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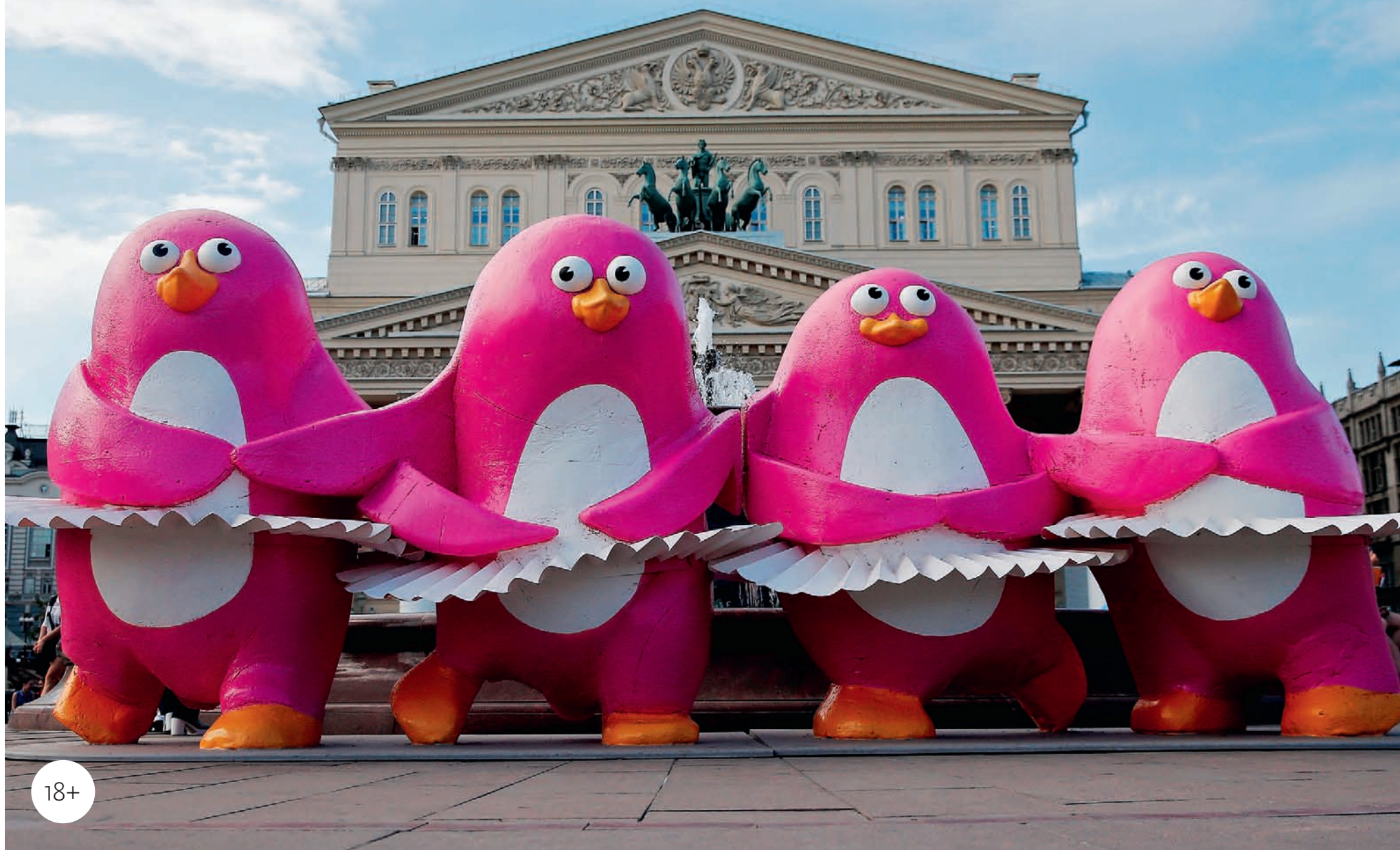
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"Resources are diminishing for insiders, and those who are outside are vulnerable." **Nikolai Petrov**, political analyst.

The Moscow Times
No. 5771

\$10.5Bln

Viktor Vekselberg's estimated fortune

\$1Bln

Amount Renova is reportedly ready to pay for 17.02 percent of Rusal.



Criminal cases involving bribes have increased by 8.6 percent, in comparison to 2014, according to the Prosecutor General's Office.

Attack of Law

By **Mikhail Fishman** m.fishman@imedia.ru



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Cover photo by Maxim Shemetov / Reuters

Vekselberg's Renova group latest to fall under investigation.

Mikhail Slobodin was the progressive face of Russian business. As CEO of Vimpelcom, he controlled Beeline, one of the country's top-two mobile providers. He was young, smart, energetic and he turned management into social action. The most media-savvy of all top-managers, Slobodin used his highly popular blog to engage with all matters of business, corporate culture, economy, cuisine and even Tesla cars.

He seemed to be having fun, and he made Russian business look easy and carefree.

On Sept. 5, however, Slobodin resigned, having dramatically found himself subject to a criminal investigation, and included on Russian law enforcement wanted lists.

His name appeared in connection to KES holding, now called T-Plus, energy provider in Russia's northern republic of Komi, where he was previously an executive. Together with other T-Plus managers, he was linked to bribes paid to regional authorities. According to law enforcement, these bribes were paid to set more profitable rates for energy consumers.

T-Plus, the country's largest private energy producer, is part of Renova Group, controlled by Russian's seventh richest tycoon Viktor Vekselberg. In Komi, T-Plus owns Vorkuta thermal power plants, energy supplier to the entire region. But the plants are losing money, and owed 5 billion rubles (\$77.6 million) by consumers. There is a danger they will fail to provide enough heat in the upcoming winter.

Renova had already initiated the sale of the plants, but this provoked the anger of Presi-



Slobodin was a golden boy of Russian business.

dent Vladimir Putin. "We need to put an end to such irresponsibility," he said.

"The president might have been presented with a picture of a self-indulgent oligarch, abandoning a region to its fate, and all this on the eve of election," suggested Tatyana Stanovaya, a political analyst, writing on Slon.ru.

Within a few days, former T-Plus managers Yevgeny Olkhovik and Boris Vainzikher were arrested. The former Komi governor Vyacheslav Gaizer — presumed recipient of the bribe — was arrested a year ago, charged with forming a criminal gang. Slobodin, company CEO from 2002 to 2010, is currently in France. If he returns, he will likely be arrested.

A source close to government suggests Putin was "put into a position" of approving the arrest orders. "The rules of the game have changed imperceptibly," he says. "What was allowed a few years ago is now punished — and retrospectively."

A source within one of Russia's largest corporations said he believed Putin was not warned about the arrests.

Vekselberg is the fourth Russian billionaire to face a run-in with law enforcement in the last two years. In September 2014, Vladimir Yevtushenkov, owner of Sistema conglomerate and oil producing company Bashneft, was put under house arrest. Bashneft was later nationalized and the case was dropped.

This February, Dmitry Kamenshik, owner of Domodedovo Airport, was sent to jail. Just before his release in July, he announced he would set up a foundation to help victims of the terror attack in the airport in 2011.

In April, oligarch Mikhail Prokhorov's companies and offices were raided by FSB squads. Onlookers connected the raid with his RBC media holding and its sharp political coverage. It was later reported Prokhorov was planning to sell his assets in Russia.

Slobodin has said he would return to Russia to face questioning from investigators, but this seems doubtful. More likely, he will join the wide and growing ranks of his fellow Russian managers and businessmen facing criminal charges, and remain outside of Russia.

