about afterwards?

Dear Respectful One:

The first thing I did when I got your question was look up the meaning of "Dame." It entered Middle English from the Latin word "domina" and means "lady." The word is used as a title to address a woman in authority. In this case, said woman "in authority" would be me.

So I immediately liked you.

However, it's obvious to me that you aren't a big believer in equality. Big believers in equality don't go slinging the title "Dame" around willy-nilly.

Now to get to your question: No, men and women are not "created equal."

Females are by far the superior sex. Ask any Russian chick.

And we can have multiple orgasms. In fact we're so much better than men that I think the term "Dame" should be used to address each and every woman on the planet from now on. Seriously. xxoo Dame DD

Dear Deidre:

I work for an English law firm and so does my gay friend, and he is moving to Moscow soon for his secondment. What's the "take-it-up-the-butt" situation like there? I know your advice tends to border on racy, but seriously, he's afraid of some major Cossack crackdown. He's the LA-type, so he needs all the help he can get.

Dear Friend of He Who Fears

Okay. You want me to be serious. Fine. I can do that.

In Moscow, homosexuals are considered by the establishment to be the equivalent of "weapons of mass destruction." Therefore, I highly suggest your Cossack-fearing friend to avoid gay rights parades, public displays of affection and the Mayor's office.

If he follows those simple rules, he'll be fine. I have more gay friends here than I had in New York City and I can easily put him in touch with a pretty cool crowd.

On another note, I think your mate should do some research into Russian culture before he comes here. Because to date I haven't seen a single Cossack gallop through the streets of Moscow.

But then again, it's Moscow, so I guess you never know what you'll see tomor-

Oh, and by the way: that's "Dame Deidre" to you.

xxoo, Dame DD

Dear Deidre:

Is date rape a big problem for girls who go out in Moscow?

Dear Potential Victim:

Short of guys actually using the Date Rape Drug on women, I really don't get the whole concept of "date rape." If it's true that women who are smashed out of their minds lose the ability to voluntarily consent to sex, then my life in Moscow has been one long gang rape. As has every other girl's I know.

And since the men here are usually just as smashed out of their minds, why aren't they being raped too? Why isn't there a notion of "mutual rape?" Maybe because the conversation the next morning would be too absurd:

"You raped me!"

"No! You raped me!"

Maybe we simply call it even.

I think the point of alcohol is to rid

ourselves of inhibitions. Because of that, both sexes want lots of things when they're on the piss that they might wish, the next day, that they hadn't wanted. Like that fifth shot of vodka. Or to tearfully call their ex-lovers on the telephone. Or to offer to give \$10,000 to a struggling artist one meets in Soho Rooms. Or to go to Sparrow Hill in the middle of winter and watch the sunrise. Just to name a few of next-day regrets I've had lately.

So depending on how you look at it, either date rape is a HUGE problem in this boozed-up town or it's non-existent. Your call.

xxoo, Dame DD

Dear Deidre:

I am from New Zealand and I want to know why all the pretty young Russian girls I date are so messed up in the head?

Dear Russophile:

Stop dating eighteen year-olds. xxoo, Dame DD

Dear Deidre:

I am a Moscow-born, American-educated lady who has lived in the US for 12 years and is now back in Moscow. What do you think about Russian men in bed? My friends and I find them inadequate in sex. They jump up and down for 5 minutes and satisfy themselves only. I would think that having a bigger women supply here in Moscow, they would be more sophisticated in their skills, but God, no. They are more primitive than primitive men. Any advice to find better sex in Moscow?

Dear Involuntarily Frigid:

I agree with you completely. I've been a Jumpee myself on many occasions. In fact, in the two years I've been in Moscow, I've had exactly two orgasms off Russian men. And most girls here consider THAT extremely lucky!

My advice for finding better sex here? Masturbation.

xxoo Dame DD

Do you have a question for Dame Deidre Dare? If so, please email her at Deidre_Clark@hotmail.com.

