

Russia to ban  
sushi and  
sashimi over  
Kuril dispute?



Putin asks panel to  
rework post-2012  
economy plan

"Avi Rossini –  
Designer for Men"

London



TOPIC OF THE WEEK → 2

ECONOMICS → 3

# LONDON INFO

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## NO MOBILES ON THE TUBE!

photo: www.jeetonline.co.uk



Many people are worried about the potential threat from thieves and muggers if mobile phones can be used on the underground

**Chinese telecoms firm Huawei has offered to foot part of the bill for an underground mobile phone network on London's tube system in time for the Olympic Games in 2012. But Three quarters of Britons are unhappy with proposals to put a mobile network on the Tube.**

Research from a leading mobile phone comparison website has revealed that the majority of Briton's feel the underground is the last bastion of peace from incessant ring tones. A third said they were worried about the potential threat

from thieves and muggers if mobile phones were on display all the time. Many said they were unhappy with the idea said that they were worried about increased stress and violence from people getting annoyed with other people's phone conversations.

China offers £50 million to buy mobile network for London Underground 21 Feb 2011. But the one in four people who welcomed the idea said it would increase safety by making it easier to contact the emergency services.

«The news of the underground mobile network certainly has caused quite a stir, but I am surprised to see so many people are against it,» said Mark Owen, founder of GoodMobilePhones.co.uk.

«Not only would it mean you could make calls on the tube, but it could be a great success in the case of any

emergency.»

He continued: «There are obviously risks with having increased usage of mobile phones on the tube, but these are things that can be sorted. Having an underground mobile phone network is the next logical step, following in the footsteps of Paris and Hong Kong, who have had no major problems. Anyone who thinks that their mobile network may be too expensive can find the best deal for them at GoodMobilePhones.co.uk, where we compare the lifetime costs of mobile phones in order to save you money.»

### Barclays exits Russian retail banking



Barclays' decision to sell its Russian retail and commercial lending arm after failing to meet return on investment objectives may raise some alarms. The cost of its Barclays Bank Russia, claiming a £243m goodwill write-down.

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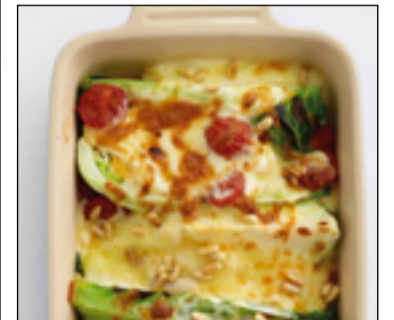
### Memories of a decade and a half



Bruges is the most touristic spot in Belgium, it is absolutely tiny, beautiful, romantic and any other words that travel guides write.

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### Healthy Russian Diet



We were brought up in Russia with the notion of cheering high calorie food – now it is frowned upon and most of the recipes have a calorie count staring back at you in a silent reproach.

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# WORLD WIDE WEB



Just living is not enough. One must have sunshine, freedom, and a little flower.  
Hans Christian Andersen

# A little bit of everything



## BLOG



### Letters to YOU: "How do I motivate myself?"

Dear You,  
You know how easy it is to set a goal and how hard it is to take an action. How many times have you set New Year's resolutions and failed to get permanent results? I bet that happened at least once for each one of you. Why did it happen? Where did you go wrong? Did you really want it? Or did somebody else want you to achieve something? Whatever your reasons for not achieving your goals were, what counts is that you did not get there! One of the most important contributors towards achieving results is motivation. Lack of motivation will not get you anywhere. If you are not motivated enough to do something, then I suggest you do an exercise on values elicitation. When you get your 10 top values (e.g. health, love, friend, honesty etc), set at least one GOAL for each thing you value in life. That is the trick – goals you set have to be congruent with your values. If your top value is health and your goal is to maintain a healthy lifestyle through starting gym & other classes, then the chances that you will take actions are very high. That's your starting point – prioritise your values!! Here are some valuable tips on maintaining motivation.

