Representatives of Hluttaw attend a meeting of the third session of the Union Peace Conference-21st Century Panglong. PHOTO:MNA

Day four of 21st Century Panglong third session held

GROUP meetings by sectors were held on the fourth day of the third session of the Union Peace Conference-21st Century Panglong at the Myanmar International Convention Centre II in Nay Pyi Taw yesterday.

At the government group meeting, Union Peace Dialogue Joint Committee (UPDJC) member Union Minister U Thein Swe delivered opening remarks, followed by a compilation of remarks made at the third-day meetings of the political, economic, social, security, and land & environment sectors delivered by group members who participated in the meetings.

Group members then discussed and suggested sector-wise policy proposals. In the political group meeting, UPDJC member U Khun Maung Thaung delivered opening remarks and group members discussed and made suggestions on sector-wise policy proposals.

At the Tatmadaw group meeting, UPDJC secretariat member Maj-Gen Soe Naing Oo delivered opening remarks, followed by a compilation of remarks made at the third-day meetings of the political, economic, social, security, and land & environment sectors explained by group members who participated in the meetings. This was followed by group members discussing and making suggestions over the explanations made.

In the Ethnic Armed Organisations (EAOs) meeting, UPDJC Vice Chairman Dr. Salai Lian Hmung Sakhong delivered opening remarks.

SEE PAGE-3

Weather bureau: low-pressure system could cause flooding in Bago Region

ACCORDING to observations made yesterday afternoon by the meteorology department, a low-pressure weather system over the northwest portion of the Bay of Bengal persists, resulting in monsoons over the Andaman Sea and Bay of Bengal. The Meteorology and Hydrology Department has warned people who live near the river bank and low-lying areas of Maun and Shwegyin townships, Bago Region, to take precautionary measures, as the water level of Sittaung River at Maun is only two feet below the danger level, while the water level of Shwegyin River at Shwegyin is only three feet below the danger level.

Rising waters may reach dangerous levels over the next three days, according to the observations of the weather department. Yesterday, the Meteorology and Hydrology Department forecasted increasing rainfall in coastal areas. There will be rain or thundershowers in Nay Pyi Taw, Yangon, Mandalay and neighbouring areas. The degree of certainty is 100 per cent. Squalls with rough seas are likely at times off and along the Myanmar coast. Surface wind speed in squalls may reach 35 mph. The wave height will be some 9-13 feet off and along the Myanmar coast. —GNLM
UEC Chairman U Hla Thein meets with UEC’s sub-commissions in Magway Region

UNION Election Commission (UEC) Chairman U Hla Thein met with the Magway Region, district and township election sub-commissions at the Magway town hall yesterday afternoon.

During the meeting, the UEC chairman spoke about conducting the election process work with goodwill and said the 2018 by-election for 13 vacant seats, including Minbu constituency (2) and Magway Region Hluttaw, will be held on 3 November.

As candidates have already been nominated for the vacant seats, it is important for officials from the district election sub-commission to conduct timely scrutiny and confirmation of candidates according to laws, rules and in a transparent manner. In the same way, it is important to manage and conduct advance voting and voting at the polling station and counting and announcing of results in a transparent and timely manner.

Each level of the election sub-commission is responsible for conducting the election work process according to the assigned duties and responsibilities. Election work is not just the work of the commission, but also work that needs to be conducted along with relevant ministries, political parties, civil society organisations, the media and the public. Only then, can the election be successful. The people will accept the election as a fair one only when everyone works together.

As the election sub-commission members are new, they need to thoroughly study the election law, rules, guidelines, and manual for polling station work process according to the election sub-commission secretary's work. Only then, can the election needs to carry out his/her work dutifully and truthfully, said the UEC chairman.

Later, Magway region election sub-commission secretary U Soe Htut Oo explained the election-related works and the UEC chairman provided the necessary remarks, it is learnt.

—Than Naing Oo (Ngaphae)

Union Election Commission inspects Yathedaung constituency

THE Union Election Commission member responsible for Rakhine State, U Tun Khin, accompanied by state- and township-level officials visited Yathedaung Township yesterday morning to inspect preparations being made for the smooth conduct of the November by-election.

First, Union Election Commission member responsible for Rakhine State U Tun Khin met with the Yathedaung Township election sub-commission, ward/village tract election sub-commission members and township departmental officials at the Yathedaung Township General Administration Department meeting hall and explained the election work process.

Next, the Yathedaung Township election sub-commission, ward/village tract election sub-commission members were introduced and Yathedaung Township election sub-commission chairman U Phyu Tun Tha described the preparations being made for the by-election on 3 November 2018.

From there, the Union Election Commission member and officials went to polling stations in Yathedaung Township constituency 2 and inspected preparations being made for the by-election.

Union Minister for Border Affairs meets chairmen of self-administered regions

UNION Minister for Border Affairs Lt-Gen Ye Aung met with chairmen of the Naga, Danu, Pa’O, Palaung and Kokang self-administered regions and Wa self-administered division on 13 July. PHOTO: MNA

Self-administered region and division chairmen discussed the required regional development works and the union minister coordinated over the discussion.

—Myanmar News Agency
Unity must have a common interest, a common sense of working together and a common objective, for the independence of the whole country and the interests of the whole populace. Unity must work for the people so that they can enjoy shared well-being and shared cause in working together. It is not enough just to say that we want to be united. Labour must be shared, and interests must be shared. Our objective must be the same. Only this kind of effort is worth calling "Unity".

(Excerpt from the speech addressed by Bogyoke Aung San at the AFPFL Conference on 23rd January 1946)
Kyakto township, Kaw Htein Sanpya Village administrator sentenced to prison for corruption

By Nyein Nyein

A Village administrator from Kaw Htein Sanpya village, Kyakto Township, Mon state, was sentenced to prison after he was found guilty of corruption, according to Anti-Corruption Commission.

The village administrator was found guilty on charges of corruption and abuse of power.

According to the commission, the Kaw Htein Sanpya Village administrator, identified as U Thet Tin, sold land to the public without permission from the authorities in 2014 and 2015. When he made the list of funds, he showed fake invoices and fake businesses.

Moreover, the former Village administrator, U Myin Lwin, was also involved in the cases. The former administrator maintained the money, which was received from the sale of the lands. He forged the accounts, according to the Anti-Corruption Commission.

Therefore, the commission filed a case against U Thet Tin under section 56 of the Anti-Corruption Law and U Myint Lwin under sections 56/63 of the law at Mon State Justice.

The Mon State Justice found both of them guilty. Therefore, U Thet Tin was sentenced to three years in prison with hard labour, according to section 56 of the Anti-Corruption Law and U Myint Lwin was sentenced to three years in prison with hard labour, according to section 56/63 of the Anti-Corruption Law, according to Mon State Justice on 13 July.

The commission is conducting awareness activities of companies, prevention activities and investigations and taking legal action in order to reduce the number of corruption cases.

The commission received 949 complaints from 24 November 2017 to 31 January 2018. Among the complaint letters, five letters were related to corruption, 77 to management and administration errors, 55 to land management, 65 to judiciary and the remaining cases were related to land acquisition, abuse, bribery, willful misconduct and so on.

External trade exceeds $9.4 billion in current FY

EXTERNAL trade between Myanmar and international countries totalled US$9.435 billion in the current six-month interim fiscal month commencing this April, an increase in value by $1.146 billion against the same period last fiscal year (FY), according to the Ministry of Commerce.

The country’s imports are usually greater than its exports. Between 1 April and 6 July this year, Myanmar exported domestic commodities amounting to $6.084 billion and imported $3.352 billion worth of foreign products.

During the period, Myanmar’s exports and imports via sea routes reached $7.297 billion, while trade through border stations were $2.156 billion.

When compared with the same period last year, the country’s border trade increased by $265 million and its non-border trade also rose by $881 million. Myanmar’s export items are divided into seven groups, including agricultural, forest, marine and animal products, minerals, manufactured products and other miscellaneous products.

The country imports three major groups of commodities, consisting of capital goods, intermediate products and consumer goods.

The country’s overseas trade was $33.5 billion in the 2017-2018 FY, which went up by $4.3 billion in comparison with the 2016-2017 FY.

According to the ministry’s yearly statistical report, the value of foreign trade was $27.7 billion in the 2015-2016 FY, $29.2 billion in the 2014-2015 FY, $24.9 billion in the 2013-2014 FY, and $18.045 billion in the 2012-2013 FY.

—Shwe Khine

Police arrest man for dealing drugs at Myanmar-India border gate

A MAN has been charged with drug dealing after he was found in possession of a cache of opium powder while he was crossing a Myanmar-India Friendship Bridge between the two borders on Saturday morning.

The 33-year-old suspect resides in a village in Aizawl district, Mizoram state, India.

According to investigations, border police and members of the immigration department searched the suspect at the border checkpoint in Rakhawda Town in Chin State on the Myanmar side. They found a packet of opium powder weighing 10 grams in a soap case hidden inside his coat.

The suspect threw away the soap case during the search, police said.

The suspect has been charged under Sections 19 (a) and 20 (b) of the Narcotic Drugs and Psychotropic Substances Law.—Township IPRD

#Kyakto township, Kaw Htein Sanpya Village administrator sentenced to prison for corruption

#External trade exceeds $9.4 billion in current FY

#Police arrest man for dealing drugs at Myanmar-India border gate

Photo: Township IPRD

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Due to limitation of space we are only able to publish “Letter to the Editor” that do not exceed 500 words. Should you submit a text longer than 500 words please be aware that your letter will be edited.

Suspect found with packets of opium powder.
Fish producers face difficulties due to high cost of feed

By May Thet Hnin

THOSE involved in fish farming said they are facing difficulties due to the rising prices of feed in the domestic market.

U Zaw Lynn, treasurer of Myanmar Fisheries Federation who is also a fish producer, said, “An increase in the price of feedstuffs largely impacts the fish farming industry. Producers have to spend an average cost of Ks1,900 to feed fish to gain weight at the rate of one viss (3.6 lbs). An increase in production costs affects the market. Breeders said it is hard for them to continue their business due to high feed costs. Some of them are struggling to carry on with fish breeding.”

