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**SUNDAY  
SPECIAL**



# THE GLOBAL NEW LIGHT OF MYANMAR

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## Myanmar, Viet Nam to boost bilateral ties

Following is the Press Release on Visit of State Counsellor Daw Aung San Suu Kyi to the Socialist Republic of Viet Nam

AT the invitation of His Excellency Nguyen Xuan Phuc, Prime Minister of the Socialist Republic of Viet Nam, State Counsellor Daw Aung San Suu Kyi, paid an official visit to Viet Nam from 19 to 20 April 2018.

The State Counsellor was accorded a ceremonial welcome at the Presidential Palace by His Excellency Prime Minister Nguyen Xuan Phuc and held bilateral talks with the Prime Minister Nguyen

Xuan Phuc at the Government House. During the meeting, the two leaders reviewed on the existing traditional friendship established by National Hero Bogyoke Aung San and President Ho Chi Minh, and the close cooperation cultivated by generations of leaders and people from both countries. They also discussed the positive progresses in bilateral cooperation in the past years, particularly the elevation of bilateral ties to

Comprehensive Cooperative Partnership in August 2017, which has opened up a new chapter in bilateral relations.

Both sides reaffirmed to strengthen further the effectiveness of comprehensive cooperation in all areas, including political, trade and investment, agro-forestry and fishery, connectivity, energy and telecommunications, defence, tourism, culture, education and people-to-people exchanges

especially youths.

The two Leaders reaffirmed their commitment to enhance cooperation and find new means to reach the two-way trade target of USD 1 billion or higher by 2020 since the volume of two-way trade between Myanmar and Viet Nam in 2017 has already reached USD 830 million, a 51% increase compared to 2016. Viet Nam has risen to become the 9<sup>th</sup> largest trading partner and

7<sup>th</sup> largest foreign investor in Myanmar.

The two sides emphasized that the exchange of visits at all levels and channels, including government to government, parliament to parliament, party to party, people to people especially young generations, will enhance and consolidate friendship, mutual trust and cooperation between the two countries and peoples.

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## Union Supreme Court and State/Region High Courts meet to strengthen judiciary sector

IN order to strengthen the judiciary sector, the Union Supreme Court and State/Region High Courts held a special coordination meeting at the Union Supreme Court meeting hall, Nay Pyi Taw, yesterday morning.

In his opening speech at the meeting, Union Chief Justice U Htun Htun Oo said that judiciary power has been distributed to the Union Supreme Court, State/Region High Courts and Courts of Self-Administered Regions and Zones, and Justices, Judges and Law Officers were assigned to provide justice and court administration. All those in the judiciary sector are responsible for the establishment of a free, fair, trusted and beneficial judiciary system for the people.

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Union Chief Justice U Htun Htun Oo delivers the opening speech at the special coordination meeting to strengthen the judiciary sector at the Union Supreme Court meeting hall, Nay Pyi Taw yesterday. PHOTO: MNA



# Union Minister attends HIV-free ASEAN City Regional Meeting in Mawlamyine

AN HIV-free ASEAN City Regional Meeting hosted by Myanmar was held at Royal Hintha Hotel in Mon State, Mawlamyine, on the morning of 20 April.

Union Minister for Health and Sports Dr. Myint Htwe and Mon State Chief Minister Dr. Aye Zan attended the meeting and delivered speeches. Present at the meeting were health officials from eight ASEAN countries, officials from the Ministry of Health and Sports, Mon State Government ministers, Pyithu Hluttaw health and sports development committee chairman, Amyotha Hluttaw health, sports and culture committee chairman, Mon State Hluttaw Speaker, officials from the HIV/VD department, UN organisations, local and international NGOs, civil society organisations, personnel responsible and invited guests.

At first, Dr. Aye Zan explained the status of prevention and treatment of HIV/AIDS in Mon State.

Dr. Myint Htwe said that while HIV/AIDS had significantly declined due to the concerted efforts of all countries, people should not be satisfied with this and must observe from all angles



Union Minister for Health and Sports Dr. Myint Htwe delivers the speech at the HIV-free ASEAN City Regional Meeting at Royal Hintha Hotel in Mon State on 20 April. **PHOTO: MNA**

the nature of the disease and its occurrence. Despite observations and inspections, there can still be hidden patients. ASEAN capital cities were seen to have raised the momentum of cooperation in providing effective treatment and conducting preventive works against HIV/AIDS, following the launch of the HIV/AIDS-free ASEAN Capital Cities project, with the aim of no new

HIV infections, no discrimination against HIV/AIDS patients and no deaths from AIDS, in 2011.

Practical work processes and plans were set up in order to prevent and eliminate HIV/AIDS as a public health hazard, said the union minister.

Setting up supporting policies and laws for the success of the G2Z (Getting to Zero) project, obtaining news and infor-

mation in real time, maintaining good coordination between related entities and ministries, and enthusiastic cooperation and participation of the public are essential requirements.

At the moment, the G2Z project is implemented in 50 cities, including Mawlamyine, from eight ASEAN countries and will be extended to Hpa-an and Myawady, said the union

minister.

It is expected that from this meeting, valuable experiences, lessons and approaches of attending nations will be shared, and practical methods and solutions to eradicate HIV/AIDS can be discussed and discovered, and sustainable success can be achieved. Everyone is urged to work together by all means and from all angles to eradicate and prevent the resurgence of HIV/AIDS, added the union minister.

Later, the union minister and meeting attendees took a commemorative group photograph and observed the display booths.

After the meeting, the union minister and party inspected Paung Township Moattama Station Hospital, Paung Township People's Hospital and the 100-bed Thaton District Hospital. At the Thaton District Hospital, the union minister and party also inspected the kidney dialysis machine and medicines worth more than Ks66.2 million donated by Haji Daw Toe Kyi and donors and the 16-bed Sangha ward worth some Ks245.5 million built and donated by "Gilana Sangha Hospital Care" group.—Myanmar News Agency ■

## Fourth memorial ceremony for Hantharwady U Win Tin held

THE fourth memorial ceremony for journalist, writer and member of the panel of the chairman of the National League for Democracy Hantharwady U Win Tin was held at Thiri Hall, Tawwin Hninzi (restaurant), Bahan Township, Yangon, yesterday morning.

The event was attended by Yangon Region Chief Minister U Phyo Min Thein, Yangon Region Hluttaw Speaker U Tin Maung Tun and Deputy Speaker U Lin Naing Myint, Yangon Mayor U Maung Maung Soe, Hluttaw representatives, members of civil society organisations, people from the literature circle, NLD members, political colleagues of U Win Tin, invited guests, and admirers of Sayagyi Hantharwady U Win Tin. It was organised by the Hantharwady U Win Tin Foundation.

Officials from the foundation read the biography of Hantharwady U Win Tin and explained the aim of holding the ceremony.

In a speech delivered in



Writer Monywa Aung Shin speaks at the ceremony in memory of and honouring U Win Tin at Thiri Hall, Tawwin Hninzi (restaurant), Bahan Township, Yangon, yesterday. **PHOTO: ZAW GYI**

his honour and remembrance, U Phyo Min Thein said, "Honour should be given to honourable people. I believe that the

thoughts, strengths and beliefs of Hantharwady U Win Tin will be instilled in all of us. The teachings and guidance of "Ba Ba" (grand-

father) have strengthened our resolve in serving the country now. Because of this, Hantharwady U Win Tin will live forever

in our minds."

Patron of the foundation, writer U Moe Thu and ceremony attendees also delivered speeches and read a poem in memory of and honouring U Win Tin.

The foundation secretary U Kyaw Aung said, "This ceremony was held because of the distinct characteristics of Sayagyi. Sayagyi was selfless and at the front line, serving the country. He led the democracy movement from the front as a leader. He stands for the truth as a journalist and news person. He is noticeable for his steel-like strength in dealing with oppressors and soft, wax-like quality in dealing with people, colleagues and friends. The youth nowadays should know this." Wreaths were laid in U Win Tin's tomb at Yay Way cemetery in the afternoon, and in the early evening, free food was served in Maha Bandula Park in memory of Hantharwady U Win Tin.—Zaw Gyi ■



“ We will abolish the red tape that burdens the people and eradicate corruption and bribery that plagues all levels of society as we work to strengthen the moral fiber of our people. We will draw out from our past experiences as a civilian government overcoming various obstacles and hardships, as we work to the best of our ability for the immediate present and head towards the future of a democratic nation that respects human rights and is free from all stains of corruption.

(Excerpt from the speech by President U Win Myint at the ceremony to take oath of office at Pyidaungsu Hluttaw on 30<sup>th</sup> March 2018)

“ We have many opportunities to learn in order to overcome and eliminate the evil legacies of the past and to fulfill the aspirations for the future of the nation. We know how much loving kindness, truth and bravery are needed; how greed, anger and ignorance can impact negatively. We have learnt the importance of having good friends. The most important lesson we learned is the value of understanding and unqualified support of our people.

(Excerpt from the speech by State Counsellor Daw Aung San Suu Kyi on the 2<sup>nd</sup> Anniversary of NLD Government on 1<sup>st</sup> April 2018)

## Myanmar, Viet Nam to boost bilateral ties

### FROM PAGE 1

The Vietnamese side stressed the importance attached to relations with Myanmar and reaffirmed its continued support for Myanmar's effort towards peace and national reconciliation. Likewise, Myanmar side expressed its admiration on the achievements of reforms in Viet Nam especially for the progress on social-economic life of its people and sustainable development. The Myanmar side expressed its appreciation to Viet Nam for its consistent support for Myanmar's reconciliation and peace process as well as for sharing with Myanmar its experience with regard to economic development. The two Leaders reiterated their commitments to enhance close cooperation in regional and international fora, including ASEAN, Non-Aligned Movement and the United Nations.

The State Counsellor and Vietnamese Prime Minister witnessed the signing of the Memoranda of Understanding between the two countries. The Memorandum of Understanding on Cooperation in the field of Post, Telecommunications and ICT was signed by Deputy Minister U Set Aung of the Ministry of Planning and Finance and Deputy Minister Mr. Phan

Tam of the Ministry of Information and Telecommunications of Viet Nam. The Memorandum of Understanding on Information Cooperation which was signed by Myanmar Ambassador to Viet Nam U Kyaw Soe Win and Deputy Minister Mr. Phan Tam of the Ministry of Information and Telecommunications of Viet Nam. A Joint Statement was issued at the conclusion of the Official Visit.

In the evening of 19 April, the State Counsellor attended the banquet hosted by the Prime Minister at the International Conference Centre. In exchange of their toasts, the two leaders recalled their shared experiences and struggles in historical context and reiterated their common aspiration to work together for promoting friendship, mutual trust and benefits between the two countries and peoples.

The State Counsellor also received Chairman of Viet Nam-Myanmar Friendship Association and Vietnamese Enterprises in the morning of 20 April 2018 and discussed the activities undertaken by the Viet Nam-Myanmar Friendship Association to deepen bilateral ties as well as the opportunities and challenges facing Vietnamese investors in Myanmar.

During the visit, State Coun-

sellor and party laid a wreath at the Monument of National Heroes and Martyrs and visited President Ho Chi Minh's Stilt House. The State Counsellor also met with Staff and family members of Myanmar Embassy and Defence Attache Office, Myanmar students and community at the Embassy and attended a lunch hosted by Myanmar Ambassador and wife.

The State Counsellor paid a courtesy call on Mr. Nguyen Phu Trong, General Secretary of Central Committee of Communist Party at General Secretary's office and discussed matters relating to promote Myanmar-Viet Nam bilateral relations and cooperation; to increase contacts between governments, parliaments, parties, peoples especially exchange visits of youth representative groups.

The State Counsellor also met with Madame Nguyen Thi Kim Ngan, President of the National Assembly of Viet Nam and exchanged views on parliamentary matters, sharing experience of reforms for the economic development of Viet Nam and ways to enhance close cooperation among two parliaments in the ASEAN and other inter-parliamentary organizations.

The State Counsellor's visit was accompanied by Union Min-



State Counsellor Daw Aung San Suu Kyi and Vietnam's Prime Minister Nguyen Xuan Phuc receive the salute from the Guard of Honour at the Presidential Palace in Hanoi, Viet Nam. **PHOTO: MNA**

ister for Transport and Communications U Thant Sin Maung, Union Minister for International Cooperation U Kyaw Tin, Deputy Minister for the President's Office U Min Thu, Deputy Minister for Planning and Finance

U Set Aung and Senior Officials.

The State Counsellor and Party arrived back to Nay Pyi Taw by air in the evening of 20 April 2018.

**Ministry of Foreign Affairs**

## Union Supreme Court and State/Region High Courts meet to strengthen judiciary sector

### FROM PAGE 1

A strategic plan for judiciary reform in Myanmar had been drawn up and systematically implemented. A three-year strategic judiciary action plan (2015-2017) had been successfully implemented and a five-year strategic judiciary action plan (2018-2022) has been started. State- and re-

gion-wise strategic work processes for judiciary and management groups were formed. At the moment, priority must be given to administer justice and conduct court management works according to law, codes and procedures within a set time frame, without corruption, unethical and immoral practices, he said.

Priority needs to be given to the systematic management of court evidence and court personnel. Duties and responsibilities will be defined and assigned to be conducted at the township, district, state/region and union levels. Only then, can the aim of the judiciary to provide high quality judiciary service, public

trust and confidence in courts and the effective rule of law will be achieved. This will also support the State's special priority work processes and economic development, the Union Chief Justice said.

The special coordination meeting was attended by Justices of the Supreme Court of

the Union, State/Region Chief Judges, directors general, deputy directors general and directors of the Union Supreme Court Office and Office of the Union Judiciary Supervision and State/Region Chief Law Officers. The special coordination meeting will be held from 21 to 22 April, it is learnt. — Myanmar News Agency ■



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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.

# Opening ceremony of Clock Tower in Patheingyi

THE opening ceremony of Patheingyi's clock tower was held at the entrance of Patheingyi township, Mandalay Region this morning.

The Mandalay Region Chief Minister Dr. Zaw Myint Maung, Mandalay Mayor U Ye Lwin, speaker of Mandalay Region Hluttaw U Aung Kyaw Oo, member of Amyotha Hluttaw Dr. Than Win and representative of the Region Hluttaw U Ye Min Oo cut ceremonial ribbons

and then sprinkled scented water on the memorial tablet.