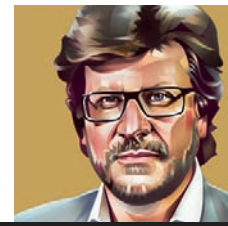
"It's hard to comment now because there are no real facts or proper accusations," Slobodin wrote in a farewell open letter to Vimpelcom staff. "You will lack my energy and humor from now on; but you will have to find it in yourselves."

By Sept. 6, Slobodin's blog had been wiped clean. **TMT**

SUMMIT REPORT

Big 20 to Big Game: Power Politics Are Returning, Which Suits Russia

By **Fyodor Lukyanov**
Editor of Russia in Global Affairs



CALINA GUBCHENKO

The G20 meeting in China was a milestone in international relations. Until only recently, world leaders were certain that the global economy and increased connectivity had helped stabilize and define the new world order. Now, however, the pendulum has turned back toward a classic game between the great powers, and Russia is again feeling right in its element.

Two years ago, when arriving at the G20 summit in Brisbane, Australia, President Vladimir Putin was met at the airport by a low-level clerk from the local Foreign Affairs Ministry. Australian Prime Minister Tony Abbot publicly promised to grab the Russian president by his lapels and throw him to the floor. While shaking Putin's hand during a formal greeting, then-Canadian Prime Minister Stephen Harper told him to "Get out of Ukraine." Commentators gloated over a photo of Putin sitting at an empty lunch table. In the end, the Putin cited urgent business back in Moscow and left the meeting before the official closing.

This year's meeting in China's Hangzhou has demonstrated that the key players have not forgotten about the Ukrainian crisis, but are concerned about other things. This time, the controversy concerned not Putin, but U.S. President Barack Obama, who was forced to disembark from the rear exit of Air Force One after the Chinese failed to provide a rolling staircase to the main door.

Philippine President Rodrigo Duterte called Obama a "son of a wh*re," and then, after learning that the U.S. president had can-

celled their scheduled meeting, became frightened and began apologizing.

Putin was very much in demand. This was primarily due to the Middle East, where another turning point is approaching. But that is not the only reason. The global focus is shifting — not only geographically, but also in terms of content.

The Group of 20 was originally created as an economic forum, first at the ministerial level, as a response to the Asian financial crisis in the late 1990s, and later at the level of heads of state, in the middle of the global economic panic of 2008. The role of global "Politburo" went to the G8 — a venue that also began with an economic focus before switching to politics once Russia joined.

With the world changing so rapidly, it made little sense to discuss anything within the framework of a club in which Russia was the only non-Western power. At the very least, such discussions should include China, and preferably, a range of countries prepared to play a role in world affairs.

As a result, every year the agenda of the G20 becomes more politicized and economic issues take on an increasingly formal importance. Although China announced that the official theme of this year's summit would be innovations and their role in economic growth, speakers addressed almost every subject but innovation — halts in oil production, the consequences of Brexit, the crisis in Aleppo and territorial conflicts connected with China.

This is perfectly natural. Since the start of the financial crisis in the late 2000s, the division between politics and the economy has vanished, with politics gaining the upper hand. That process began when governments started "nationalizing losses" by using taxpayer money to bail out private banking institutions. That changed the balance of power between corporations and governments in favor of the latter. The growing chaos in the Middle East and the related terrorist threat in Europe made security a priority, and the Ukrainian and Syrian crises have spawned a new rivalry between the major powers. What is most surprising is that China has become involved, despite previous careful avoidance.

The actual results of this G20 summit will become apparent later. Did Putin and Obama "reach an understanding of each other and the problem we face" in Syria, as the Russian president said? Are Moscow, Washington, Ankara and Riyadh making progress toward engineering a new Syria based on the de facto division of the spheres of influence there? Will Moscow and Tokyo compromise on territorial issues? Is China ready to switch from interdependence with the United States to political competition? How can all sides extricate themselves the Minsk process with minimal loss of face?

Now, 25 years after the curtain had seemingly fallen for the last time on the struggle between the world's major powers, that drama has returned to center stage. **TMT**



"Who'd be offended by the fact that you're walking around a church with a smartphone?" **Ruslan Sokolovsky**, prior to entering the church.

200M

Estimated Pokémon Go players worldwide



"Catching Pokémon isn't an insult to religious feelings, it's just using an app within religious buildings." **Yaroslav Nilov**, religious affairs committee.

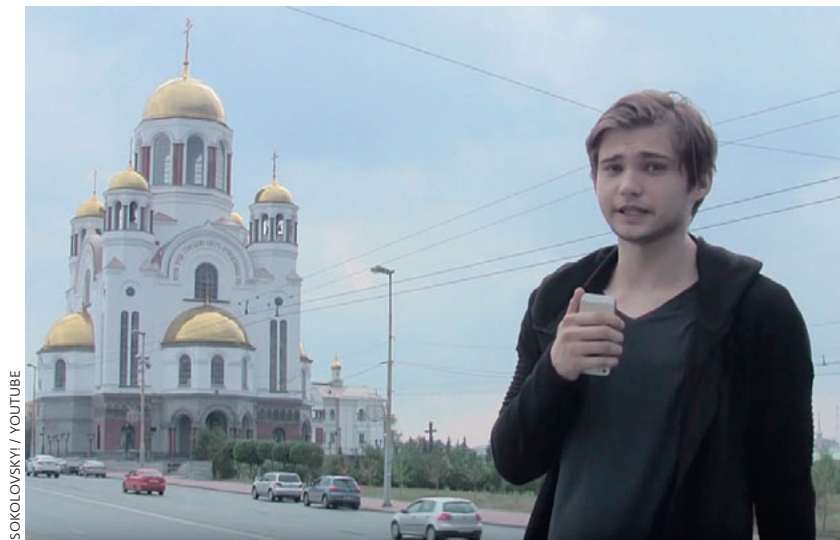
900,000

views garnered by Sokolovsky's video in question.

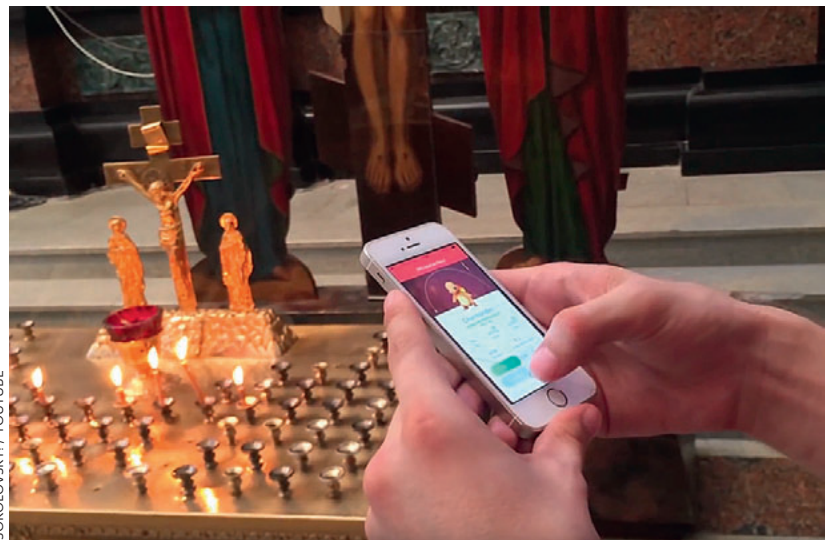
Too Satirical for Bail

By **Kevin Rothrock** k.rothrock@imedia.ru

The case of a videoblogger from Yekaterinburg, arrested after playing Pokémon Go in a church, is already being compared to Pussy Riot.