DAD RAP

Ian Mitchell

Genghis Khan has always had a bad rap in Russia. He has been blamed for most of the unpopular features of government, like cruelty, totalitarianism and taxation. But then many Russians blame the Americans for the collapse of the Soviet Union, the Jews for setting it up, and the Germans for making it possible by supplying so many unbending Tsars. Russians love to ascribe their own problems to the machinations of others. So perhaps it is time to reassess the image of Genghis Khan. This is what Professor Jack Weatherford, who holds Doctorates from both the University of California and Chinagis Khaan College in Mongolia, has done.

In fact, he has gone further, and reconsidered Genghis Khan's contribution to the modern world generally. It has been said of quite a few people, from Adam Smith and James Watt through to Lenin and Elvis Presley, that they were the "makers of the modern world". But perhaps the most surprising object of such a claim is Genghis Khan.

Professor Weatherford says: "Genghis Khan's empire connected and amalgamated the many civilisations around him into a new world order. At the time of his birth, in 1162, no-one in China had heard of Europe and no-one in Europe had heard of China. By the time of his death in 1227, he had connected them with diplomatic and commercial contacts that still remain unbroken."

In doing so, he "smashed the feudal system of aristocratic privilege and birth" and "built a new and unique system based on individual merit, loyalty and achievement." He took "the disjointed and languorous trading towns along the Silk Route and organised them into history's largest free-trading zone." He also gave tax-fee status to medical and educational institutions, established a regular postal system and, most significant of all, he created international law and invented the concept of diplomatic immunity.

Chaucer wrote about Genghis Khan in the Squire's Tale, saying he was "noble", "wise and rich", that he "kept his law" and was "just". Yet Pushkin, the Chaucer of Russia, wrote that the Mongols were "Arabs without Aristotle and algebra." Actually both were right, as I shall explain below.

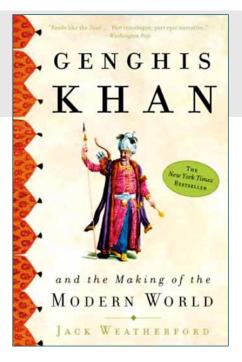
It is true that the Mongols killed the rich and powerful in societies which opposed them, and took many of the skilled craftsmen from settled communities back to Mongolia to work. But they were only more systematic than Moscow was with Novgorod three hundred years later, or the USSR was with Germany four hundred years after that. Genghis Khan was ferocious but without being sadistic. By contrast, his contemporary, Frederick Barbarossa, mounted a campaign against Cremona in Lombardy during which he catapulted captured children over the walls into the besieged city.

The Mongols were never hostile to those who accepted their over-lordship, unlike Stalin who, just before a more recent Operation Barbarossa, killed 14,000 Polish officers and gentry without any provocation at all. Such Mongol cruelty as there might have been was often matched by that of their enemies. For example, we learn that four hundred Mongol captives at Isfahan, in 1228, were tied behind horses and dragged through the streets as a form of public entertainment, after which their corpses were fed to the city's dogs.

Genghis Khan never mutilated his victims. In fact he outlawed both slavery and torture. His preferred method of punitive execution was to order the victim to be wrapped in a carpet and kicked to death.

Running right through this fascinating book are comparisons like these. Professor Weatherford takes the story right up to the present as he wants to show how Genghis Khan's innovations worked their way into the fabric of world history. "Paper was the most potent weapon in Genghis Khan's arsenal," he says. As the empire grew, record-keeping expanded. Genghis Khan introduced both an alphabet and writing to his people. His successors brought paper from China to Europe, which had hitherto relied on parchment for document production. Without this new material, Gutenberg's invention of movable-type printing would not have been possible.

Genghis Khan introduced the con-



Genghis Khan and the Making of the Modern World Jack Weatherford Three Rivers Press \$15.00

cept of religious tolerance, which was completely new in the middle ages. The Christian west persecuted the Jews, slaughtered Muslims, burned heretics alive and later invented the thought police in the form of the Catholic Inquisition. By contrast, the Mongols became Buddhist, Muslims or Confucians. Genghis Khan had Christian relatives. Fifty years after his death, the emissary sent to meet King Edward I of England, Rabban bar Sawma, was himself a Christian.