Afterwards chief minister Dr. Zaw Myint Maung and officials gave certificates of honour to donors who contributed cash to build clock tower. The clock tower is 56 feet high and the cost of the structure is 35 million kyats. It took two months to build the clock tower.—Myanmar Digital News



Mandalay Region Chief Minister Dr. Zaw Myint Maung and officials cut ceremonial ribbons at the opening ceremony of Patheingyi's clock tower in Mandalay Region. **PHOTO: MDN**



Officials from the Department of the Disaster Management in Magway Region provided 3.98 million kyats to 229 people from 52 households. **PHOTO: MDN**

## Cash provided for households hit by strong winds

OFFICIALS from the Department of the Disaster Management under the Ministry of Social Welfare, Relief and Resettlement provided cash and goods to the households hit by strong winds in Yenangyaung.

The 52 households's houses were destroyed by forceful winds in Yenangyaung Township on 19 April. So officials from the De-

partment of the Disaster Management in Magway Region provided 3.98 million kyats for food and home repairs to 229 people from 52 households.

In addition, twelve people from four households who suffered from the erosion of the Ayeyarwaddy River were also provided cash and household goods.—Myanmar Digital News

## Two die, seven injured as vehicle overturns on Yangon-Mandalay expressway

TWO Buddhist monks were killed, while seven women sustained serious injuries in a fatal accident on the Yangon-Mandalay expressway early Saturday morning, according to a police report.

According to the police investigation, the two monks, one of whom was driving the car at the time, died on the spot due to serious injuries on their

heads. They were travelling towards Nay Pyi Taw from Yangon.

The accident occurred between milepost Nos. 103/5 and 103/6 at some 5.30 a.m. on 21 April. The injured women are currently undergoing emergency treatment at Bago and Myochaung hospitals. Investigators say the monks are from Yangon and the women

are from a village in Myothit Township, Magway Region.

The women were being dropped back home after they made necessary arrangements for a religious ceremony.

Investigations are carried out to file a case against the reckless driver under Section 304 (a)/337/337 of the Penal Code.—Phyo Ko Lynn (Nyaungwaing)

## Cause of factory fire in Dagon Seikkan Township under investigation

A level 2 fire broke out early Saturday morning at a factory of Polymer Company on Kanaung-minthagyi Road in Industrial Zone-A, Ward-89, Dagon Myothit (Seikkan) Township, eastern Yangon, according to the police. The fire started at some 3.05 a.m. on 21 April at the factory located on plot No. 25. The building is owned by U Maung Maung Thaung of Polymer Co. Ltd., one of the leading developers and distributors of flexible foam. Led by U Tin Moe, Director-General of the Myanmar Fire Services Department, firefighters put out the blaze using 24 fire engines. The flame was successfully controlled at 4.20 a.m. on the same day. Action has been taken against U Nyunt Shwe, manager of the factory, according to the law. The cause of the fire is being investigated. — Ko Gyi Soe (Seikkan)

## Suspension Bridges in Myanmar to be repaired

A coordination meeting was held at the Ministry of Construction in Nay Pyi Taw yesterday. The meeting focused on twenty-nine suspension bridges in Myanmar that will be inspected and repaired in order to maintain good transportation and safety standards for the public. Professional engineers from the Department of Bridge and the China Highway Construction Association will orchestrate this project.

At the meeting, the Deputy Minister for Construction U Kyaw Lin clarified requirements for repairs of the suspension bridges.

In addition there will be joint cooperation between the engineers from Myanmar and China, to prioritize the repairs of the perilous suspension bridges and to learn how to use equipment and how to assess the sturdiness of the bridges. Engi-

neers from the China Highway Construction Association will furnish technical assistance to Myanmar engineers, he added.

Afterwards, the director from the China Highway Construction Association Mr. CHU Yili and the chief engineer of the Department of Bridge Daw Thein Nu discussed conditions and requirements for repairs of the twenty-nine bridges.—Myanmar Digital News





Employees work at the production line of a large garment factory in Hlinethaya Township. **PHOTO: PHOE KHWAH**

## Myanmar eyes \$5bn revenue from garment sector in next 3 years

MYANMAR is targeting US\$5 billion earnings from the garment sector within the next three years.

It also expects to create more than 1.5 million employment opportunities for the local people, according to a report in City News Daily yesterday.

In the 2017-2018 fiscal year (FY), it earned some \$2 billion from the garment sector, according to the Ministry of Commerce.

In 2014, Myanmar had only 300 garment factories, creating job opportunities for some 250,000 people. In 2018, more

than 500 garment factories are operating in Myanmar with a labour force of more than 450,000 workers. Garments are the second most exported item.

The 2016-2017 FY saw an estimated earnings of some \$1.68 billion from garment exports, while the estimated value of garment exports was some \$2 billion in the 2017-2018 FY.

Since 2012, exports from garment factories has increased 30 per cent annually. Therefore, Myanmar is expecting to earn \$5 billion from the garment sector by 2020 and create more than 1.5 million

employment opportunities for the local people.

To meet the target income, Myanmar garment factories are planning to penetrate foreign markets.

Recently, China and Taiwan have expressed interest in investing in the Myanmar garment sector.

Myanmar exports garments mainly to Europe, Japan, South Korea and China. The majority of Myanmar's garment factories operate under the cut-make-pack system. Recently, the garment industry received a tax break.—GNLM ■

## Myanmar set to draw \$3,000 million FDI during transition period

THE Directorate of Investments and Company Administration (DICA) is expecting to attract foreign direct investments (FDIs) worth some US\$3,000 million during the transition period — April to September — of the 2018-2019 FY, according to a report in Myawady Daily yesterday.

This year onwards, the fiscal year in Myanmar will be from October to September. The six-month period from April to September will be considered the transition period for the 2018-2019 FY.

The country's budget will be increasingly allocated for fundamental infrastructural building businesses, said U Aung Naing Oo, Director-General of DICA.

The manufacturing and real estate development sectors will draw the largest FDIs during the six-month interim period.

Myanmar received FDIs worth some \$5.7 billion through 222 projects in the 2017-2018 FY. Singapore made the largest investments of up to \$2.1 billion, while China brought in \$1.39 billion. — GNLM ■

## Fuel oil prices rise in post-Thingyan period

FUEL oil prices have gone up compared to the prices in early April, according to a report in City News.

Fuel oil prices are on the higher side amid "attempts to control," said a manager at a private fuel oil station.

Octane 92 fetched Ks733 per litre on 12 April, which increased to Ks738 per litre on 13 April. It hit Ks750 per litre and above in the post-Thingyan period. Similarly, Octance 95 price also increased from Ks805 to Ks815 per litre.

During the pre-Thingyan period, petroleum prices reached an eight-week record high. News of production cut by the global petroleum producing countries and the supply and demand gap directly affected the petroleum prices,

said an observer.

The crude oil market climate has an impact on the petroleum price. The US-led attacks on Syria and its plan to boost petroleum production also affected the global petroleum market, noted an economic observer.

In a bid to control the domestic fuel oil price, the Ministry of Commerce, Electricity and Energy and the Myanmar Petroleum Trade Association discussed matters on 12 April in Nay Pyi Taw. The department is also planning to distribute three million gallons of fuel in the market. Although a good move, fuel oil stations will get only a small volume of the supply as there are many outlets, said a businessman. — GNLM ■

## Border trade fetches nearly \$270 million in 13 days

THE value of Myanmar's border trade reached some US\$269 million from 1 to 13 April of the six-month transition period for the 2018-2019 fiscal year (FY), according to figures released by the commerce ministry online.

The export value surpassed imports, with exports bringing in some \$165 million and imports valued at \$104 million.

Myanmar conducts border

trade with neighbouring countries such as Thailand, India, China and Bangladesh via its 16 border checkpoints.

The Sino-Myanmar border trade is carried out through five gates: Muse, Lweje, Kanpikete, Chinshwehaw and Keng Tung, while Myanmar's trade with India is conducted through the Tamu and Reed land points of entry. The trade gates with Bangladesh are Maungtau and Sittway. The Myanmar and

Thailand border trade is conducted through the Tachilek, Myawady, Kawthoung, Myeik, Hteekhee, Maese and Mawtaung land points of entry.

Myanmar exports agricultural products, forest products, animal products, minerals, fisheries products and manufactured goods, among other things. Myanmar's import items include capital goods, raw industrial goods and consumer products. — Ko Khant ■

THE GLOBAL NEW LIGHT OF MYANMAR

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# Performance Over Two Years by Ministry of Commerce

By July Moe  
(Myanma Alin)

MYANMAR rice export broke 70 years old record.

Trading plays a vital role in the development of a country's economy. As for the Ministry of Commerce, efforts are being made to transform the process of the implementation of the economic system. The following are some of the excerpts from the interview with Ministry for Commerce Dr. Than Myint.

Q : Could you let us know what the aims and objectives of the Ministry of Commerce are?

A : During the tenure of the new government, the state has laid down a 12-point-economic-policy which can foster the development of the country's economy. In accordance with the state's policy, the Ministry of Commerce has adopted 26 processes including Trade Promotion, Trade Facilitation, Trade Negotiation, Trade Liberalization, Trade Education and Consumer Protection, which can connect to other trading sectors.

Q : Could you elaborate more about trading process in Myanmar?

The main duty of the Ministry of Commerce is to boost the trading and develop the private sectors as well. It is important to increase the volume of foreign exports.

In the 2016-2017 fiscal year, the volume of foreign export is US\$ 29.20 billion and in the 2017-2018 fiscal year the volume of trade reached US\$ 33.32 billion. The Ministry of Commerce has laid down National Export Strategy \_ NES which can help the market expansion which is needed for the economy. During the period-of-two-year of the new government, the volume of trading has amounted to US\$ 11.13 billion in the 2015-2016 fiscal year and it has increased US\$12 billion (7 per cent). In the 2017-2018 fiscal year, the volume of trading has become US\$ 14 billion and it had increased US\$ 2.68 billion



Union Minister for Commerce Dr. Than Myint. **PHOTO: MNA**



Union Minister Dr. Than Myint and officials pose for the documentary photo at the Commencement ceremony of Thilawa Special Economic Zone, Zone B on 24 February 2017. **PHOTO: MNA**



Union Minister Dr. Than Myint attends the Eleventh WTO Ministerial Conference in Buenos Aires, Argentina in December 2017. **PHOTO: MNA**



Union Minister Dr. Than Myint looks at avocados at the Myanmar Avocado Festival in Pa-O Self-Administered Zone in Shan State. **PHOTO: MNA**



Union Minister Dr. Than Myint and officials cut ribbon to open the Myanmar Avocado Festival in Pa-O Self-Administered Zone in Shan State. **PHOTO: MNA**



Officials raising consumers awareness to local residents. **PHOTO: MNA**

(over 22 per cent) which broke the record. Moreover the volume of corn exports was 1.43 tons and the volume of raw rubber was 1.48 tons respectively. Therefore the trading volumes of these two

years had reached the highest point and it was a milestone in the trading history. Therefore it is of great importance to boost the country's agricultural produce export, we should solve some is-

sues including relying on small market share with neighbouring countries.

According to the Myanmar Rice Federation (MRF), rice export in the 2018-2019 fiscal year

has reached 3.584 million tons, which is the highest record in Myanmar's rice market history. As a result, Myanmar has become one of the world's largest exporters of rice.



Employees work at a CMP garment factory. **PHOTO: MNA**



Mycotoxin analytical services laboratory. **PHOTO: MNA**





Dignitaries signing at the MoU between Myanmar and Bangladesh in Nay Pyi Taw. **PHOTO: MNA**



Union Minister Dr. Than Myint inspects the breeding of goats for expanding exports in Taungzin goats breeding zone in Yazaygyo, Magway Region. **PHOTO: MNA**



The ship carrying container rice to export at the port. **PHOTO: MNA**

Q : Could you explain more about relaxation of trading process?

The Ministry of Commerce is targeting to boost the trading sector together with trade promotion, trade facilitation, trade negotiation, trade liberalization, trade education and consumer protection which are main driving force in strengthening Myanmar's economic power.

With the aim of boosting the trading sector, the Ministry of Commerce has relaxed some strict rules and regulations. Out of 11,167 trading items, only 4,818 items are needed to apply for license. The rest trading items can import according to the rules and regulations prescribed by the relevant Ministry.

The liberalization process aims at supporting the development of agriculture, public health care and infrastructure by creating a more competitive market, with lower prices and high-quality products. Because of this reform, foreign companies have been investing in the trading sector, importing products with high quality standards by applying the best supply chain models and practices. We expect the trade liberalization will stimu-

late investment across the whole agriculture supply chain, from the farm to the final consumer.

Q : Could you tell us some of the challenges faced by the Ministry of Commerce in the process of trading?

The government launched the 12-point economic policies and objectives, which will guide economic reforms and priority infrastructure investments, all of which are aligned with the administration's chief objective of national reconciliation. The policy objectives will bring to fruition the government's plans to promote linkage between the agriculture sector and the rest of the economy by providing a level playing field for talented entrepreneurs while ensuring inclusive growth for citizens.

As for the Ministry of Commerce, efforts are being made to crack down illegal import of foodstuff which can damage local small and medium businesses and has caused health hazards to local people.

Q : You said that there were many challenges in the market, and let us know how would you plan to overcome



Union Minister Dr. Than Myint inspects pigeon peas, mung beans and pulses. **PHOTO: MNA**



Vice President U Myint Swe and attendees pose for the documentary photo at the ceremony is the one for releasing the report on the medium-term programme (MTP) in Nay Pyi Taw. **PHOTO: MNA**

these challenges and obstacles?

As for the state, it is important to get revenues from the export sector which is a driving-force of the country's economy. Similarly, it is crucial to get suitable jobs, decent income and profits for the exporters. That's why we are trying many ways to

states and regional governments and work committees need to coordinate and work together to fulfill the requirements and overcome the difficulties for private sector development.

According to the data, 90 per cent of the country's economy is in the private sector and 99 per cent are small and medium enter-

tion works as a focal ministry. In conducting consumer protection works "consumer dispute resolution groups" were formed according to the law in states/regions and district levels while consumer information complaint centers were opened where consumer complaints are accepted and resolved.

By conducting consumer protection works, the public will obtain more consumer protection opportunities on one side while production and sale of goods and provision of services will be done correctly enabling the economic development of the country. We aim at implementing consumer protection works and to conduct consumer protection work processes more widely.

As for the Ministry of Commerce, efforts are being made to lay down necessary trade policies, rules and regulations, development of the quality of trade-related organizations, smoothness of the trade, reducing transport expenses, designating quality and standard of the products, examining quality control, development of entrepreneurs and increased sales of high-quality products instead of raw material.