1. Set specific concrete goal (aim, target, achievement) stated in POSITIVE TERMS (e.g. Instead of saying "I want to lose weight", say "I want to weigh 8.5 stone"). This guideline will lead you in the right direction. Move towards achieving your goal, not away from it. For example, "I want a fancy car" – moving towards your goal, whereas, "I don't want to use public transport anymore" – moving away from your goal. "Moving towards" goals are concrete, motivational and positive.  
2. Future results should evoke STRONG POSITIVE EMOTIONS. What are the reasons for wanting to do what you're going? (write down all the possible reasons). Find your TRUE intention. What is more important than the goal corresponding with your core values? The stronger the link between your core values and goals, the stronger motivation will be.



3. Each step you take brings you closer to your goal. And it's great! Success of achieving your big goal is directly linked to the success of small actions you take on a daily basis. You have achieved something today - so there is reason to rejoice. You have made an effort - you got result and it's great!  
4. Break down your big goal into a number of small goals (i.e. list

of actions). This strategy will allow you to begin ACTING today rather than postpone it indefinitely. The division of the work into separate parts makes it possible to identify the necessary DAILY EFFORTS. In addition, regular work creates a certain rhythm of activity. This rhythm, or rather compliance with it, starts to act as an INDEPENDENT MOTIVATING FORCE for the continuation of activities.  
5. Give yourself feedback on a daily basis. We are talking about the ability to perceive the results your daily actions, the ability to see, hear and feel everything that happens to us and around us. Unfortunately, people often ignore feedback and fail to achieve big goals.

6. Compare your today's results to yesterday's results. Such mechanism of comparison allows us to emphasize progress toward the goal. Even if you make today - it's just a painted line or a single brick, laid in the wall of a future home. Any step toward the goal associated with positive experiences. It is important not to drown, and enhance those experiences. NEVER compare the result of today's action to your ultimate goal. Your today's achievement will seem small comparing to your big goal. However, remember that this small action you took, brought you closer to your ultimate goal.

Each step you take brings you closer to success! Everything that is written above, cannot give you the motivation, but it will help you understand that motivation is already there!

Be healthy, happy and wealthy.... and Remember: «Do not wait to strike until the iron is hot, but make it hot by striking»

Always by your side,  
Tati Irodova

www.lifeskillsemporium.com

## QUESTION OF THE WEEK

### How do you define a true friend? What would lead you to end a friendship?



(From www.livejournal.com)

breezwoo\_k

Someone who genuinely cares for me? And would listen to me when I need it. Someone who understands me and how I operate. And perhaps most importantly, knows how to be quiet and give me my space.

\*\*\*

sister\_moon

A true friend huh? Well I would have to say that in one word... Mark... he is a wonderful man who has helped me more than anyone I know, he's like a brother to me.

\*\*\*

iamunicorngirl

A friend/lover should

- Always be your ally, no questions asked, be there for them, even to bury a body and clean up the blood
- Trust you and you trust them, even if you have some things private from each other
- Give you space to lead your own life, but have fun sharing it with you
- make you feel special

A friend/lover should NEVER

- Betray your trust
  - Leave you hanging
  - Make you feel inferior, embarrassed, ugly, or worthless
  - Become clingy, obsessed, and jealous
- Those are the main things for me.

\*\*\*

darkdemon0420

Well a True friend is really someone that you can trust, have a fun time chillin with, someone that will be there as a friend when u really need a friend the most. A true friend is a good person to have around with you. It is also a person that will back you up no matter what, they will have your back, when you have their back. It is always good to have a friend to talk too.

Well the only way that a friendship would lead to a end would be that the person you are friends with was either lying to you or have done or something really bad for it to end.

## APHORISMS FOR EVERY DAY



By Leonid S. Sukhorukov

To lead others, embody their ideals!

\*\*\*

Life is the distance between dreams and reality.

\*\*\*

To spend money wisely – first spend it on your wisdom.

\*\*\*

You can't save time by not using it. The more we know, the easier it

becomes to admit what we don't know.

\*\*\*

Life smiles at those who don't envy the success of others.

\*\*\*

True friends rejoice in our success. The false hate us for it.