But the greatest gift Genghis Khan gave to his people was the rule of law. At about the time of the Magna Carta (1215), which formally subjected the King of England to the laws of the land, Genghis Khan "made it clear that his Great Law applied as strictly to rulers as to everyone else." Sadly, as Professor Weatherford notes, "his descendents proved to be able to abide by this for only about fifty years after his death before they discarded it."

In that sentence is the key to the hatred of the Mongols which has disfigured so much of Russian, and European, historiography. They never matched up to the standard set by their founder. The sins of the sons have been visited on the father, quite unjustly.

For Genghis, it was not just a bad rap, it was a Dad rap.

'Absurdistan' by Gary Shteyngart

Emily Fieldhouse

Let me introduce Misha Vainberg. A self-confessed incorrigible 'Snack Daddy', son of the 1,238th richest man in Russia, and holder of a degree in multicultural studies from Accidental College, USA, he is an American stuck in a Russian's body.

Disillusioned with life in St. Leninsburg, 'where neoclassical buildings sink into crap-choked canals', he longs to return to New York. However, despite his living there eight years like an exemplary American, spending \$2 million on legally purchased goods and services, his dream seems impossible. The problem lies in his father's assassination of an Oklahoman businessman, a reason the Immigration and Naturalization service cites in all nine visa refusal letters. A glimmer of hope lies in his friend and American he likes to call Alyosha-Bob, whose contacts in a tiny, oil-rich nation called Absurdistan will sell Misha a Belgian passport.

Faithful manservant Timofey in tow, Misha sets off on an unforgettable journey to the 'Norway of the Caspian'. As a Jew 'by nationality', he is, much to his delight, treated like royalty upon arrival. When civil war breaks out between the Svani and Suvi people, who cannot seem to agree on which way the footrest should point on the Orthodox cross, 'Little Misha' is appointed Minister of Multicultural Affairs.

Written from the Mountain Jew community of Davidovo, Misha chronicles his story of love - too much love by his own admissionand his fight for survival. With an incredibly funny narrative voice, Absurdistan is a fiery satire which is wonderfully written and pure pleasure to read. Easy to follow, and highly resonant for those who have already been immersed in Russian culture, I would recommend Absurdistan to both new arrivals and old timers.



SELF STORAGE SOLUTIONS

Our facilities here at RED BOX are designed to work around your requirements, giving you everything you need to keep your belongings safe and secure.



www.redboxco.ru

Berezhkovskaya Nab. 20, bld. 9, Moscow, Russia

How to: buy some

Other than simply asking someone to wait, there are all kinds of ways to let someone know you'll be right with them.

Just to distinguish between the key verbs:

Ждать – to wait (usually, always, now) Подождать – to wait for a short time Дождаться – to wait until the end

Asking formally

Будьте любезны, подождите, пожалуйста.

Please be so kind as to wait.

Подождите меня, пожалуйста. Please wait for me.

Подождите немного. Please wait, not for long.

Подождите, если нетрудно.

Please wait, if that's not inconvenient for you.

Just a sec

Минуточку! Just a minute! Секундочку! Hang on a second! Подожд<mark>и</mark>! Wait!

Just coming

Сейчас! (Pronounced 'shas!') Any moment now!

Сейч<mark>а</mark>с б<mark>у</mark>ду! *I'm right there!*

Скоро буду! I'll be with you soon.

Иду! I'm coming!

Бегу! I'm hurrying.

Лечу к тебе! I'm on my way to you (literally 'I'm flying to you')

Too excited to hold on

Я жду-не дождусь! I can't wait!