SOKOLOVSKIY / YOUTUBE



SOKOLOVSKIY / YOUTUBE

Sokolovsky's mother Yelena said that her son did not understand the seriousness of his actions — "it turned out silly," she told The Moscow Times.

Ruslan Sokolovsky was once a locally recognized video blogger in Yekaterinburg, known for his self-titled atheist magazine modeled on Charlie Hebdo, and his YouTube videos, where he sits by a lava lamp, cracking jokes about organized religion. Today, barely into his 20s, Sokolovsky is a national figure, celebrated and criticized across Russia for a stunt inside a church, not unlike the women of Pussy Riot.

On Sept. 3, a day after police raided his home and detained him, Sokolovsky was denied bail and placed behind bars for at least another two months.

The story began on Aug. 11, when Sokolovsky published a video showing him entering the Church of All Saints in the Urals city of Yekaterinburg, then playing Pokémon Go on his iPhone inside. In a short speech at the beginning of the video, Sokolovsky says he rejects warnings reported in the media that playing Pokémon Go in churches could result in a prison sentence.

Two days after his arrest, Nina Pelevina, the deputy press secretary for the Sverdlovsk region's Investigative Committee, published an uncharacteristically detailed statement about Sokolovsky's case. In an apparent attempt to manage public backlash, the press release specifies that the blogger is, in fact, being prosecuted for the content of his YouTube video — not the mere fact that he played Pokémon Go in a church — as well as the content of other videos he's uploaded to the Internet. Police point out that Sokolovsky added "ironic" and "obscene" comments to the narration of the video he filmed inside the Church of All Saints.

The press release also states that investigators pushed for an arrest because Sokolovsky was living in Yekaterinburg without the necessary registration, in an apartment not rented in his name, without any formal employment. Small amounts of illegal drugs were also reportedly discovered in Sokolovsky's possession when he was detained, "negatively characterizing the young man's lifestyle."

Sokolovsky is being charged on two fronts: inciting hatred against a social group and offending religious sensitivities. The latter offense was criminalized in 2013, after Pussy Riot's infamous "rock concert" inside Moscow's Christ the Savior Cathedral.

The hate-speech charges under Article 282 of Russia's Criminal Code, however, are the more serious of the two allegations against Sokolovsky. If the Russian legal system is still working out how it intends to punish those who offend religious people, there is far less ambiguity when it comes to prosecuting hate speech. In 2015, courts convicted 414 people of violating Article 282. Sokolovskiy could go to prison for five years if convicted.

It seems Sokolovsky has the news agency URA.ru to thank, at least in part, for attracting the attention of the local police. On Aug. 19, the news website reported on Sokolovsky's Pokémon Go stunt, and noted that it had appealed to law enforcement agencies to investigate Sokolovsky's videos for possibly offending religious sensitivities. (On Facebook, the author of this text later explained that URA.ru was merely acting on the advice of its lawyers.)

Several prominent figures in Yekaterinburg have pushed for Sokolovsky to be released on bail. The city's mayor, Yevgeny Roizman, who met with Sokolovsky's mother, lobbied the Russian Orthodox Church to come to the young man's aid.

Initially, the church seemed to oblige; soon after, Metropolitan of Yekaterinburg and Verkhoturye Kirill ordered his staff to try to persuade the court to release Sokolovsky. But their position soon flipped, and the blogger is now being asked to admit his "guilt" before any possible intervention. The blogger has made it clear he is not willing to do so.

On Sept. 6, Sokolovsky was visited in detention by two members of the independent Public Oversight Committee, Dmitry Kalinin and Vyacheslav Bashkov. In a statement released to The Moscow Times, the human rights defenders reported that Sokolovsky claims to have been threatened by the prison service psychiatrist. The state official is described as

making strong hints about possible violence from fellow prisoners, promising "eye-for-eye" retribution, being sent for "a psychiatric examination," and being locked up "for months."

Sokolovsky's mother, Yelena, who lives several hundred kilometers away, has traveled from Yekaterinburg to visit her son in jail. In a tearful telephone conversation with The Moscow Times, she described Ruslan as "a sensible boy, always in to his books," and said she was "in shock" and "fearful" about his predicament: "He knew the laws, but he did not realize it would be so serious; he did not realize he'd end up in prison."

Up until his arrest, Ruslan was a lifeline for his mother, who is registered as disabled with several serious illnesses. "I'm 60 now and ill all the time," she says. "He paid for my treatment, and he paid for my apartment. My pension is 8,000 rubles (\$124) a month and the apartment costs 7,000 rubles (\$108). I couldn't have survived without him."

For the time being, friends are providing financial assistance to Ruslan's mother, and have covered the costs of her stay in Yekaterinburg. Friends and supporters are also collecting money for a legal defense team.

On Sept. 5, Sokolovsky's lawyers formally appealed his arrest. **TMT**

Additional reporting by Oliver Carroll



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The Russian commercial real estate market: recent legislative changes worth taking a look at



Svetlana Savina
Head of Group, Real Estate and Construction, Goltsblat BLP*



Dmitry Maltsev
Head of Group, Real Estate and Construction, Goltsblat BLP*

Way back in 2015, considerable changes in civil and land legislation promised to have an extensive impact on the real estate market by simplifying transactions and making it possible to govern them by Russian law (instead of English law, often chosen for its flexibility and mechanisms unknown to its Russian counterpart), as well as improving the transparency of public land acquisitions for construction purposes. Another wave of legislative amendments in June 2016 further improved legal procedures and made the real estate market more transparent and streamlined for both new development projects and transactions with completed properties and investments.

In this article, we assess the first practical results of the 2015 legislative modifications and outline the effect the latest legislative changes might have on the market.

Civil Legislation Reform

A major reform of civil legislation was announced in 2012. Most of the changes were introduced by June 2015, so we are now in a position to observe how they are working in practice.

It may be argued that Russian contract law has become more familiar with English law concepts, which were widely used on the market during the last decade. The most important changes included introduction of warranties and indemnities into Russian contract law. In the current version of the Civil Code, these are called “assurance of

facts” and “indemnification of material losses,” respectively.

Assurance of facts is given by a party in order to give guarantees to the other party (of quality, title, good standing, etc.). Breach of such assurances empowers the injured party to claim damages and penalties and, in certain cases, to terminate the agreement. Under an indemnification clause, one party undertakes to indemnify the other party against claims from third parties. The Supreme Court has already provided certain explanations on using these tools in line with market practice.

A number of other changes have already been tested in practice. For instance, independent guarantees, similar to English law corporate guarantees, have come into use. However, another 2015 innovation in Russian legislation, escrow accounts, is still not the same, in practice, as those to which we are accustomed in foreign jurisdictions. Actual use of the new rules for notarization, shareholders’ agreements, issue of powers of attorney, their term and recall, and some other changes are only now taking shape. So far, investors have only noticed that the paperwork has increased somewhat but we can rely on positive ramifications in the future, such as better transparency and fewer causes for dispute. In our view, it will take another three to five years for court practice to catch up and to give us a clear view of how the new provisions work in practice.

Changes to the Land, City-Planning and Construction Legislation

Fairly recently, on March 1, 2015, several land legislation amendments came into effect, including ones governing allocation of public land plots. In June 2016, again, a handful of federal laws was enacted that broadly change the land and urban development legislation and alter certain provisions on construction and requirements on construction participants.