(Translated by Nyi Nyi Aung)



Containers seen at the container yard. **PHOTO: MNA**

get firm markets where a large volume of trading can flow freely. One thing is that we need to take into consideration of the key players who run in the private sectors. We should try to deal with their difficulties so that they can run their business and trading successfully.

The country's economy will rise only when the private sector develops. Relevant ministries,

prises (SMEs). Therefore SME development agency and work assessment reporting group have been formed for the development of the private sectors.

Q : Could you tell us regarding Customer Rights and other related measures in the implementation process?

The Ministry of Commerce is conducting consumer protec-



## Clear understanding of NVC, return process is sine qua non for accomplishment of repatriation

**M**YANMAR has a sincere desire to create conditions to receive displaced persons under the principle of a voluntary, safe and dignified return.

Myanmar is willing and ready to receive the verified returnees. Meanwhile, we are taking necessary steps to provide a livelihood for the returnees.

Unfortunately, a Myanmar delegation, which visited Cox's Bazar in Bangladesh, discovered that some media incorrectly reported what the delegation had said.

The delegation was surprised to know that displaced persons at the camp had no knowledge about the National Verification Card (NVC) issuing process or the benefits of holding an NVC.

When the displaced persons return, they will be able to resume their lives. The most important thing is incorrect knowledge about the NVC. Only a few realize they will get their rights once they acquire the NVC.

It is not normal that there are no returnees. Those we met at the camps have expressed their desire to come back. They must be provided with the forms that have been agreed upon by both sides.

The situation demands that we should raise awareness about the national verification process, and the eight benefits of holding an NVC prepared in the Myanmar and English languages.

Only if there is an understanding, will the displaced persons return and the repatriation works be accomplished.

In order for us to go ahead, we will need to have a clear understanding that this issue

can best be resolved through mutual cooperation between the two countries namely, Myanmar and Bangladesh.

When the displaced persons return, they will be able to resume their lives. The most important thing is incorrect knowledge about the NVC. Only a few realize they will get their rights once they acquire the NVC.

On the other hand, the displaced persons worry about their freedom of movement, the period of stay at the transit centre, resettlement in their former locations and the right to apply for citizenship.

We are ready to launch the repatriation process. We have set up two reception camps and one transit centre and they are fully staffed with people from the security department, the Foreign Ministry, immigration, and people involved in the rehabilitation of returnees.

At the same time, the implementation of the recommendations on Rakhine State, and accepting of returnees and resettlement works must be done in accordance with the law.

The media plays an important role in the process of resettling displaced persons, and it should present the true situation.

With the cooperation of the media, we can overcome the obstacles that are in the way of the repatriation of those who have been displaced due to the violence in Rakhine. ■

**T**HE Earth Day is celebrated to educate people to make them aware of the climate change and its consequences. It all started in 1970 at the height of the countercultural movements in the United States of America. During the 1960s, when most young people in the US broke away from the mainstream cultural concepts and the long-held values and norms of behaviours started to break down, many activists emerged. They protested against anything—the war in Vietnam, political situations, freedom of speech and expression, gay rights, colour discriminations, sexual freedom and many other things. One peace activist, John McConnell, was one of them. His mission was to save the Earth by protecting the environments.

At that time, people around the world, especially in the developed and industrialized countries were exposed to leaded gas through petrol guzzling motor vehicles. The industries, or rather the factories belched out smoke and sludge with little fear of legal consequences or bad press. Air pollution was commonly accepted as the scent of prosperity. “Environment” was a word that appeared more often in the children's spelling bees competitions than on the medias.

McConnell came up with an idea of the Earth Day celebrations to make people aware of the importance of protecting the environments. In 1969 at an UNESCO Conference in San Francisco, he proposed a day to honor the Earth and the concept of peace, to be celebrated on March 21, 1970. He managed to get it sanctioned in a proclamation written by him and signed by Secretary General U Thant at the United Nations. A month later a separate Earth Day was founded by United States Senator Gaylord Nelson as an environmental teach-in, first held on April 22, 1970. The April 22 Earth Day was originally focused on the United States, but an organization led by Denis Hayes, who was the original national coordinator in 1970, took it international in 1990 and organized events in 141 nations.

The Earth Day 1970 gave voice to that emerging consciousness, channeling the energy of the anti-war and other protest movements and put the environmental concerns on the front page. Today, Earth Day



# The Earth Day

By Khin Maung Myint

is an annual event celebrated on April 22, worldwide during which, various events are held to demonstrate support for environmental protection.

As 1990 approached, a group of environmental leaders asked Denis Hayes to organize another big campaign. This time, Earth Day went global and managed to mobilize 200 million people in 141 countries, lifting environmental issues onto the world stage. Earth Day 1990 gave a huge boost to recycling efforts worldwide and helped pave the way for the 1992 United

Nations Earth Summit in Rio de Janeiro.

The Earth Day 2010 came at a time of great challenge for the environmental community.

Climate change deniers, well-funded oil lobbyists, reticent politicians, a disinterested public, and a divided environmental community all contributed to the narrative—cynicism versus activism. Despite these challenges, Earth Day prevailed and Earth Day Network reestablished Earth Day as a relevant, powerful focal point. Earth Day Network brought 250,000

people for a Climate Rally and launched the world's largest environmental service project—A Billion Acts of Green.

It introduced a global tree planting initiative that has since grown into The Canopy Project, and engaged 22,000 partners in 192 countries in observing Earth Day. The Earth Day events celebrated since 1970 are now being held in more than 193 countries coordinated globally by the Earth Day Network. On Earth Day 2016, the landmark Paris Agreement (COP21) was signed by the Unit-

ed States, China, and some 120 other countries.

This signing fulfilled a key requirement for the entry into force of the historic draft 'climate protection treaty' adopted by consensus of the 195 nations present at the 2015 United Nations Climate Change Conference in Paris.

Many communities celebrate Earth Week, an entire week of activities focused on the environmental issues that the world faces. In 2017, the March for Science occurred on Earth Day (April 22, 2017) and

was followed by the Peoples' Climate Mobilization (April 29, 2017). As for this year, since the beginning of April, documentaries related to the protection of environments and the looming threats of the climate change are being aired on the TV channels worldwide as an awareness campaign.

Earth Day had reached its present status as the largest secular observance in the world, celebrated by more than a billion people every year, and a day of action that changes human behavior and provokes policy changes.

Today, the fight for a clean environment continues with increasing urgency, as the ravages of climate change become more manifest every day.

The year 2020 will mark the 50th anniversary of the first Earth Day. In honor of this milestone, Earth Day Network is launching an ambitious set of goals to shape the future of 21st century environmentalism.

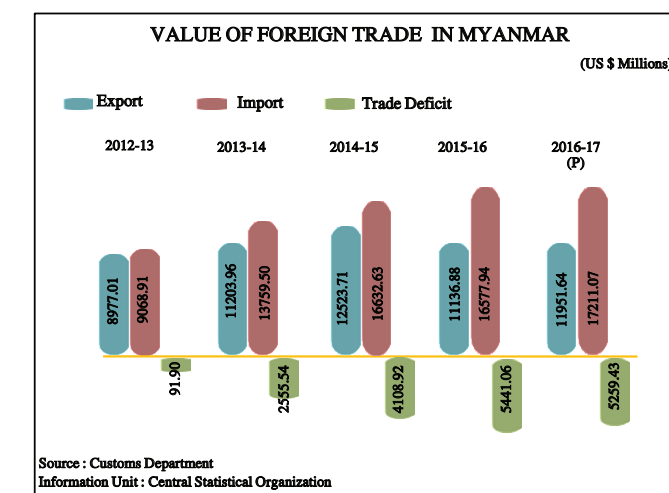
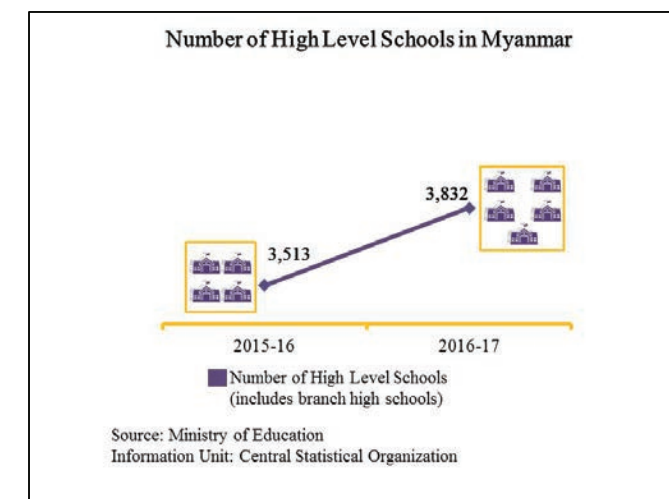
As global citizens, we should also contribute to the protection of the environments. In the past, I had written many articles related to the climate change highlighting what factors contribute to cause it, the threats they pose to our Earth and how to counter them. Here again, I would like to point out some salient points that we should observe to rein in the climate change.

The main idea is to reduce carbon dioxide emissions, which contribute to the greenhouse effects that lead to the global warming. To reduce carbon dioxide emissions, the use of fossilized fuels should be cut drastically by substituting with renewable or green energies, such as: solar, wind and hydro powers. Growing more trees will create a carbon sink to help reduce carbon dioxide presence in the atmosphere. Slash and burn agricultural practices should also be banned. As individuals, the least we can do is to reduce the use of plastic bags and packagings.

All these actions would contribute much to the protection of the environment and thus, save the Earth. ■

References:

- (1) The History of Earth Day (Earth Day Network)
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## Short-term fixes impede progress of hundreds of millions of people: UN report

Major report released in advance of the G20 and World Bank/IMF Spring Meetings

NEW YORK – The prospects of around 800 million of the world's poorest people remain dire.

The global economy may be experiencing a moderate upturn, and momentum around sustainable investing may growing, but the vast majority of investment is still short-term oriented and commitments by the international community to create sustainable economies are not being met, the UN said today. There is an increasing interest in socially responsible investing, but that is no substitute for a broader transformation in the financial system. The report states that the current system rewards investors, financiers and project managers that prioritise short-term profits. Similarly, policy makers are excessively focused on short-term considerations. But there is a price to pay. Infrastructure projects are shelved in favour of short term priorities. Small businesses and women remain excluded from the financial system.

“The good economic news in some regions masks the very real risk that the poorest will be left behind,” said LIU Zhenmin, Under-Secretary-General for the United Nations Department of Economic and Social Affairs. “If we don't invest in infrastructure projects like bridges, roads and sewage systems, if the poorest and women are cut off from access to credit and other financial services, we have little prospect of achieving our global goals”, he added. The lack of long-term investment horizons also means that major risks, such as those from climate change, are not incorporated into decision-making. According to the report, the solution lies in a multifaceted approach. It includes changing payment practices: the compensation of financial advisors and portfolio managers is too often linked to short term results. More transparency also helps: some countries now require all listed companies to disclose financial risks they face from climate change.

The report emphasises that in donor countries, political leaders must do more to meet their commitment to provide financial assistance to the world's most vulnerable countries.

In the foreword to the report, United Nations Secretary-General António Guterres said, “The world has the resources to deliver, but they are not allocated where they are needed most. The choices we make now on financing will be pivotal.” ■



# Performance Over Two Years by Ministry of Hotels and Tourism



Tourists visit community-based tourism zone in Shan State. **PHOTO: MNA**



Community-based tourism (CBT) projects promote tourism and create new tourist destinations. **PHOTO: MNA**

By News Team

**T**OURISM, the smokeless industry, contributes directly towards national economic development by earning foreign exchange, creating job opportunities and flowing cash directly or indirectly to all walks of life. Attraction, accessibility, accommodation and administration are the distinctive characteristics

of healthy tourism. For development of Myanmar tourism industry, the Ministry of Hotels and Tourism is closely cooperating with related ministries, international tour agencies, development partners and private tour operators.

The number of tourists visiting Myanmar has increased year after year, and according to data jointly collected with the Ministry of Labour, Immigration and

Population, 2.9 million tourists chose Myanmar as their destination in 2016 and in 2017 the number hit 3.44 million.

## Policy of the Ministry

When the incumbent government took office on 1 April 2016, the ministry laid the following six policies and turned them into practice:

- (1) To be the most important contributor to the national economy
- (2) To preserve and conserve natural environment, traditional heritage and custom of the local people in order to sustain the development of tourism industry in Myanmar.
- (3) To develop socio-economy of the people and private sector by means of tourism development.
- (4) To implement the regional and international contracts for the good of the national interest.
- (5) To contribute to the peace process by developing tourism sector.
- (6) To develop sustainable and inclusive tourism.

## Mission of the Ministry

To turn the policies into practice, the ministry is numerous missions which include, to name a few, seeking assistance necessary for prioritized list included in Myanmar tourism plan from development partners, Myanmar to become prominent tourist destination by conducting promotion with the help of organizations at home and abroad,

seeking ways and means to increase number of tourists, raise national income and create job opportunities, among others.

2.9 million tourists chose Myanmar as their destination in 2016 and in 2017 the number hit 3.44 million.

## Community-based Tourism

The ministry designated the following 15 areas as Community-based Tourism areas in the interests of local people to be able to enjoy the benefits in a short period of time:

- (1) Indawgyi Lake and villages in its environ in Kachin State
- (2) Panpet and Tanilalae villages in Loikaw in Kayah State
- (3) Thandaunggyi area in Kayin State
- (4) Lwekhaw, Inn Ne, Hteenae and Katku villages in Pa-O Self Administered Zone in Shan State
- (5) Villages in Myaing Township in Magway Region
- (6) Magyigan Village in Sale Township in Magway Region

- (7) Six villages between Mingu and Kyaukmyaung villages for Ayeyarwady dolphins conservation
- (8) Kyaukthale village in Twantay Township in Yangon Region
- (9) Hsawlaung village in Kanpetlat Township in Chin State
- (10) Villages in Shwebo District in Sagaing Region
- (11) Hsith and Myitkangyi villages in Singu Township in Mandalay Region
- (12) Tashawn village in Hpalam Township in Chin State
- (13) Lwenwe Pagoda Mountain Yeseik Village in Nyaungshwe Township
- (14) Saga Village in Nyaungshwe Township
- (15) Sikyain and Pinzein villages in Pindaya Township in Danu Self Administered Zone in Shan State

## Administrative Affairs

The ministry submitted Hotel and Tourism Law (draft) to the Pyidaungsu Hluttaw. After getting approval region and state governments will have authorities to grant license currently managed by the ministry thereby enabling hoteliers and tour operators to apply work license in own regions.