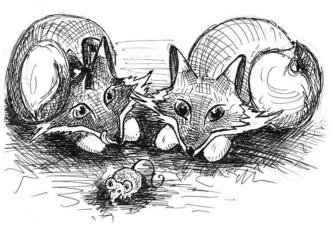
Courtesy of RUSLINGUA www.ruslingua.com



46



A 'Lisa & Friends' Story, no. 5 Dasha & Masha Go Exploring



"Bleeaghh! What IS that smell?", exclaimed Lisa, her nose wrinkled in two as she tried to close it in protest. Actually, it was horribly obvious what the smell was, and equally clear how it had got into Uncle Volkiy's dacha. Masha and Dasha, the twins, were so covered in dung that only bright white teeth and even brighter green eyes shone out of the cloud of poo and flies. They thought it was great fun!

Out! OUT! Screamed Lisa as she shooed them backwards into the fresh air with one paw while trying vainly to shield her nose with the other. Once outside, she could not resist a laugh. The cubs were hardly recognisable under their quivering quilts of yuck. There was no point in asking what, where or how they had got like this. She looked around. Woods, orchards, grassy fields, a clean stream, clean hills, blue sky and fresh air. And they had found a farmyard dung heap. If the girls were this made up with muck, she shuddered to think what Sasha and Boris would look and smell like. "Tea in twenty minutes – ONLY if all four of you pass through the river first".

"Buuut, Mum...." the twins' moan faded under Mum's stern stare. Off they slinked to drag their brothers through the riverbath. They were hungry, and they could smell the cooking.

Back inside, Lisa scraped up the worst of the twins' trail and helped in the kitchen. "Are the cubs enjoying their visit?" asked Uncle Volkiy, needlessly. "We'll find out soon enough", she giggled as the door burst under a yelping, rolling knot of fourfoxfur. At table, in some sort of order, the noise was worse than the smell. Chatter to deafen a gaggle of geese. The day had been a success. Endless space for running. Ducks to frighten. Moles and voles to scrat after. Rabbits to chase down holes. Badgers to badger. Dung to roll in. Clean water to splash in. Fresh air to gulp in. Ferrets and weasels to ... get a bite on the nose from.

They were exhausted. "Mum, can we live here all the time?" Lisa had been waiting for that. Uncle Volkiy, always com-

plaining he never saw enough of the cubs, looked at her. "Of course!" said Lisa after a pause. "But..." There was always a but. "You have licked the pattern off your plates. All that hunting, all that chasing, didn't you eat all day?"

Ah! If only it was that simple. In Moscow, feeding is easy. Scraps, leftovers, throwaway food, overfed pets, overflowing bins. Out in the Oblast, not only were there fewer lunches wandering around, they all seemed quite keen on not being caught. Four pampered urban foxes were not fit or cunning enough to convert live chase into food. They couldn't catch an otter in the water, a pheasant in a field, or a squirrel up a tree. They did corner a farm cat briefly, which reminded them: "Mum, can you patch our scratches?"

"Sorry, no medicine here. You'll have to wait until we get back into town. They'll heal."

"Don't worry, Dasha and Masha," offered Uncle Volkiy, who always had a soft spot for the twins, "I'll soon teach you to hunt properly, as a team, instead of just chasing



Trilingual kindergarten for children from 2 to 7 years old

Discover the world with native speaking teachers!

Tel: 007 495 697 20 06 www.ptitcref.com

Family Pages



wildly like you were earlier. Also to show you the farmer's traps, and spot which bait has been poisoned, and when to lie low when you smell the hunters' guns coming for you". He was trying to be helpful and encouraging, but it had the opposite effect.

The cubs were already working out the odds. It gradually dawned on them why they saw more gulls, crows, sparrows and even foxes in town. Country life is clean and green, but harder work. Boris and Sasha were still laughing about the dungheap, and the fun of chasing rural rats. They forgot that they had not actually caught anything.

As usual, Dasha and Masha were more alert than the boys. "Mum, we have had a great day. Thank you, and Uncle."

"You are welcome", replied the grown-ups. "Anything else?"

"Yes" said Dasha, "We have a lot to learn, and the change of scenery has brought it home to us."

"It's easier to stay put and take everything for granted, and





there's less risk with what you are used to," added Masha. "But, nothing ventured, nothing gained."