The current prices of major feed ingredients such as bran, maize and broken rice have reached an all-time high, matched against the prices in the past three years. Bran is commonly used as a feed ingredient for fish farming. The price of bran has risen to Ks154 from Ks110 per pound. When compared with the same period last year, maize prices also went up to Ks650 from Ks410 per viss. Also, the prices of broken rice increased to Ks90 from Ks420.

Fish producers are not only faced with high feed prices, but also a scarcity of raw feedstuffs due to increasing Chinese demand.

U Zaw Lynn added that for the time being, breeders are finding it difficult to buy raw materials, especially bran, even if they have money. The market saw a massive inflow of fish starting from the last two weeks. During the period, 70 vessels approached the Central Sanyia Fish Market (Kyimyindaing) and Shwepawkung Fish Market on a daily basis. Previously, the markets saw between 30 and 40 vessels per day. This may link to an increase in feed costs, which forces breeders to sell fish before achieving the desired weight.

Fish producers say that feed costs represent 75 per cent of total production costs. Unstable prices of raw materials hit the whole fish breeding industry, resulting in a subsequent decrease in production that may impact the country’s exports and local consumption in the long run.

Dr Thet Hmu, chairman of Myanmar Aqua Feed Association, said that Myanmar uses broken rice, bran, groundnut oil cake, sesame and maize as ingredients in the fish farming industry. The neighboring China continues to purchase these raw materials through border points of entry. This is why feed costs are high in the market this year. It is very hard to buy groundnut oil cake and sesame in the market as only 10 per cent of local oil mills can operate at full capacity.

The problem relating to China’s excessive imports of maize has already been reported to the respective officials. The Myanmar Fisheries Federation pointed out that Myanmar produced 2.1 million tonnes of maize last year. Of them, 1.2 million tonnes went to China. The 900,000 tonnes left in the market are insufficient for local consumption,” he added.

He went on to say that Myanmar imported 130 containers of feedstuffs from Vietnam last year. It decreased to 79 containers this year, as local demands are declining due to high feed costs, a decline in fish prices and low fish production. Raw feedstuffs have been collected from southern and northern Shan States, as well as the Ayeyarwady, Mandalay and Sagaing regions, with 70 per cent of raw materials produced from Shan State. Although there are over 180 poultry feed plants in the country, there are only six fish feed production plants nationwide. The majority of plants use broken rice, bran, groundnut oil cake, and maize as raw materials.

According to a survey, there are over 4,000 acres of fish and prawn ponds in the country.

Bilateral border trade with Bangladesh increases slightly

BORDER trade between Myanmar and Bangladesh reached US$5.573 million over the first 97 days of the current financial year (FY), which saw a slight increase by $1.9 million compared with the last FY when bilateral trade was $3.656 million, the Ministry of Commerce reported.

Myanmar’s exports to Bangladesh always outdo its imports in bilateral border trade.

From 1 April through 6 July this year, Myanmar exported domestic commodities valued at $5.551 million to the South Asian country and imported goods worth only $0.022 million.

The two countries are carrying out bilateral border trade primarily through the Sittway and Maungtaw border trade camps. During the same period, trade from the Sittway gate was $2.937 million, including $0.022 million in imports, whereas trade via the Maungtaw trade station was $2.636 million and no goods were imported through this gate.

Saltwater prawns and fish, bamboo, ginger, peanuts, mung beans, dried plums, garlic, rice, blankets, candy, plum jams, footwear, frozen foods, chemicals, leather, jute products, knitwear, beverages, tobacco, plastics, wood and products made from human hair are the marketable items at the Myanmar-Bangladesh cross-borders.

Myanmar-Bangladesh border trade totalled $28.3 million in the 2017-2018 FY. —Swe Nyein

Foreign exchange rate rises again

By May Thet Hnin

MYANMAR’S foreign exchange rate increased slightly starting mid-May. Currently, the US dollar exchange rate is at its highest level, increasing slightly from Ks1,419 per US dollar.

The US dollar exchange rate averaged Ks1,327 in January, February, March and April, and reached a maximum of Ks1,331 per US dollar. The exchange rate rose to Ks1,340 per dollar in May, while it increased to over Ks1,350 per dollar in mid-June and reached Ks1,390 at the end of June.

The exchange rate was stable at that rate for a few days. However, it increased to its highest point of Ks1,410 per US dollar on 13 July.

With the increase in the foreign exchange rate, the Central Bank of Myanmar (CBM) set the rate at Ks1,408 per dollar; recently, the dollar-to-kyat interbank exchange rate is on the rise, because of the global political condition, not because of the local market condition, said U Than Lwin, senior advisor to Kanbawza (KBZ) bank. “America’s increased tariff to China is one of the reasons for the increasing US dollar exchange rate.

There is no US dollar demand in the local market. For trade, there is only border-crossing trade. There is no big issue, our country’s economy is stagnant and the local demand for the US dollar is stable.

Therefore, the US dollar exchange rate has not increased because of any local condition, he added. Entrepreneurs also said they will thrive only if the foreign exchange rate is stable in the market.

The Union of Myanmar Federation of Chambers of Commerce and Industry (UMFCCI) office is currently observing the reasons for the increasing price of the US dollar exchange rate. UMFCCI will then submit a report to the government,” said U Zaw Min Win, chairman of UMFCCI.

U Aung Naing Oo, secretary of Myanmar Investment Commission, also said that as the increasing exchange rate directly affects foreign direct investments, the government should control the unstable market. Otherwise, foreign investors will not invest Myanmar’s foreign exchange.

“Although the current rising price of the US dollar exchange rate is bringing in more money, it is used to buy imported items. So, there is nothing different. The price will increase when imports have increased and the exports have declined. Therefore, we have to produce more products for exports, said Daw Toe Nanda Tin, vice president of Myanmar Processor and Exporter Association. The exchange rate was on the rise throughout 2017 and hit an all-time record high of Ks1,380 per dollar.
U Razak: educator, champion of Pali literature and Martyr

By Thi Thi Min

PHOTO: AYE MIN THU

U Razak, the third son of the 13 siblings born of Police Inspector Mr. A. Raman and Daw Nyein Hla, once proclaimed boldly, “If other schools produce one ICS (Indian Civil Service), mine will produce ten rebels against British government.”

Indian Civil Service was the elite higher civil service of the British Empire in British India during British rule in the period between 1838 and 1947. Its members ruled more than 300 million people [1] in India, Pakistan, Bangladesh and Burma.

U Razak was among nine people who sacrificed their lives for bringing independence within reach of the nation.

He passed his matriculation exam from Wesley High School in Mandalay in 1912 and was one of the participants of a university boycott.

In an effort to endorse the youth with nationalist spirit, he founded Mandalay Myoma National High School in 1921 and acted as the principal of the school.

His eldest son U Tin Myint remembers how the school was run.

“At the school, participation in worship was a must for every student, and saluting the national flag was compulsory. He used to discipline those who did not participate in the worship. He showed respect to Buddhism.”

While he was acting as the principal, he organised a cadet company for Myanmar youth, enabling to receive military training. The cadets were trained by Sir U Ba Tin (Ba Ba Tin), who was a veteran of the Mesopotamian campaign. U Razak himself was a police general of the police force of his school.

U Tin Myint said, “Father’s national school produced patriotic revolutionists and top military leaders. Those who were excellent in the political arena or in sports are the products of his school.”

Although U Razak was born of a father who was a follower of Islam and a Buddhist mother, his style was very similar to Myanmar. He was excellent in Pali and very good at teaching English.

“As a war refugee in Min-gun, he taught Pali to novices. He also taught English. Regarding Pali, he also taught the definition. Some of these novices became abbots. My father revered the monks very much. As regards differences in faith, our family has no sentiment.” said U Tin Myint.

After completing the BA exam of the National Education Board, U Razak referred to himself as A Razak – BA (National). From 1922 to 1941, he acted as the principal of Mandalay National High School and married Daw Khin Khin in 1933. He fathered three children.

While he was discharging his duties as education and national planning minister in General Aung San’s cabinet, he was assassinated together with eight other leaders on 19 July 1947.

U Tin Myint also recounted his memories of that day.

“Myoma school was closed on Sunday and the Sabbath day only. On the 19th of July, the school was open. We were very happy because we got to go back home early. Upon arrival at home, we found our mother crying.

At that time, he was just 6 and didn’t understand what had happened. He felt not so much emotional pain while the elders made phone calls to relatives in Mandalay.

The remains of the martyrs were brought to Jubilee Hall for public obeisance on 20 July 1947, and the remains of U Razak and Yebaw Ko Htway were brought to Campbell Road in Tamway (now Nga Hut Gyi Pagoda Road) and were buried in accord with the traditions of Islam faith.

As regards the funeral, U Tin Myint said that funeral ceremonies were held in Martyrs’ Mausoleum, and also in Tamway, and, per the rules of their respective faiths, the remains were buried within 24 hours.

After the leaders were assassinated, the government at that time gave Ks100,000 as compensation to each family. The widow of U Razak received Ks40,000, and the three siblings Ks20,000 each, Ks60,000 in total for the children. The money was kept by Myanmar Alum U Tin and he disbursed the cash later.

“A house on Campbell Road was given to us, but mother didn’t want to take it, and the government gave us a plot on Myoma Kyaung Street and we built a house at a cost of Ks60,000. At the time, the value of Ks60,000 was great.” said U Tin Myint.

As regards the holding of Martyrs’ Day ceremonies through the years, U Tin Myint said, “The ceremony was held on a grand scale in the time of President Mann Win Maung. From then on, successive presidents held the ceremony. Later it was attended by the mayor.”

“Every year, I attend the ceremony. In memory of father, we make donations for and offer meals to orphans. This year also will be the same.” said U Tin Myint.

The old students of Mandalay National High School wished to erect a statue of U Razak, but they were afraid to do so at that time and kept the statue in hiding. When a top government leader and a former student made a visit to the school, they submitted the matter to him and he chose a place to keep the statue at the school.