With the aim of producing skilled new generation staff, the ministry has been conducting courses at Mandalay College and National Management College. These education facilities cultivated and produced 26 B.A. (Tourism) holders in 2017-2018 Fiscal Year and 15 in 2018-2019



Amateurs including international runners participate at the Adventure Bagan Temple Marathon to be held in Bagan. The Adventure Bagan Temple Marathon started in 2013. **PHOTO: MNA**



Community-based tourism area in Inn Ne Village, the Pa-O region, southern Shan State. **PHOTO: MNA**



FY who were assigned as Upper Division Clerk at the ministry.

### Tourism Promotion

Pamphlets depicting scene of Yangon, Mandalay, Bagan, Inle, to me a few, and community-based tourism pamphlets were published and distributed and DVDs and memory sticks with a picture of Myanmar's traditional bowl used to offer alms to monks are produced to promote tourism industry through domestic and international tourism shows, foreign Myanmar Embassies, and consulate general offices.

Information counters are also opened in airports and main tourist destinations for the convenience of tourists. The ministry also has a website for tourist information and it also posts information on such social media as Instagram, Facebook, and YouTube.

The ministry also participates in tourism expo in Singapore, Germany, Thailand, and Britain. To promote tourism industry in the country hospitality conferences were jointly held by Myanmar Tourism Federation and Singapore-based Sphere Exhibits Private Ltd. As television channels are important for promoting tourism industry the ministry is cooperating with

Myanmar's Myeik Journey, Pa-O Journey and Loikaw Journey won ASEAN Homestay and Community Based Tourism Award at ASEAN Tourism Forum 2017. One of the efforts the ministry made was 3<sup>rd</sup> Myanmar International Travel Mart 2017 which showcased photos of Indian Buddhist Pilgrimage in Yangon and Mandalay.

### Human Resource Development

During the second year in office of the government, the ministry conducted 51 courses on hotel and tourism and 4,229 trainees received the course completion certificates. These courses produced tourist guides, housekeepers, bellboys, room service staff and others. English and Spanish languages courses, hospitality courses, management courses were also conducted by the ministry in cooperation with partners.

### Granting Hotel and Tourism Licenses

As tourism industry is booming in the country, the ministry granted permissions to 127 hotels and inns with 6,511 rooms in advance for building during the second year in office of the government. Moreover, other



Attendees pose for the documentary photo at the MoU signing ceremony between Ministry of Hotels and Tourism and Ministry of Tourism and Sports of the Kingdom of Thailand. **PHOTO: MNA**



State-level officials from Myanmar and Japanese guests pose for documentary photo at the second Sakura Festival Myanmar in Nay Pyi Taw on 14 January. **PHOTO: MNA**

As tourism industry is booming in the country, the ministry granted permissions to 127 hotels and inns with 6,511 rooms in advance for building during the second year in office of the government.

international TV channels and other media to air Myanmar's business.

### Regional and International Cooperation

Myanmar is cooperating with Thailand's Tourism and Sports Ministry to promote tourism between the two countries by signing MoU on cooperation in tourism industry during the visit of Thai minister to Myanmar in January 2017. Moreover, Myanmar and Cambodian ministers signed an action plan on cooperation in Angkor-Bagan: Two Ancient Cities — One Destination in 2017. Myanmar is also actively participating in ASEAN's tourism plan and plan of ASEAN and China, Japan and Korea.

It is worth mentioning that

licenses were granted to tour guides and operators. License fees are also reduced by 50 % for entrepreneurs enabling them to save cost.

### Investment in Hotels and Tourism Industry

Up to March of 2017, the nation saw foreign investment on 59 hotels with 11,620 rooms at an investment cost of USD 3805.025 million. The figures jumped to 64 hotels with the 12,194 rooms at a cost of USD 4,370.97 million.

### Arranging Journeys

Cruise ships, chartered flights, cross border caravans, river tour and yacht tour are conducted by the ministry and about 50,000 tourists enjoyed the trip including balloon riding and marathon race in the second



Tourists are enjoying traditional performance of ethnic Pa-O people in Shan State. **PHOTO: MNA**

year in office of the government.

### Tourist Information

The ministry's official website is [www.tourism.gov.mm](http://www.tourism.gov.mm) on which it posts information for tourist who want to visit Myanmar. At the site one can browse news in Myanmar, English, Korean, Japanese, German, Chinese, Thai, and French languages.

As tourism industry, creating job opportunities and earning money for the nation, needs not to apply natural resources. It is

a service with multiplier effect from airlines to the vendors. The money spent by tourists is in the nature of fragmentation flowing into all walks of life.

### Requirements

It is needed to ease the rules of applying arrival visa for tourists' convenience.

As regards transportation sector, airfields or airports are to be upgraded. The tasks call for cooperation of other related ministries.

### Collective Strength

The policy of collective strength laid down by the government is relevant to booming of tourism industry. All the related ministries are to translate the policy into action for tourism industry development. In that regard the Ministry of Hotels and Tourism will cooperate with other ministries and private businesses and entrepreneurs more for emerging sustainable tourism industry in Myanmar.

(Translated by Wallace)



# Viet Nam War refugees deported under Trump struggle to settle

HO CHI MINH CITY—Nguyen was nine when he boarded a boat alone to escape the communist regime in Viet Nam for the United States. Some 40 years later, he returned in shackles, deported from the only country he really knows to one he can scarcely remember.

With conspiracy and fraud convictions under his belt, he was expelled in line with a Trump administration push to remove immigrants with criminal records for convictions ranging from traffic offenses to drug-related crimes and murder.

Nguyen left his four grown kids and second wife Annie behind in Boston, and now spends his days aimlessly cruising the web because he cannot find work, or battling bureaucracy to obtain identity papers.

"I still don't believe it," Nguyen told AFP in Ho Chi Minh City this week, using only his last name for safety.

"I really want to go back there because I lived there for more of my life there than here," said Nguyen, who's not yet used to the city's sweltering heat and complains of dry fried chicken at the local KFC.

The former construction worker was sent to immigration detention with orders of removal after his prison release last year, joining some 8,600 Vietnamese nationals tagged for deportation, most with criminal records.

In the 2017 fiscal year, 71 Vietnamese nationals were deported from the US — double the 2016 figure — and 76 have been sent so far since October 2017 according to data from US Immigration and Customs Enforcement (ICE) which does not track refugees' date of ar-



A US soldier watching South Vietnamese refugees crowding a US Navy boat off the coast of Viet Nam at the end of Vietnam War. PHOTO: AFP

rival to the country when compiling removal data.

The move comes as immigration officials ramp up raids and removals of aliens from Mexico, Cambodia, Myanmar and elsewhere who Trump has vowed to crack down on.

Advocates argue that the expulsion of Vietnamese nationals violates a 2008 deal that says Viet Nam refugees who arrived in the US before the normalisation of ties between the former war foes in 1995 should not be deported.

Four refugees have filed a class action lawsuit over months-long pre-deportation detentions.

But ICE says their birth nations are obligated to take them back and that it does not target immigrants "indiscriminately".

"ICE focuses its enforcement resources on individuals who pose a threat to national security, public safety and border security," spokesman Brendan Raedy told AFP.

## 'Very risky'

Nguyen and nearly 30 others landed in Ho Chi Minh City in December after a 24-hour flight during which his hands and feet were shackled, and he has spent the last few months uneasily settling into a city he still calls by its former name Saigon.

He says his father was shot dead by communist authorities in 1979, soon after Nguyen left his mother behind for the US where he was taken in by American sponsors for a few years.

Since his return, his elderly mother has been visited by plainclothes police asking about her son and he fears further harassment because of his family's past work with the US military.

"It's very, very risky," Nguyen said.

## Others agree.

Former US ambassador to Viet Nam Ted Osius said in an

essay this month he resigned last year in opposition to the "repulsive" plan.

"I think fundamentally this is racist policy," he told AFP from Ho Chi Minh City, where he is now vice president of Fulbright University.

Since many refugees sided with the US-backed South he fears they could "end up being human rights cases" in the country with a tarnished reputation for jailing critics — including those who still pledge allegiance to the former regime.

That's what Vu Ha fears. Immigration officials in California issued his removal orders last year after he served time for burglary and he spent nearly a year in ICE custody until his recent release.

Viet Nam still has not agreed to have him back, locking him in limbo between two governments that do not accept him.

"I'm just stuck right in the middle," Vu, 37, told AFP after

checking in with immigration officials in Los Angeles.

He's not been back since he left at age nine and is terrified about a communist government he doesn't side with.

"There's nothing good to say about Viet Nam. The government is attacking the civilians, they don't have any kind of rights as far as freedom of speech or anything," said Vu, who has a daughter about to graduate from high school.

## 'American blood'

Some who have already been deported like Bui Hung have an American parent.

Hung, who served six years in an American jail for beating his wife after catching her in bed with another man, said his American serviceman father was killed in the war and he fled with his family to the United States in 1993.

He says he now lives in fear of police in Viet Nam.

"I am still American, my dad is American, my blood is American," said Hung, who speaks with a Vietnamese accent using slang like "home-boy".

There is little recourse for refugees like him and Nguyen to return to the US, though some are hopeful they may get back after Trump — a man he says "has no heart" — is out of office.

Until then, Nguyen will learn to ride a motorbike, the transportation of choice in his new city, and keep in touch with his wife who bid him a tearful goodbye in Ho Chi Minh City Friday after a brief visit.

"He left Vietnam as a little boy," she told AFP. "Now he doesn't know what to do." — AFP ■

# London nanny murder suspect accuses partner of drowning victim

LONDON, United Kingdom — A man on trial over the alleged murder of a French au-pair in London accused his partner on Friday of killing the woman by drowning her in their bathtub, shouting at her "you did it!"

The 40-year-old Frenchman, Ouissem Medouni, turned to co-defendant Sabrina Kouider and said "you put her head under the water", before being called to order by the judge at

London's Old Bailey court.

"She's a very strong woman, she can do that," he told jurors.

Medouni claims that nanny Sophie Lionnet died on the night of 18 September, 2017, after the couple had conducted a partially-filmed interview with her in their south-west London home.

Kouider, 35, was convinced that the victim had conspired

against her with one of Kouider's former boyfriends — Mark Walton, a former member of Irish band Boyzone. Kouider alleged that Walton had recruited Lionnet to spy on her in exchange for money and the promise of "fame".

The fire brigade found her charred remains in the couple's garden on 20 September after neighbours called, concerned by the thick smoke and smell.

Medouni admitted having "put a little pressure" on Lionnet by questioning her but denied the accusations of Kouider's lawyer that he killed her.

"I'm not a murderer. I didn't hurt Sophie," he said.

Both defendants pleaded not guilty to the murder charge, however, he does admit to burning the body.

Lionnet's cause of death is unknown due to the attempt to

dispose of her body, although a scientist found she suffered bruising, and fractures to her sternum and ribs between 36 hours and three days before dying. Prosecutors argue the pair tortured the au-pair and subjected her to interrogations, which have been broadcast in court.

The trial started on 19 March and is due to continue until 11 May.—AFP ■



# N Korea's Kim promises no more nuclear or missile tests

SEOUL — North Korean leader Kim Jong Un said he would halt nuclear tests and intercontinental missile launches, in a Saturday announcement welcomed by US President Donald Trump ahead of a much-anticipated summit between the two men.

Pyongyang's declaration, long sought by Washington, will be seen as a crucial step in the fast diplomatic dance on and around the Korean peninsula.

It comes less than a week before the North Korean leader meets South Korean President Moon Jae-in for a summit in the Demilitarised Zone that divides the peninsula, ahead of the eagerly-awaited encounter with Trump himself.

But Kim gave no indication Pyongyang might be willing to give up its nuclear weapons, or the missiles with which it can reach the mainland United States.

The North had successfully developed its arsenal, including miniaturising warheads to fit them on to missiles, Kim said, and so "no nuclear test and intermediate-range and inter-continental ballistic rocket test-fire are necessary for the DPRK now".

As such the North's nuclear testing site was no longer needed, he told the central committee of the ruling Workers' Party, according to the official KCNA news agency.

The party decided that nuclear blasts and ICBM launches will cease as of Saturday — the North has not carried any out since November — and the atomic test



The declaration from Kim Jong Un was welcomed by US President Donald Trump, who said he was looking forward to his summit with the North Korean leader. **PHOTO: AFP**

site at Punggye-ri will be dismantled to "transparently guarantee" the end of testing.

Within minutes of the report being issued, Trump tweeted: "This is very good news for North Korea and the World — big progress! Look forward to our Summit."

Seoul too welcomed the announcement, calling it "meaningful progress" towards the denuclearisation of the Korean peninsula.

But Kim offered no sign he might be willing to give up what he called the North's "treasured sword", saying its possession of nuclear weapons was "the firm guarantee by which our descendants can enjoy the most dignified and happiest life in the world".

Pyongyang has made rapid technological progress in its weapons programmes under Kim, which has seen it subjected

to increasingly strict sanctions by the UN Security Council, the United States, the European Union, South Korea and others.

Last year it carried out its sixth nuclear blast, by far its most powerful to date, while Kim and Trump traded threats of war and personal insults as tensions ramped up.

Even when there was an extended pause in testing, US officials said that it could not be interpreted as a halt without an explicit statement from Pyongyang.

South Korean envoys have previously cited Kim as promising no more tests, but Saturday's news is the first such announcement directly by Pyongyang.

'Devil in the details'

Analysts cautioned that the declaration was promising but limited. "Certainly this is a pos-

itive development," said Daniel Pinkston of Troy University. "It's a necessary but not sufficient step in North Korea returning to its past non-proliferation commitments."

And Christopher Green of the International Crisis Group added on Twitter: "I don't see how North Korean statement constitutes a step toward denuclearisation. It is a moratorium on testing, but recommit North Korea to nuclear weapons status."

Japan — which has seen missiles fly over its territory — gave a mixed response, with Prime Minister Shinzo Abe offering a cautious welcome but his defence minister saying North Korea did not mention the short- or medium-range missiles that put Tokyo within reach.

Beijing said it believed the move would "help to promote the process of denuclearisation and attempts to find a political settlement" on the peninsula.

The EU welcomed Kim's announcement as "a positive, long sought-after step" on the path to complete denuclearisation.