One of the innovations is the concept of comprehensive territory development, which should allow more productive use to be made of sites not used for their intended purpose or whose continuing use is infeasible, such as industrial zones. A comprehensive territory development contract with a developer may be initiated by a local body by auction or by the holder of the rights to the land plot within such a zone without an auction. Notably, the developer concluding such a contract will be able to obtain approved territory development plans and draft boundary surveys more rapidly and without public hearings and will be entitled to obtain land plots for developing infrastructure facilities without going through a tender process. A simplified procedure has been introduced for compulsory purchase of land plots whenever territory development plans

provide for infrastructure facilities to be sited on them (after compulsory purchase, such land plots may be handed over to the developer without any bidding process). The changes come into effect in 2017 and many developers that are willing to develop whole territories expect numerous new opportunities to open up thanks to this new instrument.

Another innovation is the new status of the Land Plot Development Plan (GPZU), which is an essential document for obtaining a construction permit. Currently, it is a territory development document, but its status will change to make it essentially a reference statement containing information on construction parameters fixed in other town planning documents.

The very construction process is to change. Re-usable design documentation and modified design documentation, i.e., where changes do not affect safety, come in as early as September 1, 2016. No additional expert review is required for using such documentation (subject to the statutory conditions). A Unified State Register of Expert Review Opinions on design documents is expected to be launched. New rules are being introduced for estimating the cost in urban development operations and the federal public register of costing standards.

A considerable number of changes relate to self-regulation in construction. With few exceptions, membership in a self-regulating organization is now obligatory for technical customers, while their functions are now determined more clearly. It will be impossible to shuffle on to the technical customer the developer’s obligation to pay compensation for any damage caused by the development; the developer will, however, be entitled to have recourse to the technical customer if the latter caused the damage. The status of and requirements on persons entitled to carry out an engineering survey, as well as construction, reconstruction and major overhaul, have been determined, including instances when self-regulatory organization membership is a requirement. After July 1, 2017, current certificates of admission will no longer be valid. In addition, requirements are introduced on individual professionals with special status: the project chief engineer who arranges engineering survey, the project chief engineer who arranges for construction and the project chief architect.

Other important changes are coming along with respect to the powers of government and local authorities to dispose of land, plus further deferment is granted with respect to adverse consequences of Moscow having no Land Use and Development Rules (such as a ban on the issuing of construction permits), i.e., the zoning document that was to be enacted by July 1, 2016, as per the previous version of the law. The new deadline is July 1, 2017.

What else?

Other changes are also in store. A Unified State Register of Real Estate will be launched to combine details on property attributes (the Real Estate Cadastre) and registered rights thereto, as well as certain transactions (Register of Real Estate Rights). Currently, two different registers are in place: the State Real Estate Cadastre (the Cadastre) and the Unified State Register of Real Estate Rights and Transactions (the Realty Register). Even so, the dual system of cadastral registration and rights registration will persist and the Unified State Register of Real Estate will not be merely the sum total of the two registers co-existing today. Looking forward, the Unified State Register of Real Estate might cover some other important information (e.g., about territorial zones, specially protected natural areas, shorelines, etc.), making such information more accessible, and thus gaining considerable practical importance.

New rules are also being introduced with respect to shared construction of apartment blocks (requirements on developers, a new model for raising funds by depositing them in escrow accounts, broader opportunities for using the funds raised). Though designed to provide better legal protection for individuals investing in shared construction, the law contains provisions both protecting the rights of investors and advancing the interests of developers and banks.

Other changes include altered concession legislation and parking lots becoming a separate real estate asset (which should be appreciated by owners of multifunctional business centers and office buildings).

Prospects

As we can see, the recent changes are largely based on market and court practice developed over the previous decade. As a result of that evolutionary approach, the new regulations do not seem to have any negative effect on the market and are viewed as a positive sign by most market players.

There is a clear tendency to give more contractual freedom to the parties, in conjunction with stricter and more transparent regulation of land development and construction rules. At the same time, the dollar-to-ruble rate is also of benefit to foreign investors. Investors may appreciate that it is now possible to create a Russian joint venture based on a Russian shareholders’ agreement. We are already seeing a rise in the number of Russian law transactions related to sale and purchase of immovable assets and, owing to continuing de-offshorization, one might anticipate that this option will become increasingly popular.

All these factors provide grounds for believing that future developers and investors will find themselves in a comfortable environment, which will boost the Russian real estate market.

GOLTSBLAT BLP

The Russian practice of Berwin Leighton Paisner (BLP)

* **Goltsblat BLP** is the Russian practice of **Berwin Leighton Paisner (BLP)**, an award-winning international law firm headquartered in London and with offices operating in major commercial and financial centres throughout the world — Moscow, Abu Dhabi, Beijing, Berlin, Brussels, Dubai, Frankfurt, Hong Kong, Paris, Singapore, Tel Aviv and Yangon. The firm has a team of 100 Russian, English and US law qualified lawyers based in Moscow and over 800 lawyers in the other international offices. **Goltsblat BLP** currently has over 1300 clients among the major international investors operating in Russia, including 37 Fortune 500 companies.



This year, Russia will be reverting to an electoral system it has not used since 2003. Half of the deputies will be chosen from party lists and half from single-member districts.

450

deputies sit in the Russian State Duma.

"I simply aim to perform professionally ... but time will tell."
Ella Pamfilova, new head of the Central Election Committee.



14

political parties have registered for the 2016 parliamentary election.

The Candidates to Watch

By **Ola Cichowlas** o.cichowlas@imedia.ru, Twitter: @olacicho

A guide to who's who and what's what in the State Duma elections on Sept. 18, 2016.

The last time Russia held a parliamentary election, in 2011, the capital erupted in mass protests. The authorities responded by cracking down on dissent at home, and embarking on full-blown confrontation abroad. On Sept. 18, Russians return to the polls. This time, nobody expects street protests or anything but a Kremlin victory.



But that does not mean the Kremlin has forgotten about 2011. President Vladimir Putin's deputy chief of staff Vyacheslav Volodin, the Kremlin's man in charge of this election, has been telling the cameras all summer that this will be the cleanest vote in Russian history.

In a way, it will be. Ella Pamfilova, the new head of the electoral committee, says she is determined not to play into the hands of the ruling party and promises the vote count to be fair. In a scene unimaginable just a few months ago, Russia even saw its former prime minister turned opposition figure Mikhail Kasyanov take part in a live debate on state television. Arch Putin foe Mikhail Khodorkovsky, an oil tycoon who spent a decade in a Siberian prison, was even allowed to finance 18 candidates as part of his Open Russia initiative.

But these are signs of the Kremlin's confidence rather than its openness and do not make this election any less predictable: No matter what happens next week, United Russia will secure its victory. Russia's "systemic opposition," the political parties who make the Duma look pluralistic but in practice support the Kremlin, are expected to break the 5-percent barrier to enter parliament.

Meanwhile, the liberal opposition has been divided by scandals and infighting in the run-up to the vote and is unlikely to make real inroads. Russia's most famous Kremlin opponent, Alexei Navalny, was banned from registering his political party.

Even with the opposition in such disarray, however, the authorities have left nothing to chance. The Kremlin hopes to avoid United Russia's poor 2011 result by returning to an electoral system not used since 2003.

This year, half of the Duma's 450 deputies will be chosen from party lists; the other half will be elected in single-member districts using a first-past-the-post system. The overwhelming majority of the winners in these local elections are expected to be loyal Kremlin supporters. Still, the districts are the biggest unknown of this election — and look set to throw at least a few surprises.

A selection of the most interesting battles follows.

An Unlikely Candidate

Voters in Saratov may be surprised to see Volodin's name on their ballot. Perhaps the biggest mystery of this election is why Putin's deputy chief of staff is running in the election he has been assigned to oversee. Russian political scientist Yevgeny Minchenko says Volodin may be running in order to prove he has done everything for the election to be as open as possible.