“As the school was founded by my father, we usually donate books to the school library. Till now, we do our best to fulfill the needs of the school.” said U Tin Myint.

U Razak sought the approval of General Aung San to open a university in Mandalay. Finally, Mandalay would have a degree-granting college.

U Tin Myint expressed his opinion by saying, “At that time the top-down relations were frank and we showed respect to each other. There was no ‘Yes, sir’ or ‘No, sir’. In this way, the leader can differentiate between right and wrong. It is wrong everything the senior says is right.”

Former Mandalay college student U Ko Lay, a returnee from England, was assigned the duty to open Mandalay Degree College. He named the first completed building Razak Hall. Former students pushed to erect a bronze statue of U Razak, and this was allowed just two years ago.

“My father had a wish not only to establish Mandalay University, but also to open Pali University. If he could have, he would have.” said U Tin Myint with frustration.

U Tin Myint also said, “Father didn’t pay serious attention to religions. He just wanted to fulfill the needs of his nation. It is sure that after gaining independence and all were in stable conditions, he would return to his school and teach his pupils.”

(Translated by Wallace)

PHOTO: AYE MIN THU

U Tin Myint.

U Razak

(20 Jan 1898-19 Jul 1947)

* He served as the Minister of Education and National Planning in General Aung San’s Cabinet. U Razak was born on Thursday 20, January 1898 in Meiktila.

* His parents were Mr. Rahman, an Indian police inspector and a Burmese Buddhist Daw Nyein Hla.

* He matriculated at Mandalay Wesley School in 1912. Mandalay National High School was established in 1921. He was a headmaster of Mandalay National High School from 1922 to 1941.

* He married Daw Khin Khin in 1938 and the couple had three children (Maung Tin Myin, Ma Khin Khin Sein and Maung Hla Kyi). After WWII, the national school was re-opened and U Razak was a member of writing the Burmese National Constitution in 1945.

* He and other cabinet ministers including Prime Minister General Aung San were assassinated on 19 July 1947 in Yangon.
Projects under National Plan must be in line with the desires of the people.

By Maung Sar Ga

JULY 19 is around the corner, and we all are prepared to observe the day of remembrance for the fallen Martyrs. The dreadful and fourth day of the assassinations occurred 71 years ago, and it is important that we remember this day, eulogize, and commemorate this day for Bogyoke Aung San.

Where was Bogyoke born?

Bogyoke Aung San was born in Natmauk Town in Magway Region on 13 February 1904, to his father U Phay and mother Dow San. His grandfather was Ryo Min Yang, a being warrior who fought against the imperialism. When did Bogyoke die?

Bogyoke was gunned down on 19 July 1947. 71 years ago. He was assassinated as a result of a conspiracy of the lackeys of the imperialists.

The article’s author

The author of this article was born in a village in Upper Myanmar after the repeal of the assigment of Bogyoke, and therefore, I have never seen Bogyoke in my life, but he is always on my mind.

Younger days

I have learnt by heart on a poem that includes his birth of FifthFebruary 1904 and his death on the 19th of July 1947. His father’s name was Daw San. His mother’s name is Dow San. Annually, the 19th of July is a public holiday, and schools are closed as we observed Martyrs’ Day for the fallen leaders. The significant day for Bogyoke Aung San and other Arakan leaders were assassinated on that gloomy day, which I remember deeply in my mind.

On each and every Martyrs’ Day, the principal of our school Saye Gyi U Thar Tin, lectured about Bogyoke Aung San and other Arakan leaders. Our principal recounted that he took part in the independence struggle and had the opportunity to chat with Bogyoke Aung San. He also talked about the speeches of Bogyoke Aung San that moved my eyes to tears. I can still visualise these events to thisday.

At Primary School

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Student life at middle school, high school and university

More information about Bogyoke is heard of his time at middle school, high school and university. I had to practice and learn by heart about the Panglong Agreement; the Aung San-U Tha Ale Agreement; and Arakan Day to enable me to participate in essay competitions, and also to deliver speeches at Arakan Day memorial events. Moreover, I have been engaged in activities such as reading books on Bogyoke; paying homage at the Shwedagon Pagoda; and visiting

We must create and train ourselves to dance with the time of international song on the global stage and elevated our nation into independent and developed status.

At the work place

After graduation, the author of this article worked as a government employee in various capacities and finally stepped up to the senior officer level. Therefore, I have had the opportunity in arranging the memorial events of Martyrs’ Day. I am happy for that.

To hand down as legacy

After marriage, my wife and I raised kids, and my wife sang lullabies about Bogyoke. I explained the life story of Bogyoke. I was very much delighted on the eve of the 71st anniversary of Arazani Day, because a lot of articles on Bogyoke appeared in the Newspapers every day. Even my grandaughter asked me to show him the article about Bogyoke in the newspapers.

15 JULY 2018

THE GLOBAL NEW LIGHT OF MYANMAR

OPINION

A written note of declaration that the above information is true, (email address, mobile number, etc.).— Editorial Department, The Global New Light of Myanmar

Planned by U Min Thein

The allocations were drawn up based on the requests of the people, long term development of the country and the budget, emphasis should also be placed towards on-time delivery, and avoid delays, stabilize the human resource development. Conservation and protection of the environment. In addition to this, there is a need to draw up and implement programmes that are connected to financial monetary and trade policies.

Furthermore, the project should aim to benefit the country and the People at the central and the regional level, in the short term and for the long term. Regional and international economic development should be emphasized, mutually beneficial projects that are beneficial for the country need to be conducted in a timely manner.

However, the past national plans are to be maintained, weaknesses reviewed and amended when the FY 2018-2019 National Plan is drawn up in the coming months. The projects that are beneficial for the country need to be conducted in a timely manner.

To achieve this, cooperation is required between the central government and state/region governments. Peace and stability are included in the three main pillars of the project. Without peace and stability, it will be difficult to have development. All the projects must address matters that are of importance to the nation and states/region governments and demanded by the people.

When Union ministries draw up sector-wise plans, special emphasis should be placed towards developmental projects that are beneficial for the country need to be conducted in a timely manner. Projects that are beneficial for the country need to be conducted in a timely manner. Economic development should be continuously monitored and assessed. Any weaknesses reviewed and amended when the FY 2018-2019 National Plan is drawn up in the coming months.

When Union ministries draw up sector-wise aims, special emphasis should be placed towards developmental projects that are beneficial for the country need to be conducted in a timely manner. Projects that are beneficial for the country need to be conducted in a timely manner. Economic development should be continuously monitored and assessed.

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Government, Northern Alliance to continue peace process meetings

Seven groups from the Northern Alliance that attended the opening of the Third Session of the Union Peace Conference-21st Century Panglong will meet again with the government soon to continue the peace process, said and official from the Karen Independence Organisation (KIO) yesterday.

Gen Gun Maw, the Vice Chairman of the KIO, made the remarks at the Horizon Lake View Hotel before departing for Nay Pyi Taw airport.

“Our seven groups are going back now. We will try to come back again. The peace process will continue. We took back the message delivered by this side (Government and Tatmadaw) and will discuss in detail”, he said.

The seven groups from Northern Alliance arrived in Nay Pyi Taw on 9 and 10 July with the mediation of the People’s Republic of China and the invitation of the Government and Tatmadaw and attended the Third Session of the Union Peace Conference-21st Century Panglong.

A representative of the United Wa State Army (UWSA) said, “The Peace Commission met with our whole group officially. We see this as taking our first step in the peace process. We’ll meet again after contacting again.”

The seven groups from the Northern Alliance were officially met by Peace Commission Chairman Dr. Tin Myo Win and Vice Chairman U Thein Zaw, while the State Counsellor and the Tatmadaw Commander-in-Chief met the seven groups from Northern Alliance separately on 11 and 12 July in groups of three and four.

Participation of the Arakan Army (AA), the Myanmar National Democratic Alliance Army (MNDA) and the Ta’ang National Liberation Army (TNLA) will be discussed after the conference and the discussion with these three groups will be in a different format from the discussion with the KIA, UWSA, the National Democratic Alliance Army (NDA) and the Shan State Progress Party (SSPP), said U Zaw Htay.

Official and unofficial meetings with seven groups from Northern Alliance will be continued it is learnt. — Ye Gaung Nyunt

French embassy celebrates their National Day in Yangon

The French National Day is the anniversary of Storming of the Bastille on 14 July 1789, a turning point of the French Revolution. Celebrations are held throughout France.

The French Embassy in Yangon celebrated the National Day of France yesterday at the Novotel Hotel in Yangon.

Union Minister for Electricity and Energy U Win Khaing attend the ceremony.

The ceremony opened with the national anthems of Myanmar and France, followed by greetings extended by Union Minister U Win Khaing and French Ambassador Mr. Olivier Richard. The ceremony was attended by diplomats, dignitaries from UN agencies and invited guests.

The closing ceremony of the third session of the Union Peace Conference—21st Century Panglong will be broadcast live on 16 July by MRTV, MNTV, SKY Net, Up To Date, SKY Net Taunggyinta, SKY Net Hluttaw, Myawady (MWD), MWD (Variety), Myanmar Radio, MIR (Radio), MOI Webportal Myanmar Facebook, MRTV Facebook, Myanmar Digital News Facebook, Myanmar President Office, Myanmar State Counsellor’s Office and Information Committee Facebook.

The closing ceremony of the conference will be held at the Myanmar International Convention Centre-II in Nay Pyi Taw and the live broadcast will begin at 10:00 AM on 16 July by MRTV, MITV, MNTV, SKY Net Up To Date, SKY Net Taunggyinta, SKY Net Hluttaw, Myawady (MWD), MWD (Variety), Myanmar Radio, MIR (Radio), MOI Webportal Myanmar Facebook, MRTV Facebook, Myanmar Digital News Facebook, Myanmar President Office, Myanmar State Counsellor’s Office and Information Committee Facebook.

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MHRC officials inspect Mandalay Central Correctional Department

Myanmar Human Rights Commission (MHRC) members U Yu Lwin Aung and Dr. Myint Kyi inspected the Mandalay Central Correctional Department and separately met with inmates who requested them for meetings on 13 and 14 July, according to MHRC.