The formal declaration of an end to testing comes after Kim reiterated the North's nuclear status in his New Year speech and said he had a nuclear button on his desk — prompting Trump to tweet that he had a bigger one of his own.

Events have moved rapidly since then, catalysed by the Winter Olympics in the South, and Seoul is now pushing for a peace treaty to formally end the Korean War, raising hopes that a

settlement can finally be reached on the peninsula.

But there is a long way to go and Moon himself acknowledged this week that the "devil is in the details".

'Fresh climate of detente'

The US is seeking the complete, verifiable and irreversible denuclearisation of the North, while according to Moon, Pyongyang wants security guarantees, potentially leaving much space for disagreement.

The North has long demanded the withdrawal of US troops from the peninsula and an end to its nuclear umbrella over South Korea, something unthinkable in Washington.

But Kim told the Workers' Party meeting: "A fresh climate of detente and peace is being created on the Korean peninsula and the region and dramatic changes are being made in the international political landscape."

For years, the impoverished North has pursued a "byungjin" policy of "simultaneous development" of both the military and the economy.

But the leader said that as it was now a powerful state, "the whole party and country" should concentrate on "socialist economic construction".

Several factors have driven the Korean rapprochement, including the North feeling that it can now negotiate from a position of strength, concern about the belligerence of the Trump administration, and the looming impact of sanctions.—AFP ■

## Japan's Abe welcomes N Korea pledge, but defence chief vows pressure

TOKYO — Japan's Prime Minister Shinzo Abe on Saturday cautiously welcomed North Korea's pledge to halt nuclear tests and intercontinental missile launches but its defence minister warned Tokyo will continue to put maximum pressure on Pyongyang.

"We welcome it as a forward-looking move... but an important thing is whether the move will lead to the complete abandonment of missile and nuclear developments in

a verifiable and irreversible manner," Abe told reporters. "We want to watch it closely." North Korean leader Kim Jong Un pledged on Saturday his country would halt nuclear tests and intercontinental missile launches, a move welcomed by US President Donald Trump and South Korea. But Defence Minister Itsunori Onodera said earlier that Japan "can't be satisfied", because Pyongyang did not mention giving up short- and medium-range

ballistic missiles. Onodera said Tokyo would persist with its policy of putting pressure on Pyongyang so that it ultimately gives up its "weapons of mass destruction, nuclear arms and missiles". Japan, a close US ally in the region, is in the direct firing line of North Korean missiles and saw two fly over its territory in 2017, sparking outrage and raising tensions to fever pitch. Japan's Deputy Prime Minister and Finance Minister Taro Aso also voiced scepticism.

"(North Korea) has made a lot of promises and we paid money on the condition that they will give up experiment sites, but they continued," Aso told reporters in Washington, referring to Pyongyang's nuclear programme.

The North's declaration, long sought by Washington, comes less than a week before Kim meets South Korean President Moon Jae-in for a summit, ahead of a much-anticipated encounter with Trump himself.—AFP ■

### INVITATION TO OPEN TENDER

Sealed tenders are invited by Department of Medical Services, Ministry of Health and Sports for the supply of Non Control Items, Machinery & Equipment and Office Equipment in the (2018) (April to September).

Tender documents are available during office hours at the Procurement and Supplying Division, Department of Medical Services office No (4), Ministry of Health and Sports Commencing from (26.4.2018).

Sealed bids are to be submitted to the office, not later than (25-5-2018)15:00 hour, after which no bid will be accepted. No telegraph/telex proposal will be accepted.

For detail information please contact the Phone No.067-3411510, 067-3411544, Procurement and Supply Division Office, Department of Medical Services, Ministry of Health and Sports.

Procurement and Supply Division  
Ministry of Health and Sports

marketing@globalnewlightofmyanmar.com

ကြော်ငြာချခံယူသူနှင့် ကြော်ငြာအခမဲ့ခံယူသူများအနေဖြင့် ကြော်ငြာ  
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# Natalie Portman says backed out of prize over Netanyahu

LOS ANGELES — Hollywood actress Natalie Portman said she was backing out of a Jerusalem ceremony where she was to receive a \$2 million prize to protest against the policies of Israel's prime minister.

"I chose not to attend because I did not want to appear as endorsing Benjamin Netanyahu, who was to be giving a speech at the ceremony," Portman said in a statement posted late Friday on Instagram.

She also denied accusations by Israeli Culture Minister Miri Regev who on Friday said Portman subscribed to the ideology of the anti-Israel Boycott, Divestment and Sanctions (BDS) movement. "I am not part of the BDS movement and do not endorse it," the Oscar-winning US-Israeli actress said.

"Like many Israelis and Jews around the world, I can be critical of the leadership in Israel without wanting to boycott the entire nation," she said.

On Friday the Genesis Prize Foundation said that Portman had cancelled her participation in a Jerusalem ceremony slated

for the end of June.

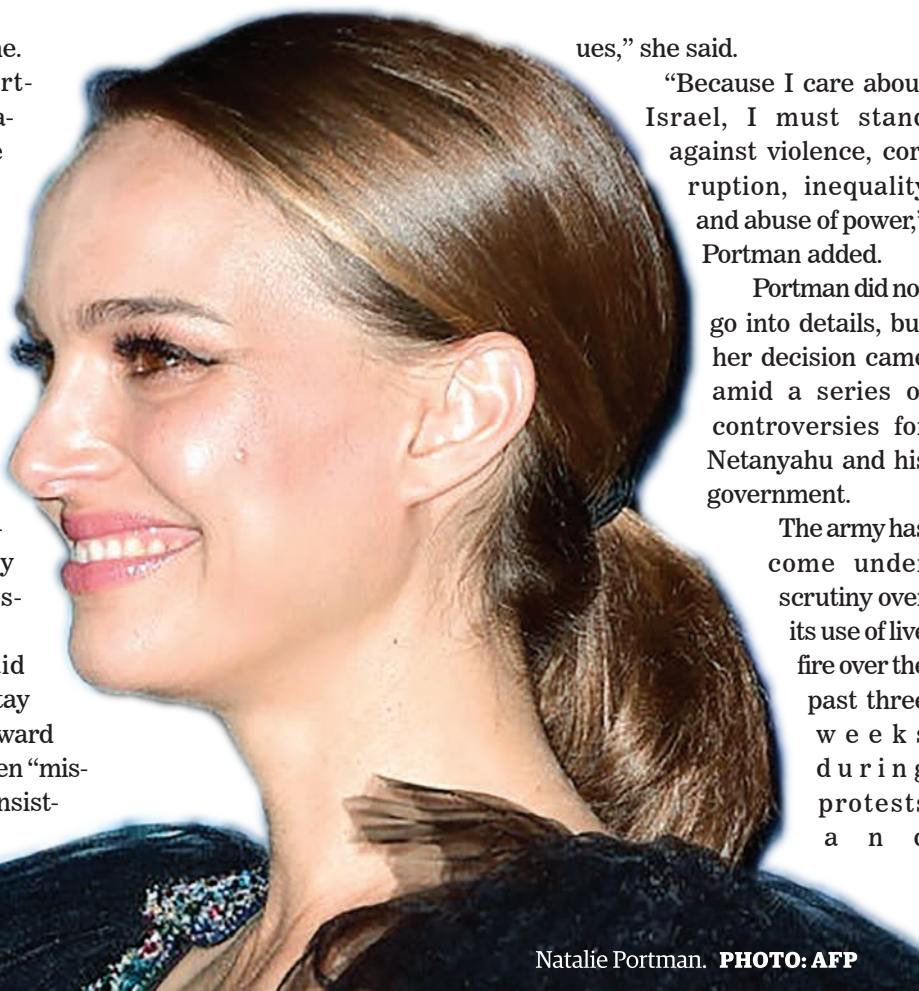
One of Portman's representatives informed the foundation that she was troubled by "recent events" in Israel and "does not feel comfortable participating in any public event in Israel," the foundation said.

The foundation did not say which events distressed Portman.

Portman said her decision to stay away from the award ceremony had been "mischaracterised", insisting that she wanted

set the record straight and "speak for myself".

"Israel was created exactly 70 years ago as a haven for refu-



Natalie Portman. PHOTO: AFP

ees," she said.

"Because I care about Israel, I must stand against violence, corruption, inequality and abuse of power," Portman added.

Portman did not go into details, but her decision came amid a series of controversies for Netanyahu and his government.

The army has come under scrutiny over its use of live fire over the past three weeks during protests and

of mass demonstrations, four Palestinians were shot dead by Israeli forces, bringing the total death toll since 30 March to 38.

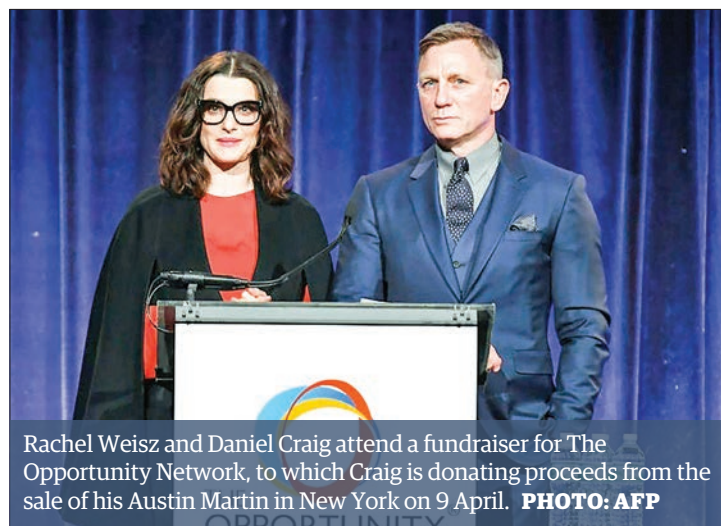
Netanyahu also recently reversed a controversial deal with the UN refugee agency aimed at avoiding the forced deportations of thousands of African migrants.

The Israeli premier is also the subject of a series of corruption investigations. Police in February recommended he be indicted in two of the cases and a third is ongoing.

The Genesis prize, launched in 2013, is awarded to "extraordinary individuals who serve as an inspiration to the next generation of Jews," according to foundation's website.

Recipients contribute their winnings to causes of their choice, and Portman has said she intended to dedicate the money to programmes advancing women's equality.

Born in Jerusalem to a doctor father and an artist mother, 36-year-old Portman won a best actress Oscar for 2010's psychological thriller "Black Swan".—AFP ■



Rachel Weisz and Daniel Craig attend a fundraiser for The Opportunity Network, to which Craig is donating proceeds from the sale of his Austin Martin in New York on 9 April. PHOTO: AFP

## Daniel Craig's Aston Martin fetches \$468,500 in New York

NEW YORK — James Bond actor Daniel Craig's Aston Martin, numbered with the character's signature 007, sold at auction on Friday for \$468,500.

Christie's, which announced results of the bidding, had estimated the limited-edition midnight blue 2014 Centenary Edition Vanquish would fetch \$400,000-\$600,000.

All proceeds from the sale will benefit The Opportunity Network, a charity helping under-served youths develop their careers. Both Craig and his wife, actress Rachel Weisz, sit on the

charity's board. Craig made a surprise appearance during the auction, joining the Christie's team to encourage a client to bid higher. The car, which has a top speed of 183 miles (295 kilometers) per hour, is part of a series of just 100 which Aston Martin created in 2014 to celebrate the firm's 100th anniversary.

It is made of a lightweight bonded aluminum structure and motorsport-inspired carbon-fiber exterior. The handcrafted interior includes luxury leathers, carbon fiber and aluminum.—AFP ■

## Dance music superstar Avicii dead at 28

NEW YORK — Avicii, seen here performing in the southern Swedish city of Malmö in 2016, was among the first DJs to break through in the mainstream as electronic dance music grew over the past decade from nightclubs to Top 40 radio

Avicii, one of the world's most successful DJs who helped usher in the global boom in electronic music but struggled to cope with the hard-partying lifestyle, died on Friday in Oman, his representative said. He was 28.

Two years after his unusually early retirement from touring amid recurring health scares, the Swedish DJ was found dead in the Gulf sultanate's capital Muscat. "It is with profound sorrow that we announce the loss of Tim Bergling, also known as Avicii," his management said in a statement, without specifying the cause of death.

"The family is devastated and we ask everyone to please respect their need for privacy in this difficult time. No further statements will be given."

Maitrai Joshi, a DJ at the Muscat Hills Resort, said he had spotted Avicii and understood the

dance superstar was on vacation in Oman for the first time and had extended his stay.

"I saw him again the next day and again he was friendly, humble and took some photos," Joshi told AFP by email.

Avicii was among the first DJs to break through in the mainstream as electronic dance music grew over the past decade from nightclubs to Top 40 radio. He created a global hit out of Coldplay's "A Sky Full of Stars," to which he added a layer of energetic electronica. He also helped produce Madonna's last album. On Instagram, the pop icon posted a picture of herself in the DJ booth with Avicii and wrote: "So Tragic. Goodbye Dear Sweet Tim. Gone Too Soon."

His biggest individual hits included "Wake Me Up," which went to number one across Europe in 2013 and featured the soul singer Aloe Blacc.

In 2015, he DJ-ed the wedding reception of Sweden's Prince Carl Philip and his bride Sofia. The couple mourned him in a statement, saying: "We had the honor to have known him and admired him both as an artist and

the beautiful person that he was."

Swedish Prime Minister Stefan Löfven called Avicii "one of the greatest names of music in Sweden in modern times."

Scene 'not for me'

Avicii has spoken publicly in recent years about his health problems, including pancreatitis, triggered in part by excessive drinking. The condition forced him to cancel shows in 2014 as he had to have his gallbladder and appendix removed.

In 2016, Avicii stunned fans by retiring from touring when he was just 26. "The scene was not for me," he told music magazine Billboard after his decision.

"It was not the shows and not the music. It was always the other stuff surrounding it that never came naturally to me. All the other parts of being an artist," he added. "I'm more of an introverted person in general. It was always very hard for me. I took on board too much negative energy, I think."

Avicii later returned to the more quiet life of a studio artist. Last year, he put out a six-song EP that featured British pop singer Rita Ora.—AFP ■



# Cinema makes return to Saudi Arabia

RIYADH— Saudi Arabia hosted its first public film screening in over 35 years on Friday, two days after US movie giant AMC unveiled the kingdom's debut theatre in Riyadh.

Clutching prized tickets for what AMC said was a sold-out showing of Hollywood blockbuster action film "Black Panther", men and women walked into the movie hall with tubs of popcorn and fizzy drinks.