Since overseeing Putin's 2012 re-election, Volodin became the

Kremlin's chief election manager. His next assignment was to be the 2018 presidential vote, but this is now uncertain.

Insiders say Volodin could be heading to the Russian parliament. Formally, chairing the Duma is the third most powerful job in Russia. But in practice, the position would move Volodin away from the real power: Putin.

Soviet Crimea

Crimea will take part in the Russian State Duma election for the first time since annexation. Kiev has urged Crimeans to boycott the election.

The notorious, Moscow-appointed, Crimean leader Sergei Aksyonov tops United Russia on the peninsula. He will be joined, among others, by prosecutor-turned-celebrity Natalya Poklonskaya, a Kremlin-loyal Crimean Tatar and an astronaut.

In the single-member-districts, United Russia is putting forward three candidates. One is Svetlana Savchenko, a woman who bears the same last name as Ukrainian

Savchenko. Crimea's capital Simferopol is covered in posters of "our Crimean Savchenko." The Crimean candidate herself admitted she was afraid to reveal her surname to Dmitry Medvedev during a recent visit to Crimea. The Russian prime minister tried to comfort her — "there's nothing wrong with your name," he said.

In Sevastopol, voters will see a familiar name on the ballot papers. Here, Andrei Brezhnev, the grandson of the longest serving Soviet leader Leonid, is running for the marginal nationalist party Rodina. Unlike his grandfather, who led the U.S.S.R. for 18 years, Andrei Brezhnev has not yet succeeded in politics. In 1999, he ran in the Moscow region Duma elections, but received only 2.3 percent of the vote. He also unsuccessfully stood for Moscow mayor and governor of the Tula region.

The younger Brezhnev is no doubt hoping for more luck in Russian-annexed Crimea, where Soviet nostalgia is being whipped up to rally support for the Kremlin.

Fighting the Kremlin Far From Its Walls

Yabloko, led by Yeltsin-era politician Grigory Yavlinsky, is the only party denouncing the Crimean annexation with an albeit tiny chance to make it into the Duma. Several human rights activists are running for the party in the provinces.

Their most high-profile candidate outside Moscow is Lev Shlosberg, a journalist from Pskov who made headlines when he was badly beaten while covering the stories of Russian paratroopers who died while secretly fighting in eastern Ukraine.



Shlosberg has since become a leading figure in Russia's opposition: He was recently awarded the inaugural Boris Nemtsov Foundation prize for "defending the values of freedom and democracy in Russia" in Moscow. In his native Pskov, a small city on the Estonian border, Shlosberg gained popularity for his anti-corruption work as a lawmaker and is one of Russia's few activists with a chance to enter the Duma.

On Russia's southern border in Krasnodar, environmental activist Yevgeny Vitishko, 42, is running for Yabloko. The geologist spent 22 months in prison for spray-painting graffiti on a fence on the eve of the Sochi Olympics. He was released in December 2015. "They wanted me out of the way: I raised inconvenient questions. And now I am back," he told a local paper.

In Ingushetia, a North Caucasus republic, Yabloko is putting forward veteran human rights activist Valery Borshchev. A member of the Moscow Helsinki Group, Borshchev has been campaigning against Russian military intervention in Ukraine.

In the party lists, Yabloko's chances are hampered by its veteran Moscow bosses. Minchenko believes the party is unlikely to enter the Duma because it "failed to put forward a new face as its leader."



Three Faces of Moscow's Opposition

Most liberal eyes in the capital are on Dmitry Gudkov, 36, the Duma deputy running for re-election for Yabloko in a northern Moscow suburb. The son of Gennady Gudkov, a parliamentarian expelled from the Duma in 2012, he is known as the last real opposition minister in parliament. Gudkov has recycled the tactics of Navalny's 2013 effective mayoral race: He is crowd-funding his campaign and documenting his finances on social media.

Central Moscow, meanwhile, has become a battleground for two liberal opposition candidates.

PARNAS, led by Kasyanov, has put forward academic Andrei Zubov in the city center. A philosophy professor, Zubov was sacked from Moscow's State Institute of International Relations (MGIMO) in 2014 for comparing events in Crimea to the 1938 Nazi annexation of Austria. The professor is up against activist Maria Baronova, 34, Khodorkovsky's candidate in central Moscow and a prominent participant of the 2011-12 anti-Putin protests. Neither stand a chance: A recent poll by Moscow-based, independent pollster the Levada Center showed only 2 percent of residents would vote for Baronova or Zubov. In competing against each other, the liberals are securing the re-election of United Russia's veteran Moscow minister Nikolai Gonchar.

United Russia will have a similarly easy ride across the country. In Putin's 17th year in power, this Duma election looks set to be the Kremlin's easiest victory. Other parties entering parliament make almost no difference. **TMT**

Maria Baronova was a prominent member of the 2011-12 protest movement in Moscow. Her current Duma campaign is being funded by Mikhail Khodorkovsky.



"I'm prepared to suffer, but to see the suffering of those close to me is an unbearable pain." Retired Admiral **Vyacheslav Apanasenko**.

5 days

Time a doctor's prescription was valid, before 2015



The criminal case against **Alevtina Khorinyak**, a physician who prescribed opioids to another doctor's patient, scared many doctors.

15

The number of days a doctor's prescription is valid for, as of 2015.



The Pain Barrier

By **Daria Litvinova** d.litvinova@imedia.ru, Twitter: @dshalitvinovv | Illustration by **Yekaterina Lobanova**

Terminally ill patients in Russia struggle for adequate pain treatment, and sometimes resort to extreme action.

In the space of a month, Russia was shocked by several violent suicides involving terminally ill patients.

In a small town in Siberia, an elderly man placed an explosive device in his mouth and detonated it. In a Moscow region town, a man died after blowing himself up with a homemade bomb. In the southern Krasnodar region, a man was reported to have shot himself with a homemade gun. Another man was found dead in his Moscow apartment. Police concluded he had also committed suicide. All were reported to have struggled with cancer.

According to rules imposed by state media watchdog Roskomnadzor in the spring of 2015, Russian media outlets are not allowed to mention the reason for a suicide in their reporting. Whatever the reason in these particular cases, however, it is reasonable to assume the intense pain, bureaucratic hassles and scrutiny connected with painkiller prescription in Russia were contributing factors.

An Ordeal

A standard procedure in the West, the process of obtaining painkillers for relatives diagnosed with incurable diseases is rarely straightforward in Russia.

For months 40-year-old Varvara — not her real name — shuttled from one edge of Moscow to the other. From her bedridden mother, she would travel to an oncologist on the opposite side of town, who would decide which painkiller to prescribe. She would spend hours waiting in line at her lo-

cal physician, who would issue an actual prescription. Then, she would have to travel to a specialized pharmacy, where she would often find out that the prescription was filled out incorrectly, and rush back to start the process all over again.

It would sometimes take Varvara several days to lay hands on the pills — several days during which her mother suffered from severe pain.

Varvara was made to feel like a criminal. Nurses from the local clinic would show up unannounced at her home, demanding she turn over empty packages and checking how many pills her mother had taken. The oncologist initially refused to prescribe morphine, arguing it was "addictive" — as if this was a significant issue for a 70-year-old woman with only months to live. The local clinic refused to issue a death certificate until Varvara returned all the unused morphine.

"Thank God my mother had me to help out," says Varvara. "I have no idea how those who live alone could cope."

Irina Apanasenko, the wife of retired Admiral Vyacheslav Apanasenko, who struggled with cancer for years, told reporters a similar story after her husband killed himself in February 2014.