MHRC members inspected the status of conducting vocational training for inmates, provision of basic and matriculation education, existence of human rights violations, living and food condition and the health of the inmates. They also met separately with 184 inmates who requested a private meeting and enquired about their difficulties.

Earlier, on the morning of 11 July, the MHRC members went to Bellin (1) and (2) production stations of Singing Township correctional department and met with inmates in three groups in their sleeping quarters to investigate whether there were any human rights violations.

In addition to this, they inspected the dining room, library and clinic for the inmates and met separately with 28 inmates who requested a private meeting to enquire about their difficulties.

Later, they inspected police stations and court detention rooms in Kyaukse and Singaing towns. They met with police personnel to enquire about difficulties faced and held discussions over the non-violation of the human rights of people, it is learnt. — Pe Zaw

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South Africa unveils super radio telescope

CARNARVON, South Africa — South Africa on Friday unveiled a super radio telescope, a first phase of what will be the world’s largest telescope in a project to try to unravel the secrets of the universe.

The 64-dish MeerKAT telescope in the remote and arid Karoo region of South Africa will be integrated into a multi-nation Square Kilometre Array (SKA). When fully operational, the SKA telescope will be 50 times more powerful than any other telescope in the world.

“The telescope will be the largest of its own kind in the world — with image resolution quality exceeding the Hubble Space Telescope by a factor of 50 times,” said David Mabuza, the deputy president of South Africa.

“This day represents some of Africa’s milestones... in our quest to catch up with the rest of the world and make our own contributions to civilisation,” he said at a ceremony attended by scientists and dignitaries.

Expected to be fully up and running by 2030, the SKA will comprise a forest of 3,000 dishes spread over an area of a square kilometre (0.4 square miles) across remote terrain in several African countries and Australia to allow astronomers to peer deeper into space with unparallelled detail.

A panorama captured by the MeerKAT telescope on Friday showed “the clearest view yet” of the black hole at the centre of the Milky Way Galaxy, according to the South African Radio Astronomy Observatory.

The SKA will explore exploding stars, black holes and traces of the universe’s origins some 14 billion years ago.

South Africa, which hosts the bulk of the SKA project, has invested 3.2 billion rands ($240-million) so far into the telescope.

The telescope is being built by an international consortium, including Australia, Britain, Canada, China, India, Italy, New Zealand, Sweden and the Netherlands.

Other African countries involved are Botswana, Ghana, Kenya, Madagascar, Mauritius, Mozambique, Namibia and Zambia.

Syria rebels surrender heavy arms in Daraa city: state media

DAMASCUS, Syria — Syrian rebels in the southern city of Daraa were surrendering their heavy weapons to government forces on Saturday, state media said, under a deal brokered by regime ally Russia.

State news agency SANA said opposition fighters in the neighbourhood of Daraa al-Balad, a district in the city’s rebel-held southern half, handed over heavy ammunition and other equipment.

It came a day after the regime and rebels began dismantling the dirt barriers that had divided the city for years, AFP’s correspondent said.

The agreement reached on Wednesday will see Daraa city — the cradle of Syria’s seven-year uprising — fall back into government control.

Negotiated by Moscow, it provides for rebels to hand over heavy- and medium-duty weapons and to “reconcile” legally with the government, according to state media.

Those who rejected the deal would be allowed safe passage out of the city.

The terms mirror a broad deal announced on 6 July for the entire province of Daraa, which would be implemented in three stages: the eastern countryside first, then the city, and finally the province’s west.

While rebels have handed over weapons to government forces in dozens of towns, no transfers of fighters or civilians to the opposition-held north have taken place yet.

The Daraa deals are the latest in a string of so-called “reconciliation” agreements that typically follow blistering military offensives.

After using the strategy to secure Damascus and other strategic parts of Syria since 2015, President Bashar al-Assad turned his attention to the south.

Beginning on 19 June, Syrian and Russian bombardment pounded rebel areas in Daraa and the neighbouring province of Quneitra, ostensibly protected by an internationally agreed ceasefire.

The onslaught came to an end with the 6 July ceasefire. Regime forces now hold more than 80 per cent of Daraa province, according to the Syrian Observatory for Human Rights, a Britain-based war monitor that relies on a network of sources inside the country.

Some western areas of the province remain under opposition control, and the deal excludes a southwestern patch held by an affiliate of the Islamic State jihadist group.

Syria’s conflict has killed more than 350,000 people and displaced millions since it started in 2011.—AFP

Iran’s Rouhani says US ‘isolated’ on sanctions

TEHRAN, Iran — The United States is increasingly isolated in its move to reimpose sanctions on Tehran after quitting the international nuclear deal, President Hassan Rouhani said Saturday vowing to resist American “plots”.

“The illegal logic of the United States is not supported by any of the international organisations.”

“The path chosen by the Islamic Republic of Iran is perseverance, resistance”, Rouhani said in televised remarks. “Each time that we were able to thwart the plots, the people and the government were side by side.”

Over the objections of allies, Trump in May pulled the United States from the nuclear deal signed between Tehran and world powers in 2015.

He re-imposed US sanctions that had been suspended in return for controls on Tehran’s nuclear programme, effective-ly barring many multinational firms from doing business in Iran.

“The United States is more and more isolated on the subject of sanctions,” said Rouhani.

Iran has faced mounting economic woes since Trump’s announcement, which added to pressure on its currency. The rial has lost around half its value against the dollar in nine months.

Many importers and exporters have complained they do not have enough currency to enable trade with foreign countries.

But Rouhani said Iran would ensure exporters and importers have “the necessary currency”.—AFP
EU takes anti-Trump trade show to China and Japan

BRUSSELS — The European Union’s top officials will meet the leaders of China and Japan next week to boost ties in the face of fears that US President Donald Trump will spark an all-out global trade war.

The trip by EU Council President Donald Tusk and Commission head Jean-Claude Juncker includes the signing of a free trade deal with Japan, which was moved from Brussels last week because Japanese premier Shinzo Abe was dealing with deadly floods at home.

Their Asian tour comes as the EU — which, with 28 countries and 500 million people is the world’s biggest single market — tries to forge alliances in the face of the protectionism of Trump’s “America First” administration.

European Commission spokesman Margaritis Schinas said the “landmark” Japan deal was “the biggest ever negotiated by the European Union”.

“The leaders will also discuss climate change — another area on which the EU is in disagreement with Trump after he pulled out of the Paris climate deal — and nuclear issues in North Korea and Iran, Schinas said.

But the EU and China will have to smooth over existing differences over Beijing’s own restrictive market practices including the “dumping” of cheap Chinese imports, especially steel. Some of those concerns are shared by Washington.

The EU recently pushed through measures targeting China that were intended to offset the consequences of granting China so-called market economy status at the WTO, which will make it more difficult to prove and punish illegal trade practices by Beijing.

In Tokyo, talks will also focus on presenting a united front against the United States over its tariffs, with the Japanese government having slammed them as “extremely deplorable”.

The EU-Japan deal was hailed recently as a “strong signal to the world” against US protectionism by EU Trade Commissioner Cecilia Malmstrom, who is travelling with Juncker and Tusk to Asia.

Abe was originally due to come to Brussels to sign the deal last week, but he called off the trip after flooding and landslides in Japan that killed more than 200 people.

Tusk had said that after the “tragic circumstances” they would move the summit to Tokyo.

Schinas confirmed that Juncker would stick to his “very demanding agenda” and go on the trip to China and Japan, despite suffering from a painful medical condition that made him stumble repeatedly at a NATO summit in Brussels this week.

The EU spokesman denied “insulting” suggestions that Juncker was drunk.—AFP

France marks Bastille Day with major military parade

PARIS, (France) — Fighter jets streaked over Paris on Saturday as part of a massive military parade in a “demonstration of controlled force” on France’s national day, due to be followed by a street party if “Les Bleus” win the World Cup.

Thousands of people, many of them tourists, thronged the Champs Elysées avenue to watch the march past involving 4,290 soldiers, 220 vehicles, 250 horses, 64 jets and 30 helicopters.

President Emmanuel Macron flagged off the two-hour spectacle and was joined by two guests of honour: Singapore Prime Minister Hsien Loong and Japanese Foreign Minister Taro Kono. The theme of this year’s Bastille Day was “fraternity in arms” and featured Spanish gendarmes, Belgian armoured vehicles and an Airbus A400M military transport plane from the German defence fleet.

France’s military chief Francois Lecointre who was appointed by Macron last year after his predecessor resigned following a spat over defence spending cuts, said the July 14 parade was a “demonstration of controlled force”.

Macron has since raised the defence budget and pledged to lift it further to two percent of GDP in seven years, in line with NATO guidelines.

“With this... we will address the shortcomings of the past, improve the present and prepare the future of our country by giving it the means to defend itself,” Macron said on Friday evening.

France is deploying 110,000 police and security forces nationwide this weekend to secure the huge street parties if the national team win the World Cup on Sunday. The country has been repeatedly targeted by extremists over previous years in attacks that have claimed 246 lives since January 2015, according to an AFP toll. “Everything is being done so the French can live these festive moments with peace of mind, despite the terrorist threat which remains at a high level,” Interior Minister Gerard Collomb said on Friday.

The Eiffel Tower will be closed to visitors for the occasion, and police requested this week that it be shut on Sunday too when the World Cup final between France and Croatia will be shown on a giant screen in the shadow of the monument.

A secured fan zone for 90,000 people will be set up for the broadcast, one of about 230 such zones across the country. “We will stop letting people in when this limit is reached,” Paris police chief Michel Delpuech said, urging fans “to arrive as early as possible, starting at 1.00 pm (1100 GMT).” —AFP

Briton who plotted to kill Prince George jailed for life

LONDON — A British supporter of Islamic State who admitted to planning an attack on Prince George was on Friday jailed for life.

Husnain Rashid, of Nelson, in the northern English county of Lancashire, will spend a minimum of 25 years behind bars.