Families huddled around movie posters to take selfies, soaking up an experience that is mundane in most parts of the world but a novelty in the ultra-conservative desert kingdom.

Saudi Arabia lifted a decades-long ban on cinemas last year as part of a far-reaching modernisation drive, with AMC Entertainment granted the first licence to operate movie theatres. AMC chief executive Adam Aron on Wednesday said its multiplex theatre at Riyadh's King Abdullah Financial District will for now operate one screen with a seating capacity of around 250.

He said plans were afoot for three more screens in the coming months. Access to the tightly guarded cinema complex, although open to moviegoers is highly restricted.

An AFP reporter was invited to Friday's opening but was not allowed by AMC and Saudi



A picture provided by the Saudi Royal Palace on 18 April 2018, shows Saudi Information Minister Awwad Alawwad (C) holding a bucket of popcorn as he attends a test screening at the AMC cinema in Riyadh ahead of the first public film screening in 35 years. **PHOTO: AFP**

authorities to talk to audience members or attend the screening.

## Next up: 'Avengers'?

Religious hardliners, who have long vilified movie theatres as vulgar and sinful, were instrumental in shutting down cinemas in the 1980s.

Reopening movie theatres is part of Crown Prince Mohammed bin Salman's ambitious reform drive as he seeks to balance unpopular subsidy cuts in an era of low oil prices with more entertainment options — despite the risk of riling hardliners.

The choice of "Black Panther", a film about a young monarch of a fictional resource-rich African kingdom, has drawn

parallels with the Saudi prince.

An AMC official said the movie chain could possibly release the much-anticipated thriller "Avengers: Infinity War" at the cinema next week, around the same time as its global release. On social media, many Saudis complained that the ticket price of 75 Saudi riyals (\$20), which included a new entertainment tax and value-added tax introduced this year, was too exorbitant in an age of austerity.

"If we go as a family we will need a loan," one Saudi quipped on Twitter.

Saudis currently splurge billions of dollars annually to see films and visit amusement parks in neighbouring tourist hubs like Dubai and Bahrain.

"Welcome to the era when movies can be watched by Saudis not in Bahrain, not in Dubai, not in London... but inside the kingdom," Aron said Wednesday at the launch of the theatre.

International theatre chains have long eyed Saudi Arabia with its more than 30 million people as the Middle East's last untapped mass market, the majority of whom are under 25.

AMC will face stiff competition from heavyweights such as Dubai-based VOX Cinemas, which on Thursday announced it had also secured a government licence to operate in Saudi Arabia and would open the kingdom's first IMAX theatre in the coming days.—AFP ■

## Strong winds damage 14 houses in Meiktila

A strong wind and heavy rain hit Dahatan Village in Kwet Nge Village-tract, Meiktila Township in Mandalay Region, on 16 April, damaging the roofs of 14 houses.

The damaged households were given cash and utensils yesterday by Daw Kay Khaing Linn from the Meiktila Disaster Management Department, on behalf of the regional government. Each household received Ks 62,000 in cash and utensils worth Ks18,000.—Thein Myint Kyaw (Meiktila) ■

## Earthquake of magnitude 5.2 strikes Myanmar

A moderate earthquake with a magnitude of 5.2 on the Richter Scale—with its epicenter inside Myanmar (some 25 miles southwest of Phyu), latitude 18.28°N, longitude 96.12°E, depth 44 kilometres, some 99 miles north of Kaba-Aye seismological observatory in Yangon — was recorded at (04)hr (58)min (42)sec M.S.T. on 21 April 2018, according to the Department of Meteorology and Hydrology.—KZT ■

## Budapest int'l book festival awards grand prize to German-Austrian writer Daniel Kehlmann

BUDAPEST — The 25<sup>th</sup> Budapest International Book Festival was inaugurated on Thursday with the attribution of the Budapest Grand Prize to German-Austrian writer Daniel Kehlmann.

The prize was given to him by Melinda Nagyne Varga, head of the cultural department of the Budapest city hall, and Katalin Gal, president of the Association of Hungarian Publishers' and Booksellers' Association.

"Daniel Kehlmann's literature is great and worthily popular, his works are characterized by graceful and perceptual philosophies, sensuous resignation and incredibly exact contemporary narratives," Hungarian writer Laszlo Darvasi said, in his speech praising the German-Austrian author. He added that Daniel Kehlmann's stories were film-like, vivid, and fascinatingly conscious.

The writer, a "prodigy" of

contemporary German literature, was born in Munich in 1975, and is currently living in Vienna and Berlin. His novels and essays gave him immense popularity since his twenties in Germany, while his novel "Measuring the World" brought him worldwide fame. Sold in 2.3 million copies only in Germany, the masterpiece has been translated into 46 languages, including Hungarian. His critics worldwide praised the sophistication, tremendous material knowledge, intelligence, and unrivaled humor of the oeuvre.

Besides Kehlmann, Serbia was also the honorary guest of the book festival.

"Thanks to the book festival, the Serbian culture and literature can symbolically come back to Budapest, where the first modern Serbian cultural institutions were created in the first half of the 19<sup>th</sup> century," Vladan Vukosavljevic, Culture

and Information Minister of Serbia said.

"In the last 25 years, the book festival maintained the same level of quality, and did not give in to partisanship or

personal differences, while its popularity kept on growing," Gergely Prohle general manager of the Petofi Literary Museum said at the opening ceremony.

The 25<sup>th</sup> Budapest International Book Festival is the host of more than 170 programmes with 160 exhibitors coming from 26 countries. The festival will close on 22 April. —Xinhua ■



People visit the 25<sup>th</sup> Budapest International Book Festival in Budapest, Hungary, on 19 April 2018. The 25<sup>th</sup> Budapest International Book Festival was inaugurated on Thursday with the attribution of the Budapest Grand Prize to German-Austrian writer Daniel Kehlmann. **PHOTO: XINHUA**



## MIC team to compete in AFF Futsal tourney



Champion of the 2018 MFF Futsal Open Cup, MIC team. **PHOTO:MFF FUTSAL**

MYANMAR Imperial College, the winner of the 2018 MFF Futsal Open Cup, will compete in the 2018 AFF Futsal Championship in Jakarta, Indonesia from 15 to 21 July.

Myanmar Imperial College (MIC) is in Group A along with Brunei Futsal Club Arbisayam FC, Cambodian Futsal Club, UYFC Komchaymear, and Australian Club East Coast Heat FC.

In Group B, Thailand Futsal Club, Bangkok BTS FC, Malaysian Futsal Club, Melaka United Soccer Association, the second winner of the Indonesian IDN Futsal League and the Vietnamese Club Sanatech Khanh Hoa FC will fight to advance to the next stage of the tournament.

MIC will play Arbisayam FC on 15 July, UYFC Komchaymear FC on 16 July, East

Coast Heat FC on 17 July.

The group matches of the championship will play from 15 to 17 July and the semi-final matches will be on 19 July.

The third place match and final match will be played on 21 July.

Myanmar hosted the AFF Futsal Championship in 2016 in Nay Pyi Taw and earned the bronze medal—  
KyawZin Lin

## ISPE edges Yadanabon in U-21 MNL tourney

THE Institute of Sports and Physical Education (ISPE A) FC beat Yadanabon FC by a score of 1-0 at Salin Stadium in Yangon yesterday in a Week-12 match of the 2018 MPT Myanmar National League (U 21).

With both teams fighting for first place in the league standings, yesterday's match was a thriller, with fast attacks by both teams.

But with both teams possessing talented defenders, the attacks on both sides were thwarted by effective clearances, resulting in the first half ending in a scoreless tie.

The ISPE team was much better in the second half after a change in tactics.

As ISPE used power plays and accurate passing, Yadana-

bon was forced to change to a defensive style of play.

With steady playmaking, ISPE got on the scoreboard with a beautiful goal by ISPE star Khin Kyaw Win, who was able to weave through a maze of defenders and score at the 74-minute mark.

Following ISPE's goal, Yadanabon's play turned fast and a little rough.

Kyaw Thet Oo and Aung Wunna Soe from Yadanabon got red cards.

Yadanabon was crippled with two players lost, but ISPE still could not score. ISPE's lone goal turned out to be enough for the win.

With the victory, ISPE remains in first place, with Yadanabon close behind in second place.—Kyaw Zin Lin



Players from Yadanabon (blue) and ISPE (red) vie for the ball in yesterday's MNL U-21 match. **PHOTO:MNL**

## Japan beat Australia 1-0, win 2<sup>nd</sup>-straight Women's Asian Cup

AMMAN — Japan won back-to-back Women's Asian Cup trophies Friday with a 1-0 victory over Australia in the tournament final.

Substitute Kumi Yokoyama scored the 84<sup>th</sup>-minute winner at Jordan's Amman International Stadium in a replay of the 2014 final, when Nadeshiko Japan edged the Matildas 1-0.

Japan was made to defend for the majority of the match as Australia took 22 shots to Nadeshiko's five. Japan, however, converted one of its few chances after Yokoyama was introduced in the 72<sup>nd</sup> minute.

The forward received the ball from Yui Hasegawa and dribbled between two opponents before driving it into the top corner of the net from



Members of the Japanese women's national soccer team celebrate after winning back-to-back Women's Asian Cup trophies on April 20, 2018, with a 1-0 victory over Australia in the tournament final in Amman. **PHOTO: KYODO NEWS**

about 17 metres.

"I knew before I got (the pass) that it was coming. But I'm surprised myself," said Yokoyama, who scored four

goals at the tournament.

Nadeshiko keeper Ayaka Yamashita gave a stellar performance, saving a penalty and denying multiple close-range

attempts by the Matildas. She stopped shots by Sam Kerr and Lisa De Vanna right before saving Elise Kellond-Knight's attempt from the spot.

The victory gave head coach Asako Takakura her first major international trophy since taking the job in April 2016.

"It was a very close match," Takakura said. "We struggled for a while in the match, but I want to congratulate the girls for winning by playing with persistence."

Nadeshiko striker Mana Iwabuchi was named the tournament's most valuable player after scoring two goals and playing the full 90 minutes in each of Nadeshiko's five matches.

"The team improved little

by little throughout the five matches of the tournament. I'm really glad we won," Iwabuchi said.

Japan and Australia faced each other in their final Group B match last week, a 1-1 draw that earned both teams qualification to the 2019 FIFA Women's World Cup in France.

Nadeshiko Japan, ranked 11<sup>th</sup> in the world, advanced to the final by beating eight-time champions China 3-1 in Tuesday's semifinal.

Australia had a harder time reaching the final, beating Thailand 3-1 on penalties after their semi was deadlocked 2-2 at the end of extra time. China settled for third after a 3-1 victory over Thailand in the playoff for third place.—Kyodo News ■



# SUNDAY SPECIAL

## The Global New Light of Myanmar

### NEXT GENERATION PLATFORM

22 APRIL 2018

THE GLOBAL NEW LIGHT OF MYANMAR

**A** GAIN, THE night has over. The atmosphere is mild. The jazzy songs of little birds fill the whole city. The sky is painted faint red. Clouds are getting ready to rush here and there. They have already woken Mr. Sun up. He slowly lights up our Yangon city. But the time is only five. Still a little bit dark. It is early.

The morning air blows through the hair of early walkers as it intenerates the mind of them. Night owls are still enjoying their sweet dreams while early birds have gathered around the dining table for toothsome breakfast. The streets of Yangon are still silent. The street lamps are still glowing. However, at this time of day we open our eyes and get up from bed to fight for our lives. Every morning we have only two choices continue to sleep with our dreams or wake up and chase them. There's a saying-"Always remember to fall asleep with a dream and wake up with a purpose." Even if we want or not, we all must get up and work hard to brighten our future. Definitely.

Unlike other countries' morning, our country's morning tradition starts at this time of day. There is always a certain thing that the Buddhists do early every morning. Especially, the adults start worshipping and saying prayers. Some go to the near-



A. W Khin Myat Phone



est pagoda early to offer flowers and to start meditation at such a peaceful time. What a lovely tradition of our Myanmar people! So, the pleasant morning in our country is filled with beautiful sounds of saying prayers together with the songs of birds. Most of our city's morning stories are not complete without the sound of "Pae-pyoke!" At first, it will come from the distance but later it becomes louder, louder and louder

then it fades away. As it fades away with the morning's air, the various noises from the market fill in our environment. The clock has struck seven.

The city life has begun again. The workers are getting ready to go to their jobs. Students whose school schedule starts in the morning have left their homes as they start marching up to their schools.

This is the time our mamas or papas go to the bazaar for the new day's menu at homes. Most of the city dwellers love eating

out at café or restaurants for breakfast. Though, some families prefer having at home. The quiet streets and roads are now filled with different shapes of cars, buses, bikes and motorbikes. There is already traffic jam at some places by the time the long handle of the clock strikes eight o'clock. Crowded, crowded everywhere. At this time, Yangon city is such a boom place. Wherever you go, you may see people, people everywhere. The sound of silence has disappeared so suddenly. Maybe because it fears the thick fog of

noises.

Another gorgeous tradition of our Burmese people is saying "Mingalarbar". We say this graceful word to each other when we meet our friends or neighbours on the street early in the morning. There are also morning routines. But they differ in each person's hobby and interest. Some walk, some do yoga and some go swimming. The more we exercise, the fitter we are.

As the clock strikes nine, the city becomes more crowded. The price-calling sounds, bus-drivers' shouts, children reading out aloud, people yelling at café, all these give rise to the complete story of morning in Myanmar. Everyone loves the smell of positive possibility in the morning. Each of them is eager to face every day's challenges coming ahead. Later, the time changes. Soon, the day is going to end. But every morning in Myanmar is like a sweet dream. How skookum.

None of the mornings is as pleasant as our mornings in Myanmar. All in all, I want to share a quote with all of you — "No matter how good or bad your life is, wake up each morning and be thankful that you still have one."

Getting up an hour early is to live an hour more. So, get up early and get crazy in the Burmese morning.

## Misfortune of the Stray Animals



Sandakuu Mae  
GRADE 4 (Y.I.S.)

**I**MAGINE you decided to take a walk outside. Once you look by the streets, stray dogs and cats are sleeping, searching for food, and just strolling around. But these animals are suffering badly. How are they suffering, and how can you help?