On that tragic day, Irina spent an entire afternoon in the local clinic, trying to fill a prescription for morphine. At first, her physician refused to comply with the oncologist's recommendation, citing incorrect dosage. Only after 40 minutes of consultations and running back and forth from

one doctor to another, Apanasenko was given another prescription — with the same dose. All that remained to do was have the deputy chief doctor sign it. Unfortunately, the official had left work five minutes earlier than usual that day. So Irina, stressed and exhausted, returned home without the medication.

The next morning she found her husband in bed with a fatal gunshot wound. "I am prepared to suffer," the note he had left on the table read. "But to see the suffering of those close to me is an unbearable pain."

Apanasenko's suicide made headlines and brought the issue of pain relief back into the spotlight. It soon turned out he was not the only one ready to take his own life because of the pain. Reports of other cancer patients committing suicide started to surface.

The Russian authorities reacted in a typical manner — censorship. In March 2015, Roskomnadzor prohibited media from reporting why people commit suicide. But it was too late: Many gruesome tales were already out there.

Some Progress

On the back of several high-profile suicides in 2014 and 2015, and under pressure from NGOs and public outrage, the Russian government was moved to make concessions. In June 2015, pain-relief prescriptions became valid for 15 days instead of just five, the number of pharmacies allowed to distribute

Continued on Page 11 →

Out & About



September 8 – 14, 2016

7

Weekly round-up of all that's new, delicious and fun in Moscow.



SCHRÖDINGER'S CAT



For those on the hunt for a different kind of watering hole, Schrödinger's cat, with its surprising cocktails and industrial feel, could be the perfect bar.

Creative Cocktails at Schrödinger's Cat

By **Ruth Moore** artsreporter@imedia.ru, Twitter: @ruth_ski

Quirky concoctions in a secret basement bar

Head down a dark staircase, hunt for a doorbell hidden behind a painting and try to act casual as a section of the exposed brick wall swings open in rush of dry ice and pumping music. Finding Schrödinger's Cat might seem like the end of your cocktail quest, but when you're settled in the playful basement bar-laboratory, you'll realize the game isn't over yet.

Physicists will be feeling smug at this point, but for those not in the scientific know, the bar takes its name from the namesake mind experiment involving a cat in a box that may be alive, dead or both simultaneously.

Need a stiff drink? You've come to the right place. Yegor Stepanov—a finalist in the Bacardi Legacy Cocktail Competition—heads up the bar while Sergei Astafes masterminds the kitchen. The menu, following in the scientific theme, is printed on a periodic table. "House" cocktails are cross-referenced with their corresponding alcohol via color-coding.

"Ketchup" anyone? The fiery blend of tomato juice, Tabasco and vodka—otherwise known as a Bloody Mary—is served in the eponymous condiment bottle and brought to your table with a basket of "chips." The chips are actually crisps and you

drink the cocktail by squirting the ketchup into the accompanying shot glass. Other receptacles are equally as surprising. The "Gnome's leg"—a blend of prosecco, rum, lime and bitters—is served in a glass shaped like a boot, while a lego man in wizard's attire lurks at the bottom of a conical flask filled with a potent blend of gin, absinthe and bitters (cocktails cost around 350 rubles).

The menu is equally zany. There are eight bar snacks on offer, served in take-out boxes and presented on the menu as mathematical sums. As well as oriental spring rolls (380 rubles) and shrimp udon (450 rubles) you can order the mys-

tery "X-box," which on our visit this turned out to be deliciously sticky, marinated pork ribs (450 rubles).

Schrödinger's cat is located in an old air raid shelter, making the experience rather like stepping into a crazy scientist's bunker. Bar staff wear lab coats, the interior features substantial amounts of concrete and piping and table lanterns filled with candles flicker shadows on the walls. **TWT**

+7 (968) 459 2210

kotbar.ru

32 Ulitsa Bolshaya Dmitrovka

Metro Chekhovskaya, Pushkinskaya, Tverskaya

NEWS & OPENINGS



COFFHOUSE CHASOVAYA

Chasovaya

Quality coffee off the beaten track

The name Chasovaya stems from the word "chasy," meaning a clock, which is featured extensively in the cafe's minimalist design. Chasovaya's skilled baristas serve up espresso-based drinks. Kick start your day with a smooth espresso (80 rubles), or opt for a cappuccino or one of Moscow's speciality Raf coffees (from 150 rubles). Croissants are baked fresh each morning.

+7 (925) 555 6444

kk28.ru

28 Chasovaya Ulitsa
Metro Sokol



DEWAR'S POWERHOUSE

Dewar's Powerhouse

Scotch eggs and single malt

Dewar's Powerhouse has launched a new menu celebrating the humble Scotch egg. A staple of Scotland's cuisine and a popular street food, the bar snack has been given a gourmet makeover by house chef Kim Yerunov. Choose from variations such as an egg wrapped in lamb meat or a quail's egg with smoked codfish and potatoes. Pair with one of Dewar's single malts (600 rubles).

+7 (495) 698 0550

facebook.com/dewars.powerhouse

7/4 Goncharnaya Ulitsa

Metro Taganskaya, Marxistskaya



GOROD SAD

Gorod Sad

Vegan and raw food paradise

This is the third Gorod Sad (city garden) to open in Moscow, but the first to combine the health food shop with an on-site cafe where you can tuck into their buckwheat udon (320 rubles) and fresh salads (from 150 rubles) after browsing the aisles to pick up quinoa, coconut water and other products packed with natural goodness for your home cooking projects.

+7 (916) 918 1333

gorod-sad.com

16 Ulitsa Bolshaya Dmitrovka

Metro Pushkinskaya, Teatralnaya



SIBIR

Sibir

Burger joint with an Eastern edge

With its hanging plants, Scandinavian-inspired furnishings and industrial feel Sibir (Siberia) fits in perfectly with its hipster surroundings at Flacon Design Factory. Try the black burger with cheddar and bacon (450 rubles) or the vegetarian burger with brie, salsa and fresh salad (400 rubles). Pair with a fresh watermelon lemonade before heading for a wander around the complex.

+7 (965) 336 1328

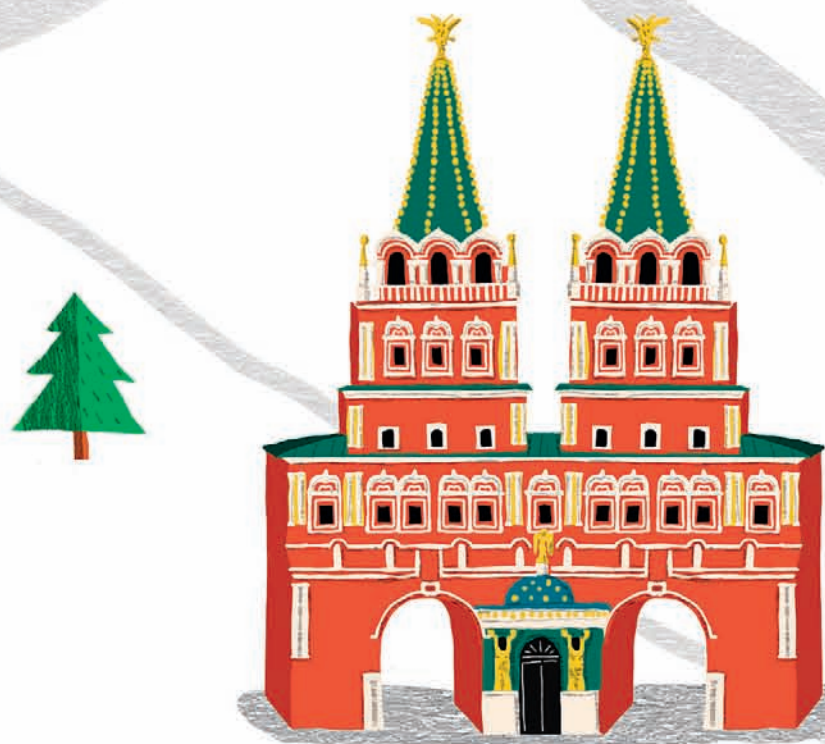
facebook.com/sibirbar

36 Ulitsa Novodmitrovskaya, Bldg. 4

Metro Dmitrovskaya

Take it and go!