Puzzles compiled by Ross Hunter

1 When is Easter?

Now there's a puzzle! The short answer is: the Sunday after the 'Paschal' full moon following the equinox on 20/21 March, straight after Passover. In practice, this means that Easter Sunday must be between 22 March and 25 April, but working it out from the new moon tables requires a degree in astrophysics.

And that is the easy bit. These dates are based on the Gregorian calendar. The Orthodox Church still uses the older Julian calendar, replaced in Britain in 1753, and in Russia in 1918, which means Easter can be the same date, or up to five weeks later. Some years, like this year and next, they are the same. For your planning:

2010	April 4
2011	April 24
2012	Apr 8 (w), 15 (o)
2013	Mar 31, May 5 (o)
2014	April 20

2 Easter photo quiz

Here are five photos of famous Moscow buildings. Can you name each one, and find the odd one out: four are churches, one is a famous but secular building. Beneath are details from each one: match the building to the cameo.





















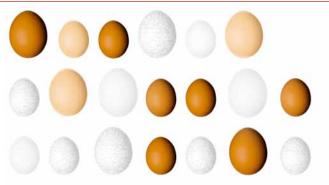
3 'Unscramble the Omelette'

Lisa is giving the cubs eggs for breakfast. But not until they work out which eggs are which. Can you do it? Put H, G, D, or S in each egg. Clues: 20 eggs: 8 hen, 6 goose, 4 duck, 2 swan;

More hens eggs are brown than any other colour, half of them are white or speckled;

No duck eggs are speckled or beige, no swan eggs are brown; only two birds lay speckled eggs;

Goose eggs come in all colours, but there is only one white one; Swan & goose eggs are larger than hen & duck eggs. Answers on the *Passport* page at: www.englishedmoscow.com



4 Mini Sudoku Usual rules, but only 1-6. 'Mild'

	5			2	
			6		
2			1		
3		5		4	
4					3
		1			

Solutions from March:

Sudoku: see English International School website Word search: at least 20! Across – greasy survive exploits cats adventure grin; Up & down - Sasha heave cheesy fun suburb see; Diagonal – fox dog inventive roses be save vast had.

Distribution List

Restaurants & Bars

Academy Adriatico Adzhanta

Aist Alrosa

American Bar & Grill

Apshu Art Bazar Art Chaikhona Australian Open Baan Thai Beavers BeerHouse Bellezza Bistrot

Blooming Sakura Blue Elephant

Bookafe

Cafe des Artistes Cafe Atlas

Cafe Courvoisier Cafe Cipollino Cafe Gorozhanin Cafe Michelle Cafe Mokka

Cantinetta Antinori

Carre Blanc

Che

Chenonceau China Dream Cicco Pizza Coffee Bean Colonna Costa Coffee **Cutty Sark**