\*\*\*

The poor are led by want, the rich by whim

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# ART



"Of all the arts, abstract painting is the most difficult. It demands that you know how to draw well, that you have a heightened sensitivity for composition and for colours, and that you be a true poet. This last is essential."

Wassily Kandinsky

## Trend spotting: Contemporary perceptions and interpretations of classical traditions

**Haunch of Venison London is opening this month two solo exhibitions of Meekyoung Shin and Susanne Kühn. Both artists' works are informed by European and Asian history and Shin's classical sculptures make a sharp antithesis to Kühn's pop two-dimensional images. Alexander James takes a 17th century Dutch Master view in his most recent photographic project of 'nature morte' underwater shots and Hales Gallery opens on the 24th the new exhibition TOLD, showing selected works by Laura Oldfield Ford, Emma Talbot and Russian artist Darina Karpov.**

Xanthi SKOULARIKI  
art@russianmind.com

The London gallery of Haunch of Venison has opened this month two exhibitions of Korean artist Meekyoung Shin and of German artist Susanne Kühn. Shin's exhibition includes a number of installations from her ongoing Translation project, in which virtuoso facsimiles of Chinese porcelain and Western classical sculpture are reinterpreted in soap. Initially trained in Korea in a classical tradition of European sculpture, Shin subsequently moved to London where she became drawn to processes of 'translation' undertaken by objects representing a particular culture which have been subject to a shift in location. In Translation Vases (2009), Shin reproduces several pieces of highly collectable porcelain – produced in China since the sixteenth century for consumption in the West – translating the form directly from the original. By rendering these precious objects in a seemingly fragile and transient material such as soap, Shin questions the authority and originality the original vases demand. Presenting the new vases on the packing crates in which they are shipped from location to location further emphasises the sense of dislocation and transformation.

Ghost Series, a landscape of more than 200 translucent vessels resembling coloured glass, further evolves the notion of the transience of the original by stripping the forms of both their perceived solidity and their decorative markings, leaving only an echo of the original form. Also exhibited are a series of earlier works representing Shin's reworking of classical Western sculpture. Crouching Aphrodite (2002) presents the artist's figure as a marble antiquity but modelled in soap, the soft and vulnerable

materiality of the medium a counterpoint to the canonical view of this tradition presented to her as a student. This approach is developed further in the impressive Aphrodite (1998) and the more recent Kuros series (2009), in which the figures have been exposed to the weathering of the elements, their disintegration mirroring that suffered over time by ancient sculpture created in seemingly more durable materials.

Susanne Kühn – who is exhibiting for the first time with the gallery – introduces an innovative blend of realistic light effects, fantastic architecture and figuration, featuring new work including paintings of landscapes and unsettling domestic interiors.

Having studied at the renowned Hochschule für Grafik und Buchkunst



Alexander James, 'nature morte' from the Dark Water Dutch Masters series, 2011; Photography Copyright © 2010 Alexander James

(Academy of Visual Arts) in Leipzig where she received classical training in painting and drawing.

Kühn moved to the US shortly after her graduation. She completed postgraduate studies

at the School of Visual Arts and Hunter College in New York followed by a Radcliffe

Fellowship at Harvard University. Her experience of living in America coupled with her

academic background from Leipzig makes Kühn's paintings unique and different from

her colleagues from Germany. Kühn's work offers painterly and formal connections between figures, landscape, and architecture through a vocabulary that is emblazoned with light and informed by European, Northern American, Asian art and history.

Her drawings and paintings suggest fanciful worlds, private and closed in many ways yet broadly resonant and open to a range of interpretations. The show features a sequence of paintings depicting domestic interiors and landscapes which are on the threshold of nature

and urbanism. These series of works – Garden Eden (2010), The Flood (2010),

The Couple (2011), Portrait of a young man (2009) – illustrate Kühn's exploration of

borders, thresholds and intersections challenging traditional perceptions of painting

while adding a peculiar quality of compositional movement and of animation.