He dramatically changed his plea during trial and admitted a string of terror offences related to the plot to target the four-year-old heir to the throne. Jurors at Woolwich Crown Court in London heard the 32-year-old used a Telegram chat group in October to call on supporters to attack George, the eldest son of Prince William and his wife Kate. The young prince had started at a school in south-west London, a month earlier.

Rashid posted a photograph of George at the school super-imposed with silhouettes of two masked jihadi fighters. “Even the royal family will not be left alone,” he wrote in accompanying messages, adding: “School starts early.” Judge Andrew Lees, in sentencing him, said: “The message was clear — you were providing the name and address of Prince George’s school, an image of Prince George’s school and the instruction or threat that Prince George and other members of the royal family should be viewed as potential targets.” He added: “You provided what you regarded as inspiration for suitable targets for lone wolf terror attacks.”

Rashid admitted three counts of engaging in conduct in preparation of terrorist acts, and was given a life sentence for each, and one count of encouraging terrorism. During the trial prosecutors suggested that Rashid planned to flee to Syria to fight for IS. He also posted suggestions of which British football stadiums terrorists could strike following the deadly attack outside Besiktas’s ground in Turkey, and plotted to inject ice cream with poison.—AFP
Rescued Thai cave boys to leave hospital Thursday

BANGKOK, (Thailand) — Twelve young footballers and their coach rescued from a Thai cave will be released from hospital on Thursday, a health official said, offering psychological support and urging the group to avoid media interviews despite huge interest in their against-the-odds survival story.

The group, called the “Wild Boars” after their football academy, went into the Tham Luang cave in northern Thailand on 23 June to celebrate a birthday, but became trapped as floodwaters poured in.

They were all extracted on 16 July, ending an ordeal that had the world holding its breath for their safe return. “All 13 Wild Boars are in good physical health... all are in good spirits,” public health minister Prayasak Sakolratayorn told reporters on Saturday.

“They will be discharged altogether, initially on Thursday.” The children — and their parents — have been advised to spend time with friends and family and not to give media interviews as that could “trigger post-traumatic stress disorder symptoms,” the minister added.

The boys appeared well in short video message recorded from their hospital ward in Chiang Rai.

Each took turns to introduce themselves, hands clasped together in a Thai greeting, before giving a quick message on their health and mentioning the food they want to eat once they leave hospital.

“My getting better, (I want to eat) KFC,” Adul Sam-on, 14, a stateless child born in Myanmar’s Wa state, tells the camera before turning to English to thank the world for helping rescue them.

Pressure has mounted on Thailand’s government to hasten citizenship for several of the stateless players and coach among the group, who are subject to travel restrictions because of their lack of status.

The disappearance of the young footballers and their protracted, daring rescue captivated the world. Hollywood producers are already jockeying to make the film of a saga whose twists and turns are ready made for drama.

In a meticulously planned extraction, the boys donned wetsuits and diving gear before being sedated, put on stretchers and pulled or carried out through submerged passageways and up steep slopes inside the mountain.

The unprecedented rescue involved scores of Thai and foreign expert cave divers, many of whom have expressed delight and surprise at the success of the mission. Mental health experts have warned of the long-term effects of being trapped in the dark with no food, especially in the first nine days before they were found by a pair of British divers. One of the divers, Richard Stanton, on Friday told reporters that the mission was “an order of difficulty much higher than anything that’s been accomplished anywhere around the world by any other cave diving team”.

Thai authorities have only released partial information about the bold operation to free the team, heately restricting access to the boys and their families.— AFP

Japan eyes launch of panel to promote exchanges with S Korea

TOKYO — Japan plans to launch a panel of experts on bilateral relations to discuss how to expand exchanges with South Korea as this year marks the 20th anniversary of a declaration to promote future-oriented ties, government sources said on Saturday.

Based on input from the envisaged panel, the government apparently hopes to step up its diplomacy and improve ties that have been frayed over wartime history, especially the issue of “comfort women” who were forced to work in Japanese military brothels.

The roughly 10-member panel will include people from both academic and business circles who are well-versed in Japan-South Korea relations, the sources said, adding that the lineup would be finalized by the end of this month.

The promotion of people-to-people exchanges between Japan and South Korea in such fields as tourism, sports and art, is seen on the agenda.

The members are expected to analyze the past success in Japan of South Korean entertainment and Seoul’s opening of its doors to Japanese culture, after the 1998 declaration by then Prime Minister Keizo Obuchi and South Korean President Kim Dae Jung.

The declaration in October of that year itself will also be an agenda item, according to the sources.

The document noted Japan caused tremendous damage and suffering to the people of South Korea during its colonial rule, and Obuchi expressed his “deep remorse and heartfelt apology” for the historical fact.

The comfort women issue continued to be a source of diplomatic friction in the following years, but the Japanese government has been looking to improve bilateral ties at a time when bilateral cooperation is critical for realizing North Korea’s denuclearization.

In 2015, Tokyo and Seoul agreed to “finally and irreversibly” settle the issue.

When South Korean Foreign Minister Kang Kyung Wha visited Tokyo earlier in the month, Prime Minister Shinzo Abe expressed a willingness to develop ties in a “future-oriented” way on the occasion of the 20th anniversary of the joint declaration.

—Kyodo News

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<tr>
<td>M.V HIJAU SAMUDRA VOY. NO. (1088 S/N )</td>
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<td>Consignees of cargo carried on M.V HIJAU SAMUDRA VOY. NO. (1088 S/N ) are hereby notified that the vessel will be arriving on 15-7-2018 and cargo will be discharged into the premises of M.I.P where it will lie at the consignee’s risk and expenses and subject to the byelaws and conditions of the Port of Yangon.</td>
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<td>Damaged cargo will be surveyed daily from 8 am to 11:20 am and 12 noon to 4 pm to Claim’s Day now declared as the third day after final discharge of cargo from the Vessel.</td>
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<td>No claims against this vessel will be admitted after the Claims Day.</td>
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| SHIPPING AGENCY DEPARTMENT MYANMA PORT AUTHORITY AGENT FOR: NEW GOLDEN SEA LINES. |
| Phone No: 2301185 |

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<tr>
<td>M.V MATHU BHUM VOY. NO. (1057 W/E)</td>
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| SHIPPING AGENCY DEPARTMENT MYANMA PORT AUTHORITY AGENT FOR: M/S REGIONAL CONTAINER LINES. |
| Phone No: 2301185 |
Frank Sinatra’s first wife, Nancy, dies at 101

LOS ANGELES — Nancy Sinatra Sr, the teenage sweetheart and first wife of legendary singer Frank Sinatra, has died. She was 101.

The announcement was made by Nancy Sinatra Jr who wrote on her website that her mother had died at 6:02 pm on Friday but did not say where.

“He fought hard to remain on this earth but time got the better of her,” she wrote, adding that her mother passed “peacefully.”

“Godspeed, Momma and thank you for everything.”

Born Lois Jean Gill, he identified himself as male.

Frank and Nancy Sinatra had three children together.

Born Nancy Barbato on 25 March, 1917 in Jersey City, she met her future husband in the summer of 1934, while they were holidaying with their families on the Jersey Shore.

At the time, she was 17 and he was 19. “Nancy was giving herself a manicure on the front porch when Frank came over with his ukulele and began to serenade her,” according to an account on Sinatra’s website.

“One thing led to another, and they started going together.” They wed in 1939 at the Our Lady of the Sorrows church in Jersey, then moved into a modest New York apartment while Nancy worked as a secretary.

In 1950, humiliated by reports in the press of Frank’s affair with screen siren Ava Gardner, Nancy filed for separation and their divorce was finalized in 1951.

Notorious for his romantic conquests, Frank would go on to marry Gardner (1951-57), then Mia Farrow (1966-68), and eventually model Barbara Marx in 1976. But he remained close with Nancy until his death in 1998, according to the New York Times.

The oldest of their three children is Nancy Sinatra Jr, who went on to have a successful singing career with hits such as “These Boots Are Made for Walking” and “Something Stupid,” a duet she sang with her father. Their second child Frank Jr, who died in 2016, also had a career in music, while the youngest is Tina Sinatra.—AFP

Joaquin Phoenix says his Joker film will be ‘unique’

LOS ANGELES — Actor Joaquin Phoenix has revealed that his upcoming Joker film directed by Todd Phillips will be “unique”.

The 43-year-old actor, who recently signed on to appear in the untitled DC movie, said the film would not easily fit into any specific genre.

“I wouldn’t quite classify this as like any genre. I wouldn’t say it’s a superhero movie, or a studio movie. It feels unique, and I think more then anything, and probably the most important thing, is Todd seems very passionate about it and very giving, and so that’s exciting. I think, underneath the excitement of these films, and the size of them, there are these incredible characters that are dealing with real life struggles. And sometimes that is uncovered and exposed, and sometimes it isn’t, and so I always felt, like, there were characters in comics that were really interesting and deserve the opportunity to be kind of studied. And so I think that’s what Todd sees appealing about this idea.” Phoenix told Collider.—PTI

Woman charged with hacking Selena Gomez’s email

LOS ANGELES — A New Jersey woman has been charged with hacking into megastar Selena Gomez’s email account.

According to Variety, Susan Atrach, 21, of Ridgefield Park, New Jersey, was charged with 11 felony counts, including five counts of identity theft and five counts of computer hacking.

She faces up to nine years and eight months in prison if convicted, according to the Los Angeles County District Attorney’s office. Prosecutors said Atrach allegedly hacked into accounts belonging to Gomez and an associate, from June 2015 through February 2016. Prosecutors allege she obtained “stored media,” and shared it with friends and online. Atrach is expected to be arraigned in Los Angeles Superior Court by 27 August. Prosecutors are asking that she be held on USD 250,000 bail.—PTI

Scarlett Johansson pulls out of film over trans casting furor

LOS ANGELES — Scarlett Johansson has quit an upcoming movie role as a transgender criminal following an angry backlash against her casting, she revealed in an interview reported widely in US media on Friday.

