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London



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## WHEAT PLUNGES AS RUSSIA MOVES TO LIFT EXPORT BAN



Russia was the world's third-largest exporter of wheat during the 2009-2010 season with 18.5 million metric tons sold to foreign buyers

**Wheat prices plummeted 4.6 percent Tuesday after Russia said it will begin exporting wheat again, nearly a year after a drought decimated more than one-third of its crop. Russia will lift its ban on wheat exports July 1. Russia said its winter wheat harvest was good and spring planting was 10 percent ahead of where it was this time last year.**

The news came just as global wheat supplies have been tightening. The weather has been either too dry or too wet for ideal growing conditions in parts of the United States, Europe and Canada.

The result has been higher prices, with the additional cost passed along to consumers.

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metric tons sold to foreign buyers.

Analysts expect the country to export up to 15 million metric tons of wheat this year, but some question whether its growing region will be affected by dry conditions in parts of the Ukrainian-Black Sea region and Kazakhstan.

«They're betting that they've got this much to export and they haven't really harvested it yet and now you're getting into the dryness,» Northstar

Commodity analyst Jason Ward said. «I don't know if it's premature or not.»

Mike Zuzolo, president of Global Commodity Analytics and Consulting LLC, speculated that Russian exports could take buyers away from U.S. in Europe and Southeast Asia.

Wheat for July delivery dropped 37.5 cents, or 4.6 percent, to \$7.8225 a bushel after falling as low as \$7.72 a bushel. The price still was 71 percent higher than it was a year ago at the end of May.

In other agricultural contracts for July, corn fell 11 cents to settle at \$7.475 a bushel and soybeans dropped 3.75 cents to \$13.76 a bushel.

Oil and energy products rose while metals were mixed on a weaker dollar. Commodities are priced in dollars, which makes them seem cheaper to buyers using other

currencies such as the euro when the dollar weakens.

Oil prices also got a lift from reports of pipeline problems in the Midwest, which could tighten supplies. Benchmark crude for July delivery rose \$2.11 to settle at \$102.70 per barrel on the New York Mercantile Exchange.

In other Nymex contracts, heating oil rose 5.16 cents to settle at \$3.053 per gallon, gasoline gained 1.9 cents to \$3.0503 per gallon and natural gas rose 14.8 cents to \$4.666 per 1,000 cubic feet.

In metals trading, August gold fell 50 cents to settle at \$1,536.80 an ounce and July silver gained 44.2 cents to \$38.305 an ounce.

July copper fell 0.85 cent to settle at \$4.1775 a pound, July platinum rose \$34 to \$1,834 an ounce and September palladium rose \$19.10 to \$781 an ounce.

### Homosexual love under attack in Russia again

The gay community of Russia, or the community of lesbian, gay, bisexual and transsexual individuals (LGTB),

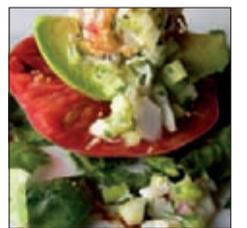


tries to promote tolerance to sexual minorities in the country with the help of most radical and absolutely non-tolerant methods. They try to do it every year attempting to organize gay pride parades in the center of Moscow.

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### Get Saucy!

I am going to say an official "Hello" to the summer. The best thing I love about the summer season is that no matter



how urban you are by nature you feel a brief yearning to be outdoors!

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### Summer Music Festivals in London 2011

The London music scene is vibrant all year round but never more so than during the summer.



A range of festivals and concerts are taking place through the summer months, giving London music revellers the chance to see their favorite acts and unwind in the sun. We've picked the best festivals to attend in the Capital this summer - all you have to do is decide which ones to go to.

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# WORLD WIDE WEB



Life is occupied in both perpetuating itself and in surpassing itself. If all it does is maintain itself, then living is only not dying.