A few years ago, when President Obama visited Myanmar, the Myanmar government wanted

to get rid of stray dogs. Derek Mitchell, the Ambassador at that time, and Min his wife, were huge supporters of things we can do about the stray dog situation in Myanmar. They called YAS, an animal shelter, to take care of the dogs because they don't want to see the dogs poisoned. Many stray animals are suffering from poisoning too. They are struggling to eat, drink, and find a place to survive.

YAS, an animal shelter we mentioned earlier, stands for Yangon Animal Shelter. It's a shelter full of approximately 500

dogs. The shelter's hope is to bring in people who will help with TNR (trap, neuter, return) to reduce the population of stray animals. Many vaccinations are also needed to stop spreading diseases.

Although there are many, many stray animals in Myanmar, don't get too discouraged. We can help the poor animals by adopting them, foster, and feed the dogs. If you want to adopt a dog, YAS has a list of featured dogs on the YAS web site. Fostering is also a good idea. Raising young pups will help their lives shine



like a star. You can also feed the dogs by donating food. It takes 90-20 kilograms bags of dog food a month to feed the dogs at the shelter. Each bag of dog food costs \$30.17. So it takes \$2,715.3 per month to feed the dogs (I'm

speechless)!

The stray population is piling up, but so is hope. You can help the stray dogs, even now! We can form a group with different people, but all with one goal: help the stray animals.





(ယခု Lesson (1) တွင် am, is, are, was, were တို့ကို မှန်မှန်ကန်ကန် အသုံးပြုနိုင်ရေးအတွက် လေ့လာကြရန် စီစဉ်ထားပါသည်။)

အင်္ဂလိပ်စာတွင် Verbs to be ဟုခေါ်သော am, is, are, was, were များကို မှန်မှန်ကန်ကန် အသုံးပြုတတ်လျှင် စာကြောင်းတော်တော် များများ ရေးတတ်လာပါလိမ့်မည်။

Myself, my family, my house, my native town, my best friend စသည့် စာစီစာကုံးများရေးရာ တွင်များစွာအထောက်အကူ ပြုပါလိမ့်မည်။

“ဖြစ်ခြင်းပြ” ကြိယာအဖြစ်အသုံးပြုခြင်း။

am, is, are, was, were များကို ‘ဖြစ်သည်’ နှင့် အဆုံးသတ်သည့် စာကြောင်းများအဖြစ်အသုံးပြုနိုင်ရန် ယင်းတို့နောက်တွင် အများနာမ်နှင့် a, an, the နှင့်တွဲသော အနည်းနာမ်ကပ်ထည့်သုံးရသည်။

- A. This is a house.  
That is a school.  
These are cows.  
Those are boxes.  
This is a pen.  
That is a cow.  
These are trees.  
Those are hills.  
It is a cat. It is an ox.  
It is an ant. It is an owl.

His father is a farmer. Her mother is a worker. Ko Ko is a doctor. Ma Ma is a singer. He is an engineer. She is a teacher. You are a girl. I am a boy. I am a soldier. We are clerks. (စာရေးများ။)

B. နာမ်များရှေ့တွင် (Adjectives) နာမဝိသေသနများထည့်၍ ပိုမိုအဓိပ္ပာယ်ပေါ်လွင်သော စာကြောင်းများရေးနိုင်သည်။

Ko Than is a successful doctor.

ကိုသန်းသည် အောင်မြင်သော ဆရာဝန်တစ်ယောက်ဖြစ်သည်။

He is a tall man. She is a pretty girl. They are hardworking students. We are honest workers. I am a poor man. He is a rich man. It is a fine day. That is a large room. Monywa is my native town. It is an interesting book. That was an exciting game. (စိတ်လှုပ်ရှားဖွယ်ကောင်းသော) Ko Ko is a busy man. He is a handsome boy. (ရုပ်ချောသော) She is a kind-hearted girl. (ကြင်နာသော) These are lovely flowers. He is a good-natured man. (သဘောကောင်းသော) I am a dutiful worker. (တာဝန်ကျေပွန်သော)

C. (Verb) ကြိယာများကို ing ထည့်ခြင်းဖြင့် (Verbal nouns) ကြိယာနာမ်များရရှိသည်။ ယင်းတို့နှင့် တွဲသုံးပုံကိုလည်း လေ့လာပါ။

Cooking is an art.

ချက်ပြုတ်ခြင်းသည် အနုပညာတစ်ရပ်ဖြစ်သည်။

Singing is her hobby. (Her hobby is singing.)

သီချင်းဆိုခြင်းသည် သူမ၏ဝါသနာဖြစ်သည်။

Reading is a pleasure.

(ပျော်ရွှင်မှု)

Walking is a good exercise.

(လေ့ကျင့်ခန်း)

Smoking is a bad habit.

(အကျင့်)

Playing cards is a waste of time.

ဖဲရိုက်ခြင်းသည် အချိန်ဖြုန်းခြင်းဖြစ်သည်။

Travelling is a joy.

ခရီးသွားခြင်းသည် ပျော်ရွှင်မှုတစ်ရပ်ဖြစ်သည်။

D. အောက်ပါတို့မှာ အတွေးအခေါ်အနည်းငယ်မြင့်မားသော်လည်း is, are တို့ကိုဖြစ်ခြင်းပြကြိယာအဖြစ် သုံးထားသောစာကြောင်းများဖြစ်သည်။ လေ့လာကျက်မှတ်၍ သုံးစွဲနိုင်သည်။ ‘ဖြစ်သည်’ နှင့်ဆုံးသော စာကြောင်းများဖြစ်သော်လည်း အချို့ကိုဆီလျော်အောင် ပြန်ဆိုထားသည်ကိုသတိပြုပါ။

1. Yangon is the capital of Myanmar.  
ရန်ကုန်သည် မြန်မာပြည်၏မြို့တော်ဖြစ်သည်။
2. Unity is strength.  
ညီညွတ်ခြင်းသည် အင်အား။
3. Knowledge is power.  
သိခြင်းသည် တန်ဖိုးသတ္တိ။
4. Youths of today are leaders of tomorrow.  
ယနေ့လူငယ်များသည် မနက်ဖြန်၏ ခေါင်းဆောင်များဖြစ်သည်။
5. Work is an honour. It is a duty. It is a source of happiness.  
အလုပ်ဟူသမျှ ဂုဏ်ရှိစွာ အလုပ်သည် တာဝန်တစ်ရပ်ဖြစ်သည်။ ပျော်ရွှင်မှု၏ အရင်းအမြစ်တစ်ရပ်လည်းဖြစ်သည်။
6. Newspapers are the eyes and ears of a nation.  
သတင်းစာများသည် နိုင်ငံတစ်နိုင်ငံ၏ နားနှင့် မျက်စိများဖြစ်သည်။
7. The youths are the strength of the nation.  
လူငယ်များသည် နိုင်ငံ၏ အင်အားဖြစ်သည်။
8. Experience is the best teacher.  
အတွေ့အကြုံသည် အကောင်းဆုံးသောဆရာဖြစ်သည်။
9. Failures are the mother of success.  
ကျရှုံးမှုများသည် အောင်မြင်မှု၏ မိခင်ဖြစ်သည်။
10. Failures are the stepping stones to success.  
ကျရှုံးမှုများသည် အောင်မြင်မှုသို့သွားရာ လှေခါးထစ်များဖြစ်သည်။
11. I am the master of my fate.  
I am the captain of my soul.  
ငါသည် ငါ့ကံကြမ္မာ၏အရှင်သခင်။  
ငါသည် ငါ့ဝိညာဉ်၏မာလိန်မှူး။
12. The delta is the rice bowl of Myanmar.  
မြစ်ဝကျွန်းပေါ်သည် မြန်မာပြည်၏ ဆန်အိုးဖြစ်သည်။
13. Truth is a daughter of time.  
အမှန်တရားသည် အချိန်၏သမီးပျိုဖြစ်သည်။
14. Books are our friends. They are our companions.  
They are our guides.  
စာအုပ်များသည် ငါတို့၏မိတ်ဆွေများဖြစ်သည်။ ငါတို့၏အပေါင်း အဖော်ဖြစ်သည်။ ငါတို့၏ လမ်းပြများလည်းဖြစ်သည်။

15. Children are our future.  
ကလေးများသည် ငါတို့၏အနာဂတ်ဖြစ်သည်။
16. Money is a good servant but a bad master.  
ငွေသည် အစေခံကောင်းတစ်ယောက်ဖြစ်သည်။ သို့ရာတွင် သခင်ဆိုးတစ်ယောက်လည်းဖြစ်သည်။
17. Marriage is a lottery.  
အိမ်ထောင်ပြုခြင်းသည် ထိထိုးခြင်းပင်။
18. No man is an island.  
လူသည် ကျွန်းမဟုတ်။ (တစ်ကောင်ကြွက်မဟုတ်)။
19. Life is a tragedy.  
ဘဝဟူသည် ကြေကွဲဖွယ် ဇာတ်လမ်းတစ်ပုဒ်။
20. Life is a comedy.  
ဘဝသည် ပျော်ရွှင်ဖွယ်ဇာတ်လမ်းတစ်ပုဒ်။
21. Life is a challenge.  
ဘဝသည် စိန်ခေါ်ခြင်းတစ်ရပ်ပင်။
22. Giving is taking.  
ပေးခြင်းသည် ယူခြင်းတည်း။
23. Seeing is believing.  
မြင်ခြင်းသည် ယုံခြင်းတည်း။
24. We are a cultured people.  
ငါတို့သည် ယဉ်ကျေးသော လူမျိုးတစ်မျိုးဖြစ်သည်။
25. We are a happy family.  
ငါတို့သည် ပျော်ရွှင်သော မိသားစုတစ်စုဖြစ်သည်။
26. The eyes are the windows of the heart.  
မျက်လုံးများသည် အသည်းနှလုံး၏ပြတင်းများဖြစ်သည်။
27. Health is a gift of nature.  
ကျန်းမာရေးသည် သဘာဝ၏ လက်ဆောင်တစ်ခုဖြစ်သည်။
28. He is a man of wisdom. (He is a wise man).  
သူသည် ပညာရှိတစ်ယောက်ဖြစ်သည်။
29. She is a girl of great beauty.  
သူမသည် အလွန်လှသော မိန်းကလေးတစ်ယောက်ဖြစ်သည်။
30. Myanmar is a land of pagodas.  
မြန်မာပြည်သည် စေတီပုထိုးပေါများသော တိုင်းပြည်တစ်ပြည်ဖြစ်သည်။
31. Myanmar is a land of sunshine and flowers.  
မြန်မာပြည်သည် နေရောင်ခြည်နှင့် ပန်းများ ပေါများသော တိုင်းပြည်တစ်ပြည်ဖြစ်သည်။
32. Ours is a land of peasants, workers and the working people.  
ငါတို့နိုင်ငံသည် လယ်သမား၊ အလုပ်သမားနှင့် လုပ်သားပြည်သူများ၏ နိုင်ငံဖြစ်သည်။

Ours ဟု သုံးခြင်းမှာ Our land (country) အစားသုံးခြင်းဖြစ်သည်။ Ours land is a land ဟု စာကြောင်း တစ်ကြောင်းထဲတွင် land နှစ်ခါ ထပ်မံသုံးလို၍ဖြစ်သည်။

English စာတွင် စာကြောင်းတစ်ကြောင်းထဲ၌ စာလုံးတူ နှစ်လုံးထပ်သုံးလေ့မရှိ။ မြန်မာစာတွင် ထပ်လေ့ရှိသည်။

ဥပမာ - ဤစာအုပ်သည် ကျွန်တော့်စာအုပ်ဖြစ်သည်။ အင်္ဂလိပ်စာတွင် This book is my book ဟုသုံးလေ့မရှိ။

This is my book. သို့မဟုတ်

This book is mine. ဟု သုံးသည်။

ဤအချက်ကို အထူးသတိပြုရန်လိုသည်။

(TO BE CONTINUED NEXT WEEK)

ဤအင်္ဂလိပ်စာများသည် ကျောင်းသူ  
ကျောင်းသားများနှင့် အင်္ဂလိပ်စာကို လေ့လာ  
လိုက်စားသူများ လက်မလွှတ်သင့်သော  
သင်ခန်းများဖြစ်ပါသည်။ အပတ်စဉ် တနင်္ဂနွေ  
နေ့တိုင်း အပိုင်းလိုက်ဖော်ပြပေးသွားပါမည်။



# Life-long Learning

Dr. Nu Nu Win  
(Retired Professor and Head of Department)

4

(CONTINUED FROM THE LAST WEEK)

Why we need to "Live to Learn and Learn to Live" ?

First , we need to "Live to Learn" , just because there are things to learn as much as unending stretch of sand and the longer we live , the more we find to learn and it will never end to the end of one's life. That's why we

should "Live to Learn" .

And secondly , we need to "Learn to Live" . That is, as time changes there are new ways and means and technologies for all of us to go on living .That's why as we go on living , we need to learn more and more so that we can go on living without left behind .

Therefore , "Learning" can be never ended and as we

go on living we need to go on Learning . That's why we have this way named "Live-long Learning".

Then , what are the benefits from this "Life-long Learning" ?

The first benefit is we will never be out of touch with the modern ways and means of doing things and always be together with the time . We won't never be left behind .

As we won't never be left behind , we will not feel exhausted and old and always alert and fresh to go on living . And it can aid our health to be in good condition. And so also , we can have much healthier mental conditions as we are always be enthusiastic to go on learning .

So, the second benefit is one can always be in good health both mentally and physically .

And as we are always occupied with learning , we can never be bored living or working or learning .

So also with the saying "Learn to Live and Live to Learn" , we have to continue our learning and living with vice-versa ways and means . That is why we have to believe and practice "Life-long Learning" as much as we can .

(TO BE CONTINUED NEXT WEEK)

## " Humans in Humans "



Khin Moh Moh Aung  
Yadanabon University

IF you are a human being, you should know that nothing lasts forever. We, human beings, are surviving by fulfilling our own wish. Even though some of the human beings are just being alive by fulfilling thier own wish and their own needs, some of them are being alive by fulfilling both their needs and others' needs. They are known as philanthropists. Different people are working different humanitarian works in different regions. Some of the people are victualling to the people who are suffering from scarcity. Some of them are helping the people who are the victims of natural disasters. Some of them are assisting the people who are the victims of the wars. Some of them are providing money to the people who have the inadequate income.

In different regions, there are different philanthropists. As our mother land, Myanmar, possesses many philanthropists, we do not need to worry when we we need help. Among the humanitarian works in Myanmar, I would like to describe about a group which is also aiding the people who need help when they are driving. In this group, there are a lot of members whose calling is driving. As they are interested in humanitarian works, their group assists people who need help when they are driving. This group is known as " Driving Myanmar Group ". Some people know this group as " We are Driver, We are Brother ".