The actress was to have taken the lead part in “Rub and Tug,” the story of Dante “Tex” Gill, a massage parlor operator and pimp who became a major crime figure in the 1970s and 80s. Born Lois Jean Gill, he identified as male.

“In light of recent ethical questions raised surrounding my casting as Dante Tex Gill, I have decided to respectfully withdraw my participation in the project,” the 33-year-old told Out Magazine.

“Our cultural understanding of transgender people continues to advance, and I’ve learned a lot from the community since making my first statement about my casting and realize it was insensitive.”

When Johansson’s casting was announced, she and the project were berated on social media for not handing someone from the community the opportunity, with trans actresses Trace Lysette and Jamie Clayton leading the charge. Johansson’s representatives did not immediately respond to a request for comment, but have previously released a statement pointing out that Jeffrey Tambor, Jared Leto and Felicity Huffman have all made successes of transgender roles.

“While I would have loved the opportunity to bring Dante’s story and transition to life, I understand why many feel he should be portrayed by a transgender person, and I am thankful that this casting debate, albeit controversial, has sparked a larger conversation about diversity and representation in film,” Johansson added.

The actress cited figures from GLAAD — formerly the Gay and Lesbian Alliance Against Defamation — showing LGBTQ characters dropped 40 per cent in 2017 from the previous year, with no trans characters in major studio releases.

There was no immediate word on the effect of Johansson’s exit on the production schedule for “Rub and Tug.”

Members of the online transgender community were largely supportive, praising the actress for making a stand but highlighting the long path to equality that must still be negotiated.

“Thank you Scarlett Johansson for pulling out of ‘Rub and Tug’... Now the real work begins,” tweeted civil rights activist and media personality Ashlee Marie Preston. “This has been a long time coming Hollywood. But the trans community is ready if you are.”—AFP
Microsoft urges regulation of face-recognizing tech

SAN FRANCISCO — Microsoft’s chief legal officer on Friday called for regulation of facial recognition technology due to the risk to privacy and human rights.

Brad Smith made a case for a government initiative to lay out rules for proper use of facial recognition technology, with input from a bipartisan and expert commission.

“Imagine a database of everyone who attended a political rally that constitutes the very essence of free speech.”

“I imagine a government tracking everywhere you walked over the past month without your permission or knowledge,” he said.

Smith said, “In our view, they also call for thoughtful government regulation and for the development of norms around acceptable uses.”

Microsoft and other tech companies have used facial recognition technology for years for tasks such as organizing digital photographs. —AFP

Tainted water exhibition roves around Beijing after initial shutdown

BEIJING — At first glance, it may seem like just a black truck filled with bottles of water, but a closer look reveals a darker — or rather murkier — side to what’s on display, removing most of the dirt, it makes me feel very lucky to be able to have a drink of water,” another passerby brave took a swig from the bottle.

Another passerby bravely took a swig from the bottle. “You can definitely feel bits of soil they sprouted in. ‘You’re sure to experience the force of the country’s economic boom. While much attention has been paid to the impact of rapid industrialisation on China’s air, the effects on the country’s water supply are less well known and less visible. Across China, much of the water is ‘unfit for human contact’, according to a 2017 report by the Journal of Agricultural and Food Chemistry, microgreens contain four to 40 times the vitamins and antioxidants of their mature counterparts. —AFP

The samples contain high levels of iron and manganese, which can be toxic in large doses, he added.

“It’s not fit for consumption but the villagers have no choice.”

The roving exhibit seems to have started some visitors. “It’s shocking to know we have people who drink this kind of water,” one of the onlookers said.1 Another passerby bravely took a swig from the bottle. “You can definitely feel bits of dirt,” he said. “It makes me feel very lucky to be able to drink clean water. Very lucky.” —AFP

Shots for the stars: Briton grows microgreens for top French chefs

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TAINTED WATER EXHIBITION ROVES AROUND BEIJING AFTER INITIAL SHUTDOWN

BEIJING — At first glance, it may seem like just a black truck filled with bottles of water, but a closer look reveals a darker — or rather murkier — side to what’s on display, removing most of the dirt, it makes me feel very lucky to be able to have a drink of water,” another passerby brave took a swig from the bottle. “You can definitely feel bits of soil they sprouted in. ‘You’re sure to experience the force of the country’s economic boom. While much attention has been paid to the impact of rapid industrialisation on China’s air, the effects on the country’s water supply are less well known and less visible. Across China, much of the water is ‘unfit for human contact’, according to a 2017 report by the Journal of Agricultural and Food Chemistry, microgreens contain four to 40 times the vitamins and antioxidants of their mature counterparts. —AFP

The samples contain high levels of iron and manganese, which can be toxic in large doses, he added.

“It’s not fit for consumption but the villagers have no choice.”

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**SPORT**

**Myanmar settles for silver in 2018 AFF U-19 football championship**

MALAYSIA defeated Myanmar in the final of the 2018 AFF U-19 Championship yesterday at Gelora Delta Stadium in Sidoarjo, Indonesia by a score of 4-3.

The match was decided with a late goal scored by the free kick of Malaysia’s Nik Akif Syahiran.

Myanmar lined up with Aung Wunna Soe, Captain Myat Kaung Khant, Nyin Chan Aung, Tha Zaw Lin, Pyae Sone Naing, Soe Moe Kyaw, Win Naing Tun, Lwin Moe Aung, Keeper Zin Nyi Nyi Aung, Nan Htike Zaw, Hein Htet Aung. Malaysia were too strong in the early minutes and led by two goals over Myanmar before the 25-minute mark.

Malaysia’s Awang Muhammad Faiz fired over the defence but Myanmar goalkeeper Zin Nyi Nyi Aung spotted the danger. He quickly moved back and got his hand on the ball, but could not stop it from entering the goal. In the 19th minute, Malaysia increased their lead to two goals when Nik Akif Syahiran crashed in a short cross from Muhamad Nurfais.

However a defensive blunder in the 24th minute saw Win Naing Tun pounce on the loose ball and squeeze his shot between the onrushing goalkeeper and defender.

Three minutes later, Myat Kaung Khant pulled down a short cross and forced his shot in for goal No. 2. The Myanmar team was celebrating again just four minutes on when Myat Kaung Khant unleashed a wicked curler that popped into the top far corner.

Myanmar tried hard but were unable to hold their ground and allowed the Malaysians to equalise through Shivan. The goal clearly galvanised the Malaysians, who had their new Youth and Sports Minister, Syed Saddiq Syed Abdul Rahman in the stands. A mistake by a Myanmar defender on Nik Akif on the left led to a free kick, which the Malaysian player sent into the net.—Lynn Thit(Tgb) ■

**Hazard and Belgium too good for England in World Cup play-off**

SAINT PETERSBURG — Belgium achieved their best World Cup finish as goals from Thomas Meunier and Eden Hazard secured a 2-0 victory over England in Saturday’s third-place playoff in Saint Petersburg.

Meunier, who missed the semi-final loss to France due to suspension, scored after just four minutes before Hazard grabbed a second time, the Belgium captain linked a pass from Nacer Chadli down the right into space behind the England defence, and his cross was turned home by Meunier who stepped in front of a static Rose.

Jordan Pickford readjusted his position to deny Kevin De Bruyne a second time, the Everton goalkeeper clawing away the ball after a sizeable deflection off Kieran Tripper.

Paris Saint-Germain defender Meunier made a quick impression by firing Belgium in front following an attack started by Romelu Lukaku.

The Manchester United forward released Nacer Chadli down the right into space behind the England defence, and his cross was turned home by Meunier who stepped in front of a static Rose.

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**Griezmann happy if France win World Cup ‘ugly’**

ISTRA, Russia — France forward Antoine Griezmann said on Friday winning the World Cup against Croatia on Sunday was more important than how his team do it.

Belgium’s players criticised the tactics France used in their 1-0 semi-final win as Didier Deschamps’ team sat deep and Samuel Umtiti’s headed goal came from a corner, but Griezmann dismissed the criticism.

“I don’t care. I want the star (on my shirt for World Cup winners). If I get that star, I don’t care about how we play,” the 27-year-old Atletico Madrid forward told a press conference at France’s training base outside Moscow.

Griezmann said he had changed the way he plays for France in order to benefit the team. He finished top scorer at Euro 2016 with six goals but France lost the final to Cristiano Ronaldo’s Portugal on home soil. He has scored three goals in Russia, two from penalties and one largely thanks to a goalkeeping howler from Uruguay’s Fernando Muslera, but he has also contributed two assists.—AFP ■

**FIFA WORLD CUP RUSSIA 2018**

Final
21:30 MST (15.7.2018)

France [ ] Croatia [ ]
EVERYTHING has pros and cons, especially social media. So we should not blindly say that social media is either fruitful or deleterious, because it depends on the individuals and how they use it. In other words, it is beneficial to us if we use it productively, and it can bring undesirable consequences or can put a serious damper on our life if we use it improperly.

Among social media, such as Facebook, Instagram, Twitter, and Viber, Facebook is the largest and most popular social networking site in our country. It is prevalent among youths, some of whom use it for more than just posting selfies and keeping up with friends. Facebook offers valuable sources of information on assorted fields such as education, economics, politics, and technology.

Via Facebook, they can gain once-in-a-lifetime opportunities, such as studying at prestigious universities abroad through fully-funded scholarships, information of which probably would never have been seen if not of the popular social media site. Such an opportunity is like a divine gift from the heavens for an impoverished youth with great passion to pursue a quality education abroad. Moreover, through information from Facebook, underprivileged youths can apply for stipends and continue their tertiary education.

For some youths, Facebook becomes a place to search for information about free seminars, talks, workshops and online courses. Some of the youths who have a thirst for knowledge read local and international news from the official pages of media companies and keep abreast of the latest developments in technology and hot issues of the world. Some are seeking jobs on Facebook, where various types of jobs in a wide range of industries are disseminated by companies large and small.