Four pages packed with the best places in Moscow to eat, drink, walk, shop, listen, watch, dance and sightsee. A new walking route and listings every week! **Take it, use it, save it!**



1. Resurrection Gates

This walk begins on Manege Square, in between the Historical Museum and the relatively new Museum of the War of 1812. If you were here 20 years ago, there would be an empty space leading to Red Square, and 20 years before that, you'd have had to dodge cars speeding up the passage and onto the square. The Resurrection Gates and Chapel of the Icon of the Iberian Mother of God were torn down in 1931 to give tanks and other military vehicles access to the square. What you see now are reconstructions done in 1995. The original gates were built into the Kitai-Gorod wall — partly intact on the left — in 1535, and the two towers were added in 1680. After another century the small chapel was built to hold the wonder-working icon of the Iberian Mother of God. Here the royal family always stopped to venerate the icon before entering the Kremlin. And here Muscovites came to pray before setting off on any trip — which is why in 1995 the Zero Kilometer marker was set in the cobblestones, supposedly marking the starting point from which distances are measured. (Actually, map makers use the Main Post Office as point zero.) Today the custom is to toss a coin backward over your shoulder and hope to hit the center, which guarantees good fortune and a return trip to Moscow.



1



2



2. Historical Museum

After you go through the gates, you'll see the State Historical Museum on your right, a relatively new structure. On this spot in 1597, a stone building went up in the style of the Moscow baroque and covered with brightly colored decorative ceramic tiles. This was called the Zemsky Prikaz, a kind of ministry building. In 1700 the first pharmacy in Moscow was opened inside, followed by a tavern and part of the university. And then in 1874 — in a pattern familiar to city residents to this day — the ancient, historically and architecturally significant Zemsky Prikaz was torn down and a history museum done in fake ancient Russian style went up in its place. The artist Viktor Vasnetsov called the destruction of the Prikaz "enlightened vandalism." We'd call it typical. The museum's halls, richly decorated to represent various eras in Russian history, were repaired and cleaned in the 1990s. The superb collection covers all of Russian history from the dawn of civilization up to the present day.

3



3. Kazan Cathedral

The colorful little Kazan Cathedral on your left is also a reconstruction. The first church in honor of the icon of the Kazan Mother of God was built here in 1612 by Prince Dmitry Pozharsky, who credited his successful routing of the Poles to his prayers before the icon. In 1636 the original wooden church was replaced by a brick church with festive rows of kokoshniki (decorative arches) and a tented bell tower. Three centuries later, in 1936, it was pulled down by order of Stalin. It was the first church to be reconstructed in the late Soviet period, from 1990-93, by stone masons who had been carving busts of Lenin just a few years earlier.

5



5. Mausoleum

Across from GUM is the newest addition to Red Square, the mausoleum that holds Vladimir Lenin's remains. The tradition of burying the dead on the square is new, too, and dates to November 1917, when 240 Bolshevik victims of the Revolution were buried by the Kremlin wall. When Lenin died in 1924, a wooden mausoleum was hastily put up so the country's citizens had time to pay their respects. That was replaced in 1930 by Alexei Shchusev's stone mausoleum, with its viewing stand on top. It owes its style to both constructivism and the pyramid tombs of ancient civilizations. Josef Stalin was laid to rest with Lenin from 1953 to 1961, when his body was taken out under cover of night and buried near the wall. There are hundreds of prominent citizens either buried behind the mausoleum or in the wall, including American writer John Reed. The last burial here was politician Konstantin Chernenko in 1985.



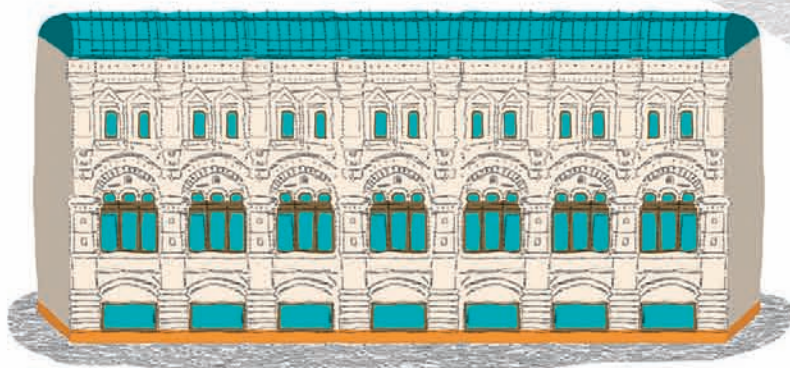
The Heart of Russia Celebrate Moscow: Explore Red Square

By Michele A. Berdy m.berdy@imedia.ru | Illustration by Ilya Kutoboy

Both state ceremonies and rock
concerts appear on this historical stage

4. Upper Trading Rows (GUM)

Across from the church is the festive GUM shopping arcade, the true heir to the square's legacy. For centuries the main square in front of the Kremlin was a rambunctious, dirty, muddy, noisy, smelly, vibrant market place, first called Veliky Torg (Great Market); then just Torg (Market); then Trinity (after a small church once on the square); then Pozhar (Fire) after a huge blaze swept through. Periodically tsars, emperors and empresses launched campaigns to clean up and organize the chaos of commerce (sound familiar?). At one point there were three enormous arcades that cascaded down toward the river. The one bounded by Nikolskaya Ulitsa was called "upper trading rows." The arcade you see today was built in 1893 with a magnificent glass roof, electric lights, and central heating. The 322 little shops sold everything from buttons to furniture. After a sad stint as offices, communal housing and a printing house in the early Soviet period, it was reopened in 1953 and had the best consumer goods available in the country. Now it's filled with fine Russian and foreign shops.



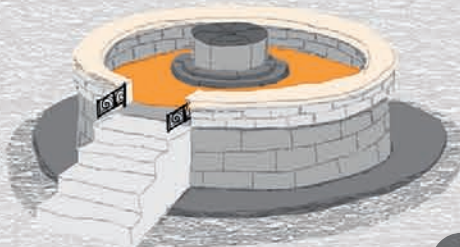
4

Red Square

Ulitsa Ilyinka

6. Lobnoye Mesto

The oddest structure on Red Square is Lobnoye Mesto, that round platform near Ulitsa Ilyinka. Even the name is odd: it sounds like it comes from the word for forehead (lob), but no one knows what it originally meant. We do know what it was for — it was the place where tsarist decrees were read, where heirs to the throne were shown off, and where religious ceremonies were performed. No executions were conducted on this rather sacred place. We also know that it was built in 1521 out of brick and put closer to the Kremlin. In a bout of urban housekeeping in 1786, Catherine the Great had architect Matvei Kazakov redesign Lobnoye Mesto in stone and move it a bit farther away from the Kremlin walls, where it stands today, in regal solitude. This was about 100 years after the square came to be called Krasnaya Ploshchad, which meant "Beautiful Square."