Da Cicco Darbar Djonka

Dom Kompozitorov

Esterhazy Fat Mo Feras French Cafe Gallery of Art Gandhara Ginger Cafe Gorki

Grand Havana

Guilly's Hard Rock Cafe

Hotdogs Ichiban Boshi Il Patio Italianets Ju-Ju

Khajuraho Labardans Liga Pub

Louisiana Steak House

Mikstura

Molly Gwynn's Pub

Navarros Night Flight Nostalgie Old Havana Club Pancho Villa

Papa's Pizza Express Pizza Maxima Planeta Sushi

Prognoz Pogody

Pvramid Real McCoy Rendezvous R&B Cafe Scandinavia

Seiji Shafran Shamrock Shanti Shokolad Silvers Irish Pub

Simple Pleasures Starlite Diner

Sudar SunGate T. G. I. Friday's Talk of the Town Tapa de Comida

The Place Trattoria Macaroni The Tunnel Vanilla Sky Vogue Cafe Vesna

Tesoro

White Sun of the Desert Yapona Mama

Hotels

Akvarel Hotel Moscow Ararat Park Hyatt

Art-Hotel

Barvikha Hotel&spa

Belgrad

Courtyard by Marriott

Globus

Golden Apple Hotel

East-West

Hilton Leningradskaya

Iris Hotel

Katerina-City Hotel Marriott Grand Marriot Royal Aurora Marriott Tverskaya

Metropol

Mezhdunarodnaya 2 Maxima Hotels

National Novotel 1, 2 Proton

Radisson Slavyanskaya

Renaissance **Sheraton Palace**

Soyuz Sretenskaya

Swissotel Krasnye Holmy

Tiflis Volga Zavidovo Zolotove Koltso

Business Centers

Iris Business Center

American Center Business Center Degtyarny Business Center Mokhovaya Dayev Plaza Ducat Place 2 Dunaevsky 7 Gogolevsky 11

Lotte Plaza Meyerkhold House Morskoi Dom Mosalarko Plaza Mosbusiness Center Moscow Business Center Mosenka 1, 2, 3, 4, 5

Japan House

Novinsky Passage Olympic Plaza Romanov Dvor Samsung Center Sodexho

Embassies

Australia Austria Belgium Brazil Canada China Cyprus Czech Republic

Denmark Delegation of EC

Egypt Finland France Germany Hungary Iceland Indonesia India Israel Italy Japan Kuwait

Luxembourg Malaysia Mauritius Mexico Netherlands New Zealand Norway Pakistan

Peru **Philippines** Poland Portugal Saudi Arabia Singapore Slovenia

South Africa South Korea Spain Sweden

Thailand **United Arab Emirates United Kingdom United States**

Medical Centers

American Clinic American Dental Clinic American Dental Center American Medical Center European Dental Center European Medical Center German Dental Center International SOS **US Dental Care**

MedinCentre

Others

American Chamber of Commerce **American Express** Anglo-American School American Institute of Business

and Economics

Association of European

Businesses Astravel

Aviatransagentstvo Baker Hughes

British International School

Cara & Co. Coca Cola Citibank Concept MR, ZAO Dr. Loder's DHI

English International School

Ernst & Young

Evans Property Services

Expat Salon

Foreign Ministry Press Center

General Electric General Motors CIS Gold's Gym

Halliburton International Hinkson Christian Academy Imperial Tailoring Co.

Indian Shop Interpochta Ital-Market

JAL

Jones Lang LaSalle LG Electronics Mega/IKEA

Moscow Voyage Bureau Move One Relocations

NB Gallery Park Place Passport Office **PBN Company** Penny Lane Realty Philips Russia Pilates Yoga Pokrovky Hills

PricewaterhouseCoopers

Procter & Gamble

Pulford Reuters

Renaissance Capital

Respublika **Rolf Group** Ruslingua

Russo-British Chamber of Com-

merce

St. Andrew's Anglican Church

Savant

Schwartzkopf & Henkel Shishkin Gallery

Sport Line Club **Swiss International Airlines**

TeamAllied Tretiakov Gallery Unilever Uniastrum Bank WimmBillDann





Welcome to life on top!

The Penthouse Club-Moscow provides a sophisticated and sensual atmosphere, where you are pampered by beautiful KEY GIRL® entertainers, while enjoying our extensive American steak and bar menu.

Our professional staff promises to provide the renowned Penthouse Clubs service and quality. Whether you visit us by yourself or with a party, the Penthouse Club-Moscow is sure to please!

GRAND OPENING April 9th, 2010

21, NOVY ARBAT

TEL: +7(495)505-0021 | WWW.PENTHOUSECLUB.COM



The International School of Moscow

A Member of The British Schools Group



School Expansion

Due to the increasing demand for placements The International School of Moscow is proud to announce the opening of a new upper school campus as well as offering two form entry from Nursery through to Year 5.

ISM delivers high academic standards and levels of spoken/written English language in classrooms, by having a selective admissions policy and employing exclusively UK qualified teaching staff. The school offers a distinct British education to students aged 2 to 12.

For more information:

Opening September 2010

New Upper School Campus

Now accepting applications for academic year 2010/'11

Tel: (+7499) 149 4434 or visit www.internationalschool.ru