On the other hand, the drawbacks outweigh the advantages for some youths who use Facebook in the wrong way. Some encounter cyber-bullying and security attacks. Others become distressed, depressed and discontented when they compare their lives with those of others that they can so easily see on Facebook. Some teenagers allow Facebook to take up too much of their time, and thus have less time to study and to engage in face-to-face communication with their beloved ones. As a result, they often suffer academically, and their physical interaction with others gradually fades away. What’s worse, some teenagers spend their time cyber-chatting with strangers they have never met. They find those strangers charming and admirable. In some cases, they fall in love with them without considering the potentially disastrous results of committing yourself to someone you have seen only on the screen of a smartphone. This impulsiveness can put them in danger. In these kinds of undesirable cases, social media can be a source of trouble. In a nutshell, the use of social media can result in harmless fun, but also in serious danger. So, being human beings with sapient brains, we should aim to be the masters, not the slaves, of social media, by availing ourselves of the ample opportunities they offer.
CONTINUED FROM LAST WEEK

Past Perfect Continuous Tense

Past Perfect Continuous Tense

Past Perfect Tense (Before Past)

Past Perfect Tense (Before Past)

Past Perfect Tense (Before Past)

Past Perfect Tense (Before Past)

Past Perfect Tense (Before Past)

Simple Past Tense

(a) He went to Kalaw. He stayed there for five days. He visited pagodas and the Inle Lake. He bought Inle longyis and Shan bags.

(b) He went to town. It bought things he needed. Then he came back.

Past Continuous Tense, (was, were, + v + ing)

Past Continuous Tense, (was, were, + v + ing)

Past Continuous Tense, (was, were, + v + ing)

Past Continuous Tense, (was, were, + v + ing)

Past Continuous Tense, (was, were, + v + ing)

Past Continuous Tense, (was, were, + v + ing)

(1) He has been learning English since 1976.

(2) She has been reading in this school for four years.

(3) They have been living in Yangon since 1954.

(4) He has been looking for a job for more than a year.

(5) She has been working in this factory for six years.

(6) We have been waiting for him since morning.

Past Perfect Tense (Before Past)

Past Perfect Tense (Before Past)

Past Perfect Tense (Before Past)

Past Perfect Tense (Before Past)

Past Perfect Tense (Before Past)

Past Perfect Tense (Before Past)

Simple Past Tense

Simple Past Tense

Simple Past Tense

Simple Past Tense

Simple Past Tense

Simple Past Tense

(1) After he had read the letter, he tore it.

(2) He died after he had been ill for three months.

(3) The train had already left when I arrived at the station.

(4) Mother had already gone to bed when Father came back.

(5) He said that he had been to Japan.

(6) She told Ko Ko that she had had her dinner.

TO BE CONTINUED NEXT WEEK
Myanmar Sustainable Development Plan, National Water Resources Committee and World Bank’s Support: Bankable or Non-bankable?

By Prof. Dr. Khin Ni Ni Thein
Secretary of Advisory Group, Member of National Water Resources Committee

ON JULY 2, Bangladesh’s ‘The Independent newspaper reported that the World Bank had stopped approving projects for Myanmar as part of international moves to pressure Nay Pyi Taw regarding the issues in Rakhine State. The story quoted Bangladesh Finance Minister AMA Muhith after his meeting with World Bank Group President Mr. Jim Yong Kim in Dhaka.

On July 4, the World Bank’s Myanmar Country Office said “We have no plans to halt ongoing projects in Myanmar. We confirm that we will continue to support new projects in Myanmar, especially in Rakhine State.”

The first sentence guaranteed the ‘safety’ of ongoing projects like Ayeyarwady Integrated River Basin Management (AIRBM: Project, which is a flagship and the first project of the National Water Resources Committee (NWRC) chaired by Vice President U Henry Van Thio. The second sentence highlighted the ‘priority’ of the Bank that where the new projects will be. Obviously, the priority is Rakhine State. However, one has to understand that the priority was not set on the physical land, but on the issue, perspective, and approach to this particular issue and many similar issues such as national reconciliation and achieving sustainable development goals as described in 2030 Agenda.

In this context, one can recall last year big water event hosted by Myanmar as one of the emerging leaders of the region’s water arena.

Daw Aung San Suu Kyi, State Counsellor of the Republic of the Union of Myanmar, addressed the Third Asia Pacific Water Summit (3rd APWS) held in Dec 2017. (Ref. http://www.globalnewlightofmyanmar.com/welcoming-openingremarks-b-daw-aung-san-suukyi-state-counsellor-republic-union-myanmar-opening-ceremony-3rd-apws/). The State Counsellor said that “The convening of this event (3rd APWS) is most timely as the 72nd United Nations General Assembly recently decided to proclaim the period 2018 to 2028 the International Decade for Action, “Water for Sustainable Development”. The aim of this Decade is to emphasize the sustainable development, and inter-alia, of water resources, and to strengthen cooperation and partnership at all levels, with a view to promoting the speedy achievement of internationally agreed water-related goals and targets. This event provides an excellent opportunity for sharing our visions, and our views on the future implementation of the ‘Water for Sustainable Development’ Decade.

I hope that the Summit will also provide a platform where our partners in the Asia and Pacific Region can share their experiences of water-related enterprises and together conceive better ideas for integrated water resources management.” The importance of the role of water in sustainable development was mentioned by saying, “It is clear that water is the main driver of sustainable development. The National Water Resources Committee is responsible for two highly important tasks, water-based economy transformation and water-related disaster risks reduction in complete cycle; the National Disaster Management Committee (NDMC) takes care of the relief and resettlement parts of emergency situations during floods and droughts.

The NWRC has three pillars, the Secretariat, the Advisory Group and the Hydro-Informatics Centre (HIC). The Government, Corporate, Society (GCS) partnership offers considerable opportunities for water-based enterprises. We will promote GCS partnership within the framework of Integrated Water Resources Management (IWRM) in Myanmar. Our Government continues to provide better security and to develop the necessary policy and legal framework for water-related investments to flourish in this country. I would like to invite potential investors, both domestic and international, to engage with the NWRC and the NDMC on how best they might participate in and benefit from the water sector enterprises of our country.”

The Myanmar Sustainable Development Plan (MSDP) has been publicized and called for feedback from all corners of society and the development partners in April 2018. It is not a coincidence that the 3rd APWS outcome, ‘Yangon Declaration’ came out last year to pave the way for new Water Action Decade and Myanmar was a co-host and leader: Soon after that MSDP and the World Bank’s ‘Country Partnership Framework for Myanmar’ are being finalized in the first half of 2018. Some said that the current MSDP did not mention ‘water’ or ‘IWRM’.

However, if we read the whole MSDP one will find ‘water flavor all over but words’. Please allow me to explain why I say so.

The MSDP has (3) pillars, (5) Goals, (29) Strategies and (250) Processes as shown in the figure below: (Source: The Global New Light of Myanmar)

The role of Water and Integrated Water Resources Management in MSDP can be seen in:

Pillar (1) Peace and Stability. “Peace and stability born out of trust! Trust comes from ‘transparency, honesty and proof of fairness in daily life’. Water-based peace projects, such as ‘IWRM ground-level-exercise for Peace Building Communities’ and ‘Water Diplomacy in the sense of trans-regional rivers and lakes water management for their states and regions’ can yield most profound trust among diverse peoples of Myanmar”

Pillar (2) Prosperity and Cooperation (Systematic and continuous implementation of IWRM can contribute to water-based economy which leads to greater GDP with sounder environment and happier populace. Long-lasting partnerships nationally and internationally are mostly done in the water-sector development projects.)

Pillar (3) Humans and Earth (People and planet are made of ‘water’ and water is an essential part of their existence and interdependency between people and planet. Hence this pillar can be significantly strengthened by ‘New Institutional Framework of the Myanmar’s water sector’)

Goal (1) Peace, National Reconciliation, Security and Good Governance (ယိုးယိုးကိစ္စရိုင်း ပျံသန်းလိုသူတို့ Water is a unique element that can unite Myanmar as a whole. Therefore, water and IWRM can serve national reconciliation in a big and concrete way. Good water governance is a foundation of overall good governance. The good water governance is a road to democracy and good governance!)

Goal (2) Economic Stability, Strengthened Macro-economic Management (For each and every single economic activity, we need water and energy. Without having right water budget, good water management, and effective water governance, economy will not flourish and sustain.)

Goal (3) Job Creation, Private Sector Led Growth (Water sector jobs are green jobs and very important for water-based economy partnered by public and private sectors locally and internationally.)

Goal (4) Human Resources and Social Development for a 21st Century Society (IWRM is the greatest advocate of social inclusiveness. IWRM promotes triple bottom line approach to all water projects. The triple bottom lines are (1) economically viable, (2) environmentally sustainable and (3) socially inclusive. Therefore, we can sense the water also here.)

Goal (5) Natural Resources and the Environment for National Prosperity (Water is part of natural resources as well as environment; however, water affairs should be managed separately, not as a sub-set of natural resources and environment. To achieve 2030 Agenda and Sustainable Development Goals (SDG), ‘Water’ is the main driver and ‘IWRM’ is the means to achieve the SDGs and MSDP)

MSDP covers 250 assorted plans with State priorities such as that of national reconciliation (water can play a big role), that of better justice system (water integrity in billion dollar projects), and that of reform on the state-owned economic enterprises (The GCS partnership should be included). In other words, it is a superior plan with a vision of sustainability and balanced development arrangement. We only need to suggest where we can include more visible water wording, such as ‘water’ and ‘IWRM’. In fact, it has yet to create a final master plan or strategic plan to coordinate and hook up the ongoing projects by various projects and sectoral plans in the country.

One caution has been found in the Global New Light of Myanmar article, quote, “Up till now, the union level ministries, the state and regional government departments are mainly putting up proposals for allocation of budgets without submitting development strategies for their states and regions. Moreover, the projects and plans are not clearly considered and defined on the path of implementation whether it is solely by the government, whether it is under Government and Public Private Partnerships (PPP) or whether it is mainly under the assistance of Development Partners” (Thein Thaw, Global. New Light of Myanmar 24 June 2018).