A signature characteristic of Kühn's work is the investigation of Northern Romantic

tradition through the influences of sources like The Hudson River School or the

photographs by Ansel Adams. At a glance her works resemble the paintings of

Caspar David Friedrich, in Black + White Landscape on Wall (2010) and Mountains

on photo (2010), Kühn composes a towering landscape of cypress trees, pines, and willows in woods, altering the Romantic atmosphere with a vaguely ominous contemporary insinuation.

www.haunchofvenison.com

Alexander James, a photographer with no formal training, has just made public his newly completed series depicting the work of the 17th century Dutch Masters, all shot underwater. The photographs are produced with period props, food and real insects. These carefully staged scenes are all captured 'in-camera' without the use of post production, either traditional or digital. James is working with the subtle distortions of light & movement from the waters own wave energy, adding a painterly quality to the photographs.

James' photographs are always presented 'as-shot' with no post production either traditional or digital. He sees the process as cathartic rather than a critical one and it is this dedication to 'in camera' purity that establishes a predominant focal point for his practice.

Aiming to be a genuine exemplar of authentic artistic expression, untrained, he is searching for his own powerful and uncorrupted vision. James is distilling elements out of his images with the strong use of deep blacks, hoping to convey rich layers of meaning in what at first appear deceptively simple images. James is attempting to present the beguiling beauty of our everyday confinements through images whose essence is derived from the ordinary, displaced and the overlooked. Over the past 20 years he has travelled around the globe with a camera at his side. Much of this time has been involved with community and voluntary projects within the community. Alexander James has exhibited in Tokyo, Sydney, Shanghai, Paris, Munich and London.

www.distilennui.com

storytelling rooted in digression." The paintings revel in decorative elements which contrast with suggestions of violence and unrest. As well as these direct influences, Karpov is an inveterate collector of photographs and magazine clippings which she keeps in a

Karpov talks of her work as "a kind of errant or fugitive storytelling rooted in digression."

variety of boxes in her studio. Karpov draws inspiration from this fusion of diverse materials.

Karpov studied on the MFA programme at Yale. She has recently been awarded The MacDowell Colony Residency (2011), the Virginia Center for Creative Arts Residency (2011) and received the Pollock-Krasner Foundation Grant in 2009/10. Her work is included in the West Collection, Zabudowicz Collection and the Vilardell Collection. Karpov lives and works in Brooklyn, USA.



### LONDON ART CALENDAR

#### Currently showing

25 Feb -26 Mar	Adam Broomberg & Oliver Chanarin at Paradise Row. www.paradisierow.com
1-27 Mar	Anthony McCall: Works on Paper and Vertical Works at Sprüth Magers. www.spruethmagers.com
25 Feb - 8 Apr	Charles Atlas at Vilma Gold. www.vilmagold.com
25 Feb - 3 Apr	Chris Barr at Room. www.roomartspace.co.uk
25 Feb - 27 Mar	Condensation at Danielle Arnaud. www.daniellernaud.com
1-13 Mar	If Not then What? at Rootstein Hopkins Parade Ground, Chelsea College of Art & Design. www.ifnotthenwhat.co.uk
23 Feb -28 Mar	Jan Gossaert Renaissance at the National Gallery. www.nationalgallery.org.uk
3 Mar -22 May	Kate McGwire at Pertwee Anderson & Gold. www.pertweeandersongold.com
25 Feb - 30 Apr	Misericord at Space Station Sixty-Five. www.spacestationssixtyfive.com
25 Feb -2 Apr	Mona Hatoum: Bunker at White Cube Mason's Yard. www.whitecube.com
24 Feb - 24 Apr	Morgan Fisher at Raven Row. www.ravenrow.org
2 Mar-2 Apr	Pieter Vermeersch: From 1-100 at Carl Freedman Gallery. www.carlfreedmangallery.com
<b>Last chance to see this week</b>	
Until 2 Mar	Analog at RifleMaker. www.riflemaker.org
1 Mar	Anthony McCall talk at Tate Modern. www.tate.org.uk
Until 1 Mar	Christian Lutz at HOST Gallery. www.hostgallery.co.uk
Until 2 Mar	Re-Read at Trinity Buoy Wharf. http://re-read.co.uk

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