Simone de Beauvoir



## BLOG



LETTERS TO YOU:

### "How to stop procrastinating and start doing?" Part I

Dear YOU,

Procrastination is the most expensive habit in your life. We all have to do something we don't want to do – pay bills, exercise on a regular basis, wake up early, go to work etc. We all find excuses for not doing something and leaving it till the very last moment. The more we delay doing something we don't want to do, the more anxious and annoyed we get. Just think how much your excuses cost you on a daily basis. If you will simply remind yourself that 'time is money', you will be on the right track immediately. How to stop procrastinating? Here are some tips for your consideration.

- Stop making excuses. You are in charge of your own life – accept the responsibility. It's not someone else's fault – it's yours. Start with self-evaluation. Next time you feel like procrastinating, just ask yourself these questions:

1. What will happen if you won't complete this task?
2. What will not happen if you will complete this task?
3. What will happen if you will complete this task?
4. What will not happen if you won't complete this task?

These questions are designed to make you think! They are much easier than they seem. Just give it a go and see what unleashes.

- Practise self-control. Please start with investing in a diary! Make a list of tasks for a day/week. Prioritise your tasks – complete the most challenging one first. If the task has to be done over a certain period of time, then break it into smaller tasks. Concentrate on achieving



smaller goals, which will eventually bring you closer to completing your big task.

- If you are absolutely dreading doing something then do it first thing in the morning. Why? Just get it out of your way while you are still full of energy in the morning and free your mind. If you are trying to get in the habit of doing something few times a week and still can't make yourself follow through – then do it every day until it becomes a part of your life. For example, if you want to do a yoga class three times a week, just do a little bit every day, without skipping and making excuses.

- Stop thinking too much about doing a task. Just make a plan and start following through, you can make adjustments later. If you think too much about completing a task, you will end up thinking that it's very hard, it requires a lot of your precious time and you won't complete it on time. Plan and actions are your best friends in

beating procrastination. Take a first step and go with the flow.

- Fight your fear of failure and fear of success. If fear of failure is your biggest concern then work on your self-confidence issues. Remember that there is no failure, only feedback. If you didn't get something right the first time you've tried, then learn from your experience, think how you could do it again and go for it. You'll be surprised that most people procrastinate because of fear of success! What happens when all dreams come true? Simple – you set new goals. Success comes with responsibility. Decide once and for all – do you want to become a successful person or a philosopher? Do you want to grow old, look back at your life and say: 'I wish I've done this and that'? Deal with life challenges sooner rather than later. You don't want to regret not achieving your life goals.

- Find what motivates you best and use these strategies whenever

you don't feel like doing something. Learn to reward yourself for finishing tasks. Practising self-praising will boost your confidence and give you strength to carry on.

- Don't try! Trying means having an option to fail. Instead of saying 'I will try', learn to say 'I will do it'. Set your mind on success.

- How much time do you spend on personal development? I don't mean just reading self-help books and simply agreeing with the content – I mean doing suggested exercises. Find time for yourself, one-two hours a week, to work on your self-development. If you know you've got a self-confidence issue, do some research on the subject, find exercises and do them. Invest in yourself.

**Be healthy, happy and wealthy...  
and Remember: "Tomorrow is often  
the busiest day of the week."**

Always by your side,  
Tati Irodova

[www.lifeskillsemporium.com](http://www.lifeskillsemporium.com)

## APHORISMS FOR EVERY DAY

By Leonid S. Sukhorukov



I write in brief because I am lost for words.

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Every Goliath has his own Golgotha.

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Life consists of two phases: first you have health and no brains, then you have brains and no health.

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Our life is a map of choices but some of us were bad at Geography!

\*\*\*

Happiness is infectious, misery is contagious.

\*\*\*

Growing old is life's punishment for growing wiser.

\*\*\*

A mask is prepared to face anything.

Read more aphorisms here:  
[www.aphorism.org.uk](http://www.aphorism.org.uk)