The State Counsellor has strong commitment in water sector reform, which can be drawn from her conclusion sentence at the 3rd APWS speech: “I would like to underline the crucial role of water security for the overall wellbeing of all human kind and for the attainment of the United Nations Sustainable Development Goals. Our commitment is clear and straightforward. We can assure you of our cooperation and partnership in Integrated Water Resources Management.”

Therefore, the World Bank should consider shaping its present Country Partnership Framework relevant to the final MSDP (which will be done after taking into account of public feedbacks), and putting ‘Water’ and ‘IWRM’ in the center of water-based economic and development activities. This may be the answer to the projects those are subject to the recommendation of Development Aid Coordination Unit (DACU) and the World Bank on the very important decision ‘Bankable’ or ‘Not-bankable’ in the future.

“The water in a vessel is sparkling; the water in the sea is dark. The small truth has words which are clear; the great truth has great silence.”

— (Rabindranath Tagore)
SUNDAY SPECIAL

ARTICLE

15 JULY 2018
THE GLOBAL NEW LIGHT OF MYANMAR

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THE GLOBAL NEW LIGHT OF MYANMAR

4

PHOTO: PHOE KHWAR

A boy looks at a rhinoceros at the Yangon Zoological Gardens.

PHOTO: PHOE KHWAR

A visitor feeds a hippo at the Yangon Zoological Gardens.

PHOTO: GILM/PHOE KHWAR

Safety and regulations needed for better management of zoos, public security

By Saikat Kumar Basu

ZOOS, like any other organizations and institutions, have suffered occasionally due to security issues around the globe. From time to time, tragic incidents of people or children falling inside animal enclosures and being mercilessly killed by wild animals have sent shock waves around the planet. Such incidents have happened either due to lack of proper surveillance and monitoring on the part of zoo authorities or due to complete carelessness of individuals who have either accidentally fallen inside cages or moved too close into an enclosure of a dangerous animal for taking selfies or for attempting to get a close photograph or video of a caged animal.

Often it has been reported that people under the impact of alcohol or drugs or some kind of religious cult have voluntarily moved into cages or enclosures of dangerous wild animals like tigers or lions, and faced brutal attacks or have been mauled to death. Sometimes, trained zoo keepers have been attacked, too, by wild animals when they unfortunately forget to keep the cage door closed, and they moved inside the cage or animal enclosure for servicing or cleaning or for the purpose of feeding the animals.

Sometimes animals have even attacked people unproven or when accidentally got out of their cage or enclosures due to safety breach or through some gaps or loopholes of the zoo security system. More than animal attacks, panic-stricken public have been involved in stampede in a rush to get out of the zoo, resulting in death and injury. Contrary to the common belief that such negligence and incidents happen only in developing and under-developed nations with poor zoo management, several premier zoos around the globe, and that, too, in highly developed nations, have reported unfortunate accidents that have cost the lives of the human victim or the animal involved.

In many instances, unattended kids or children have fallen inside cages or enclosures and lost their lives or seriously injured or the animal has been shot to protect the children. Under any circumstances, accidents and security loopholes are quite common in zoos around the world, and there is opportunity to further strengthen the security systems of the zoo for better management and also to protect the public from any such unfortunate incidents.

A list of important measures has been listed below for both zoo authorities and public to ensure future security of zoo animals and public:

1. Restricting the number of visitors to the zoo to prevent mismanagement and chaos. An overcrowded zoo can turn the dangerous risk of unfortunate accidents, as help could not be extended at the hour of need due to overcrowding, confusion and chaos.

2. Placing security cameras in as many strategic locations as possible within the zoo campus for the central security management team to keep an eye for any possible breach or accident that may happen inside the zoo.

3. Leasing warning signs throughout the zoo and also to make the public aware that getting too close to zoo animals warrants unexpected danger, as these are not docile, human friendly pets, but rather dangerous wild animals confined to cages or enclosures for public display and education.

4. Public phone booth or kiosks should be placed throughout the zoo campus with the emergency security numbers mentioned clearly in the booths for fast reporting of any incident to the zoo security authorities.

5. Masts should have some first aid treatment centers for minor injuries and efficient transport and communication systems with major health centers or hospitals for rapid treatment of any accident victim.

6. A public addressing system should be installed so that zoo authorities could warn the public over loud speakers placed throughout the zoo-campus for any emergency situation and guide them accordingly.

7. Trained security staff should be placed throughout the zoo campus to keep a direct eye on public behavior and also for the well-being of zoo animals.

8. Multiple security measures should be incorporated for zoo animals on public display, that may include proper caging or security glass wall between the display animal and the public, artificially increase the distance of the animal from the public by adding fencing, barbed wires, high drums, long and inaccessible walls and other engineering measures.

9. Regular inspection of cages and enclosures for identifying possible weaknesses and security loopholes.

10. Trained security staff should be available to protect a victim.

11. Appropriate tranquilizing dosages for different animals based on their body size and weight should be properly calculated and kept handy for application under emergency conditions. Animals should be killed when only no other viable options are available to protect a victim.

12. Zoo staff should be appropriately and professionally trained for handling any emergency situations within the zoo-campus.

13. Zoo authorities need to be more innovative, investigative and vigilant to report and monitor safety issues inside the zoo.

14. Zoo authorities need to work in close coordination and cooperation with one another to enhance zoo security in future.

15. An efficient surveillance and monitoring system can prevent most of the zoo accidents if carried out sincerely and diligently with professionalism.
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France-Croatia World Cup Final

By Dr Aung Soe @ Aung Kyaw Moe
Retired State Medical Superintendent

FIFA World Cup
FIFA World Cup soccer tournaments which started in mid-June 2018 has ended today with a final competition between France and Croatia.

World Cup attracts each and every football fan in all parts of the planet, including Myanmar. People all over the world have patiently waited for a long period of four full years to encounter this heart-thrilling occasion.

National game of Myanmar
Football may be regarded as a national game in Myanmar. It is played in urban as well as rural areas, on the streets, playgrounds, stadiums and even on mobile handset screens, creating joy, excitement, fitness and health. World Cup inspires the general public, regardless of age or gender, to initiate or to keep up playing football.

Life style modification
Physical exercise, along with healthy diet, cessation of smoking, moderation of alcohol, avoiding stress and strain, adequate sleep and relaxation, no doubt, is a major component of life style modification for good health and prevention of non-communicable diseases.

Non-communicable diseases
Non-communicable diseases, as the majority of laymen know, include cardiovascular diseases, hypertension, strokes, diabetes, overweight, obesity, chronic obstructive pulmonary diseases, and so on.

Geographical distribution
Perhaps there may be some sleep deprivation for spectators due to time difference between country of play in the west or north and World Cup fans in the east or south, which unfortunately may create negative impact on the health.

Sleep mechanism
Roughly, optimum time required to sleep per 24 hours for an adult is seven hours, modern medicine describes. Sleep has a restorative function and is important for conservation of energy and growth.

Insomnia
Insomnia is a condition of inadequate quantity or quality of sleep. It may be a symptom of a depressive illness, an anxiety disorder or some other psychiatric condition. More commonly, it arises at a time of increased life stress; some people then become preoccupied with lack of sleep and fear trying to get to sleep. This establishes a vicious circle which perpetuates the problem.

Disturbances of sleep
Disturbances of sleep are common, and they may include watching FIFA World Cup. Apart from insomnia, patients may complain of excessive day-time sleepiness, disturbed behavior during night-time sleep, the parasomnias (sleep walking and talking, or night terrors) or disturbing subjective experiences during sleep and/or its onset (nightmares, hypnagogic hallucinations, and sleep paralysis).

Normal sleep
Normal sleep is controlled by the reticular activating system in the upper brain stem and diencephalon. During overnight sleep, a series of repeated cycles of EEG patterns can be recorded. As drowsiness occurs, alpha rhythm disappears, after 60-80 minutes superimposed rapid eye movements (REM) occurs. A few minutes of rapid eye movements sleep is followed by another slow wave spell, and the cycle repeats several times throughout the night. The rapid eye movement periods tend to become longer as the sleep period progresses.

Sweet dreams
Dreaming takes place during rapid eye movements sleep, which is accompanied by muscle relaxation, penile erection and loss of tendon reflexes. Rapid eye movements sleep seems to be the most important part of the sleep cycle for refreshing cognitive processes. Deprivation of rapid eye movements sleep causes tiredness, irritability and impaired judgement. Overnight TV watching may be one example.

Fatigue and poor sleep
Excessive sleepiness in the day is most commonly due to inadequate night-time sleep related to fatigue and poor sleep hygiene, including the excessive television affinity. Somnolence due to disturbed night-time sleep particularly occurs after meals and during dull monotonous activities, such as long car journeys, particularly dangerous for Yangon-Nay Pyi Taw-Mandalay highway drivers!

Causes of sudden death
Causes of sudden death are numerous. Cardiac arrest, heart attack, pulmonary embolism, cerebro-vascular accidents, road traffic and other accidents, electrocution, etc., are among them.

Exactly four years back, during 2014 Brazil FIFA World Cup day, Xinhua News Agency released a report, saying, “overnight session watching the FIFA World Cup may have caused the death of a 23-year-old man in the eastern Chinese city of Suzhou, said a local hospital on Monday”.

“The man was found dead in his room early in the morning with his TV set still airing the football match. Doctors in the Xiangcheng People’s Hospital to which he was sent said they suspect his death was linked to staying up late watching the games, which are taking place in the middle of the night in China due to the time difference with tournament host country Brazil”.

“Although the doctors did not specify what exactly may have caused this fatality, exhaustion or a heart attack is possible factors. They warned football fans to be cautious about their health. Chinese have been basking the midnight oil to watch games broadcast from midnight to 6 am Beijing Time”, Xinhua News Agency said.

It is a controversial issue whether World Cup matches create sleep deprivation consequences. In 2014, people watching FIFA tournaments in Brazil and nearby countries did not suffer any sleep deprivation.

As a regular FIFA World Cup fan, old player in my younger days, as well as a media personnel, I was well-prepared before watching the France-Croatia Final, by prior adjustments for an adequate sleep before the tournament and long hours sleep after the match as a “replacement therapy”.

Hope all the fans enjoyed the World Cup Final.