The reason why I would like to describe about this group is that they give me and my friends assistance when we need help. The case happened when we were going to our university to sit for the exam. We went to university by ferry as usual. Unexpectedly, the car had broken down on the road. Not only we but our driver also could not decide what we should do at that time. Because we did

not know how to repair the car. Unfortunately, the time to take the exam was drawing nearer and nearer. Not I but my friends were anxious about how to go to the university in time. Meanwhile, one of my friends called a person who is the member of the Driving Myanmar Group to help them as soon as possible. In a short time, some people arrived where our car broke down and then, they made us get in their car and sent us our university in time.

Thanks to those ones, we could arrive our university and took the exam safely.

This group is not only helping the university students but also helping the students who will take the matric exam. They are helping those ones without taking fees. We should proud of our mother land, Myanmar, for giving birth many philanthropists. Thusly, the information what I would like to provide is that if we want to be a real human among human beings, we should be alive by giving aid the people who need help.

### Invitation to young writers for Sunday section

The Global New Light of Myanmar is accepting submissions of poetry, opinion, articles, essays and short stories from young people for its weekly Sunday Next Generation Platform. Interested candidates can send their works to the **Global New Light of Myanmar** at No. 150, Nga Htat Kyee Pagoda Road, Bahan Township, Yangon or by email to [dce@globalnewlightofmyanmar.com](mailto:dce@globalnewlightofmyanmar.com) with the following information: (1) Sector you wish to be included in (poetry, opinion, etc.), (2) Real name and (if different) your penname, (3) Your level of education, (4) Name of your School/College/University, (5) A written note of declaration that the submitted piece is your original work and has not been submitted to any other news or magazine publishing houses, (6) A color photo of the submitter, (7) Copy of your NRC card, (8) Contact information (email address, mobile number, etc.).— Editorial Department, The Global New Light of Myanmar news office

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Inntha man fishing in Inle Lake. PHOTO: AYE MIN SOE



A woman rows a boat as she leaves her home in Inle Lake. PHOTO: AYE MIN SOE



Inntha or women of the Inle Lake perform traditional dance in Inle Lake. PHOTO: HTAY AUNG



Inntha man rows a boat past traditionally built houses in Inle Lake. PHOTO: AYE MIN SOE



Inntha people celebrate PhaungdawOo Pagoda festival in Inle Lake. PHOTO: JOVAGO



Inntha people escort the royal barge carrying Buddha Images on it. PHOTO: JOVAGO



Inntha men perform traditional dance. PHOTOL HTAY AUNG

# Inntha, the people of Inle Lake

By Nyan Kaung Hset

**A** FISHERMAN exhibits the one-leg rowing technique that is almost idiosyncratic to the region of Lake Inle in western Shan State. Such technique is said to provide better observation of the distant land, fish or hyacinth, as well as alleviation of fatigue of the upper arms.

Inle Lake, nestled among high hills, is a site of great beauty. It is home to the Inntha people, who have developed a unique way of living.

Their villages are built in the middle of the lake, complete with floating gardens of extraordinary fertility. All commutes and several markets are held on water.

They are known for their technique of rowing by wrapping one of the legs around

the oar to relieve and free their arms for fishing.

The Inntha of Inle Lake is an ethnic group many of whom literally live on the lake.

They speak an archaic dialect of Burmese and they are believed to have come from Dawei in the southern part of Myanmar.

They support themselves through the tending of vegetable farms on floating gardens. The Inntha are known for their distinctive leg-rowing techniques and are traditionally Buddhists.

Inntha people have their own history, culture and literature.

According to historical accounts, the Inntha people originally came from the Tanintharyi Region in the southern tip of Myanmar.

Around 800 years ago, they served in the army of

Myanmar kings. They arrived in the Inle Lake region and settled there.

## PhaungdawOo Pagoda

The greatest event in the region is the celebration of the PhaungdawOo Buddha peregrination in the month of September or October, where the Inntha people place revered statues on a decorated royal barge escorted by canoes and powerboats and tour the Inle region.

The PhaungdawOo Pagoda festival draws celebrants from far and wide, not only to give homage to the Buddha statues, but also for enjoyable fairs and to watch the famous Inntha's (men's) and Innthu's (women's) unique leg-rowing competitions. The Inntha men are known for their farming and fishing skills, while women are known for their superb

silk weaving skills.

## Shwe Indein Pagoda Phaungdawoo Pagoda

In one of the small villages of Inle Lake located on the western banks, a Buddha image has been enshrined at a whitewashed stupa, which is on the summit of a hill. Below the stupa around the hill are clusters of hundreds of ancient stupas, most of them in ruins and overgrown with

bushes.

The pagoda hill is quiet and calm. One can feel the pleasant cool breeze and hear the sweet rings of the bells hanging on the umbrella of the stupa. The mesmerising view from pagoda hill releases fatigue and refreshes everyone who ascends the peak.

A mysterious place is at the end of the marvellous Indein creek, which connects with Inle Lake just after the

## PhaungdawOo Pagoda.

The creek is narrow with many twist and turns. Both sides of the creek are lined with paddy fields, so you can see the farmers ploughing and harrowing using water buffaloes.

At midday, while groups of farmers are having lunch, the water buffaloes refresh themselves by wading into the creek.

At many points along the creek, the farmers dam up the water with bamboo barriers to irrigate the paddy fields. Indein water is not only useful for irrigation, but also for bathing and washing clothes.

It is common to see novice monks, buffalo boys and village girls wash and swim in the creek.

According to historical accounts, the Inntha people originally came from the Tanintharyi Region in the southern tip of Myanmar.

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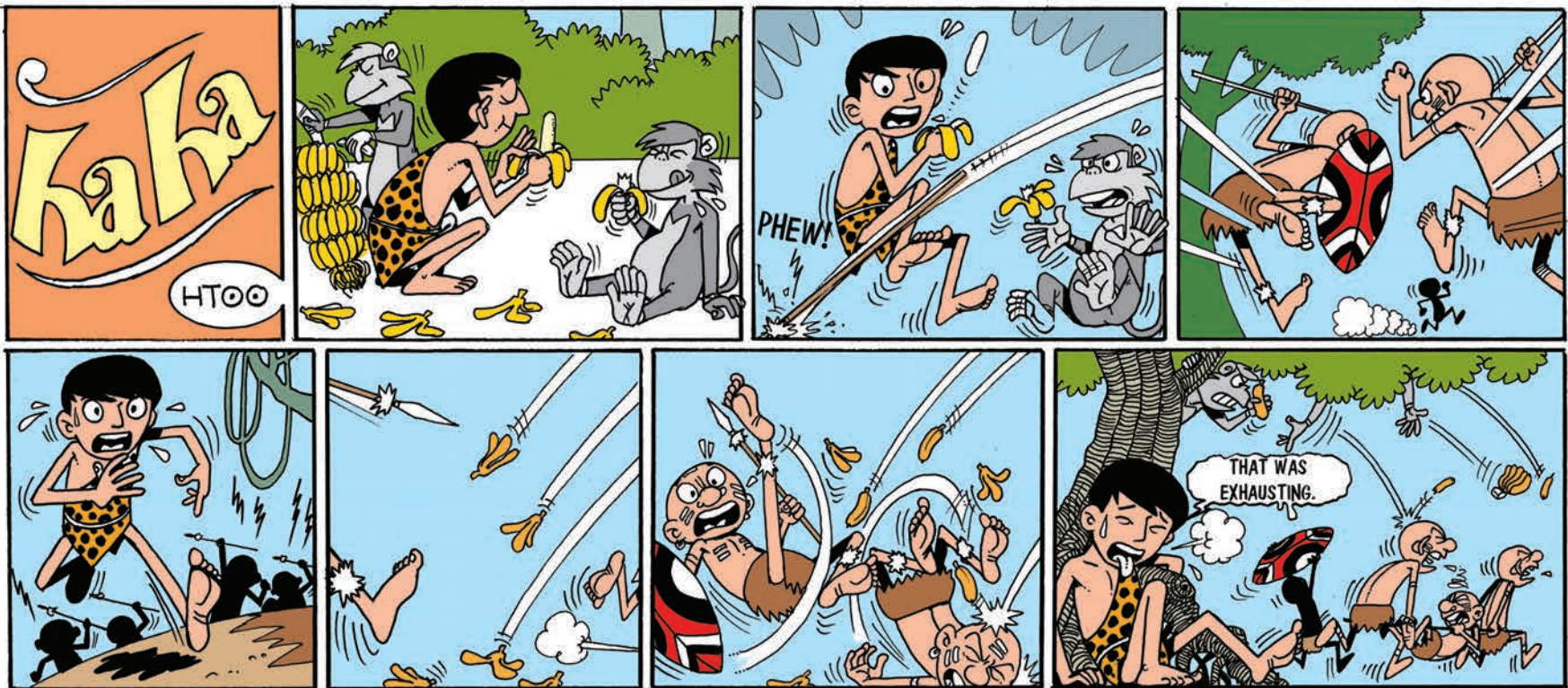
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# SUNDAY COMICS



## PEOPLE WILL BE PEOPLE

Cartoon  
Maung Shwe Win



## SUNDAY JOKE

Cartoon  
Maung Maung Aung  
2018





By Thin Hlaing Hmwe (Junior)

**I**N these days, the expenses to maintain one's health are extremely eminent in accordance with the stratum of the seriousness of the disease. Everyone tends to live healthy. However, varieties of food in the current era and the life-style in which more struggles involved make people uncared to their health status. The middle-aged and old-aged ones including the writer support to extend the life-span with various kinds of drugs daily.

As the saying goes, "Prevention is the better than cure," some tips are mentioned here for those who want to replace their daily drugs with the traditional fruits and seeds. Today, I am going to present some fruits as the part (2) of my article.

### Flax Seeds

Everybody knows that flax seeds are rich in antioxidants and omega-3 fatty acids, which protect the body from a number of diseases including cancer. The best way to use it is to powder the seeds and sprinkle a teaspoon over your daily meals.

### Chillies

Peppers are spicy and can bring life to any dull food. Black peppers, white peppers, or green ones like jalapenos, bell peppers, and capsicum contain vitamin C and capsicum. Vitamin C helps to strengthen the immune system of the body whereas capsicum works at reducing the tumor growth and combating with any kind of cancerous cells.

### Green Leafy Vegetables

Along with many other health benefits, green leafy vegetables like kale, spinach, spring onions, chard, mustard greens, and lettuce replenish our body with multiple types of antioxidants and micro-nutrients. Some of the powerful antioxidants that prevent the development of tumors in the body are beta-carotene, and flavonoids.

### Green Tea

Teas is a super beverage as a cancer-fighter and yet another good way to replace harmful beverages like coffee and milk tea. Sipping a cup of green tea twice a day cleanses the body and supplies it with the antioxidant catechins. Catechins are helpful in reducing tumor growth and trapping and removing free oxygen molecules from the body. One can enjoy green tea and black tea, with a pinch of cardamom, ginger, or even a cinnamon stick to enhance the flavor.

### Avocados

A delicious fruit with a richness of healthy monounsaturated fats. Avocados are a must in the diet



# FIGHTERS OF Cancer Tumors (2)

as a natural food to fight tumors. They are full of potassium and the antioxidant present in them is glutathione. Glutathione removes the free radicals which contribute to tumors. You can gorge on the fruit in salads, yogurt, or make the puree and add to many recipes.

### Mushrooms

This power-packed food carries almost everything that your body requires to be healthy. From vitamin B12 to lectin proteins, mushrooms carry particular minerals and compounds like selenium. Both lectin protein and selenium interfere with the growth of cancer and kill the tumor cells.

The lots of mushroom varieties that can be enjoyed are white mushrooms, shiitake etc. You can stir fry them, grill them, chop them and use as toppings, include them in salads and soups while adding the crispiness to the dish at the same time.

### Nuts and Seeds

The healthiest versions of nuts are walnuts, soaked almonds, and brazil nuts. A great way to include them in your daily diet is to dry roast them and then sprinkle over your salad or smoothie. Nuts carry healthy fats and are good for the heart too. The antioxidants present in them are powerful enough to diminish the cancer tumor. A tablespoon of seeds, when taken daily, reduces the tumor cells. Pumpkin seeds, watermelon, and sunflower seeds are also packed with health boosters.

All in all, there are four important causes that influence one's existence namely Kamma, Mind, Season and Nourishment (ကံ၊ မိတ်၊ ဥဇာ၊ အဟာရ). If one of these ruins, the existence of a person is



not granted to be able to continue living. The foods I have just mentioned above include the category called Nourishment. Therefore, it will be necessary for my dear readers to balance your daily life styles in order to be healthy with great contemplation.

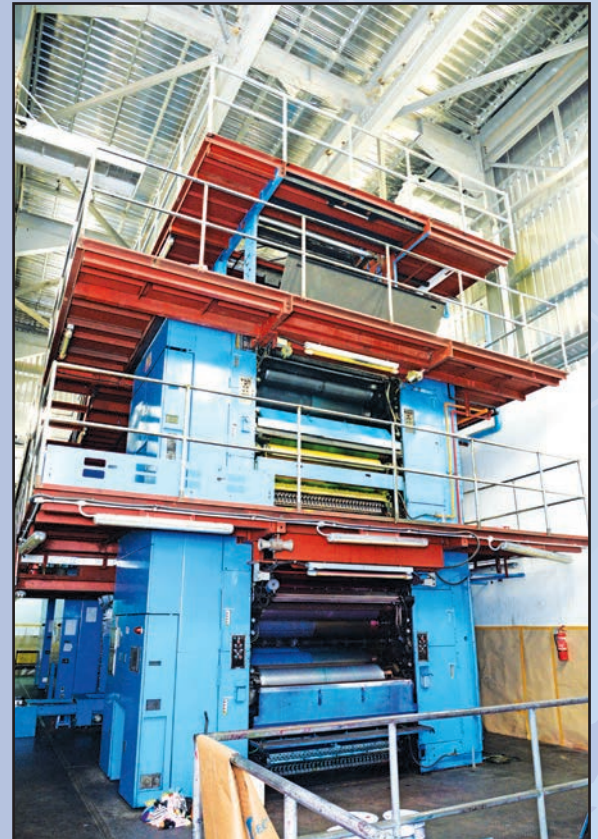


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