6

7. St. Basil's Cathedral

At the end of the square is St. Basil's Cathedral, commissioned by Ivan the Terrible in 1552 to celebrate victory over the Tatars in Kazan. Since victory fell on the feast day of the Intercession, its proper name is the Cathedral of the Intercession on the Moat — the artificial river that once flowed along the walls of the Kremlin on Red Square. The church looks like an asymmetrical swirl of color, but that's a bit of architectural magic. It is actually utterly symmetrical: a central tent spire surrounded by eight cupolas, but the different styles, shapes, and colors of the drums and cupolas trick the eye. The addition of a chapel to inter the remains of St. Basil the Blessed, a "holy fool in Christ" who died when the church was being built, gave the cathedral its commonly used name. Inside there is not one chapel, but nine — one under each cupola — all lavishly decorated and connected by narrow passages and hallways painted with floral and geometric ornamentation. In front is the statue of Prince Dmitry Pozharsky and Kuzma Minin, the prince and pauper who defeated the Polish invaders in 1612. The statue was originally in the center of the square, near a tram stop in front of GUM, but was moved to its current place to make way for military parades. But like everything on this vast, constantly changing square, wherever it stands, it's just beautiful.



7





Joe Barnes, writer and voice actor

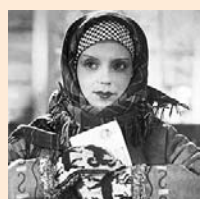
*“Those seeking respite from the debauchery of **Propaganda** should try **Bourbon Street**, an oasis of rock and roll situated next door. **Voronezh**, with its four choices of Bloody Mary, should help the consequent hangover.*



BRIGHT PEOPLE

Party on Down: Moscow City Day

The phrase spoiled for choice springs to mind when it comes to making plans for the upcoming weekend in Moscow. The city will be celebrating its 869th birthday with a spectacular array of festivals, events, concerts and excursions — not to mention fireworks. We’ve rummaged through our full to bursting inbox to come up with the highlights of the program: from free concerts to kids’ programs and much, much more.



THEY MET IN MOSCOW

Tverskaya Ulitsa A trip to the movies

The city’s main thoroughfare is celebrating everything cinema this weekend as 10 thematic areas open up along the road — which will be pedestrianized for the duration of festivities. Russia’s classic films will be brought to life — quite literally — by street performers and musicians. For the 1936 film “Circus,” that means jugglers, acrobats and even a tightrope walker. Love an epic? “War and Peace” will see French and Russian soldiers battle it out in a miniature Napoleonic battle, a dazzling recreation of Natasha Rostov’s first ball and the opportunity for the fleet of foot to dance the mazurka to traditional folk music.



HERMITAGE GARDEN

Theater March at Hermitage Garden Performances galore

Fancy yourself as a bit of a Thespian? Make your way to the Hermitage Garden this weekend for the fourth annual “Theater March” festival. Drama fanatics can enjoy a staggering 12-hour theater marathon featuring the best performances from the Stanislavsky Electrotheater, Meyerhold Center and many others. Oscar winners of the future can enjoy the works of Dr. Seuss and take part in a puppet masterclass. Bravo!

Hermitage Garden
mosgorsad.ru
3 Ulitsa Karetny Ryad
Metro Chekhovskaya, Tsvetnoi Bulvar
Sept. 10

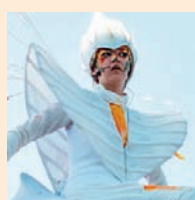


VDNKH

Childrens' City at VDNKh Kid central in a great park

Got kids? Head up to VDNKh this weekend for non-stop, free events for all ages and interests. The main alley is turning into a giant erector set for kids, with helpers to assist the building of ships, cars, planes and other fun stuff. Lego fans should head over to Pavilion No.29 on Saturday to build and play Lego Ninjago. Science-minded kids might like the Polytechnic Museum’s day of biohacking, a mysterious event involving fruit, vegetables and energy measurements on Saturday from noon to 8 p.m. The Craft Park and City Farm will be roaring with activities while Saturday is Band Day at the Zelyony Theater.

VDNKh
den-goroda.vdnkh.ru
119 Prospekt Mira. Metro VDNKh
Sept. 10-11



BRIGHT PEOPLE

Bright People Family Festival Be part of a magical spectacle

For the fifth year in a row, the Annual International Bright People Family Festival will take over part of Gorky Park over the weekend. The Russian-French theater company and the French theater Cia Remue Ménage are putting on a grand spectacle in white space in which the audience becomes part of the action, turning into one of the elements, like sky, cloud, sun, birds and trees. The spectacle ends with the world premiere of “Legend of the Wind.” Fabulous costumes, magical acrobatics, and whimsical and wonderful props will take you out of this world.

Gorky Park
bright-people.ru
9 Krymsky Val
Metro Oktyabrskaya, Park Kultury
Sept. 10-11



PUBLIC DOMAIN

Fireworks Celebrate with a bang

It wouldn’t be a Moscow holiday without a whole lot of combustible materials exploding in the sky. And this year, it’s bigger, better and more outlandish than ever before. According to reports, fireworks in the shape of butterflies, chrysanthemums and emojis will light up the night sky above Moscow’s historic onion domes this weekend. Don’t ask how, just make sure you have managed to snag a good view and are near one of the 32 recommended viewing areas by 10 p.m. on Saturday.

pro-stranstva.ru/salut-den-goroda
Sept. 10 at 10 p.m.



MUSEUM OF MOSCOW

Museum of Moscow For bookworms of all ages

Moscow’s namesake museum is set to become a virtual metro map, with literary “stations” transforming the museum and its courtyard into a quest for kids and adults alike. Visitors can stop off at the “Blok,” “Zhivago” and “Tsvetaeva” stations — among others — to learn about writers’ literary works and their relationship to historical places in the capital. Participants in the quest will win receive souvenirs to celebrate their knowledge of literary Moscow. Poetry readings, a book fair and special guests from the literary world will round off the bookish theme of the weekend.

Museum of Moscow
mosmuseum.ru
2 Zubovskiy Bulvar
Metro Park Kultury
Sept. 10-11

For more City Day events, see the full article at themoscowtimes.com

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According to **Yekaterina Chistyakova** from the Podari Zhizn foundation, pain in terminal cancer patients should be relieved two hours after it appears.

11

pain-linked suicides by cancer patients in Feb. 2015.

38/43

Russia's ranking in access to painkillers in European countries by the WHO

"They think that suffering from pain is normal when you have cancer."
Anna Federmesser, director of the Vera Hospice Foundation.



← Continued from Page 6

narcotic painkillers increased, and a 24-hour hotline opened for patients experiencing difficulty getting pain medications.

The new regulations had an obvious effect. Seventy percent more narcotic pain medications were prescribed in 2015 than in 2014. NGOs and hospice workers saw the waiting time for a child with terminal cancer to receive painkillers reduced from two weeks to 24 hours.

"It's huge progress," says Yekaterina Chistyakova, director of Podari Zhizn, a foundation that helps cancer patients get pain medications. "But it isn't enough: Currently, only 20-30 percent of cancer patients receive the painkillers they need."

The seat of the trouble continues to be the mind-set of Russian doctors, who tend to ignore quality of life issues. It is a mentality that most probably derives from Soviet times, says Lida Moniava, head of the Children's Hospice in Moscow. "Doctors were not taught to evaluate the level of pain and to plan treatment accordingly," she says.

Many of them don't see pain as the problem in need of treatment. Patients are told that pain is to be expected and endured when diagnosed with such serious illnesses. As a result, Russian doctors today rarely know which pain medications to use, what treatment schemes to recommend, especially when it comes to new developments in the field.

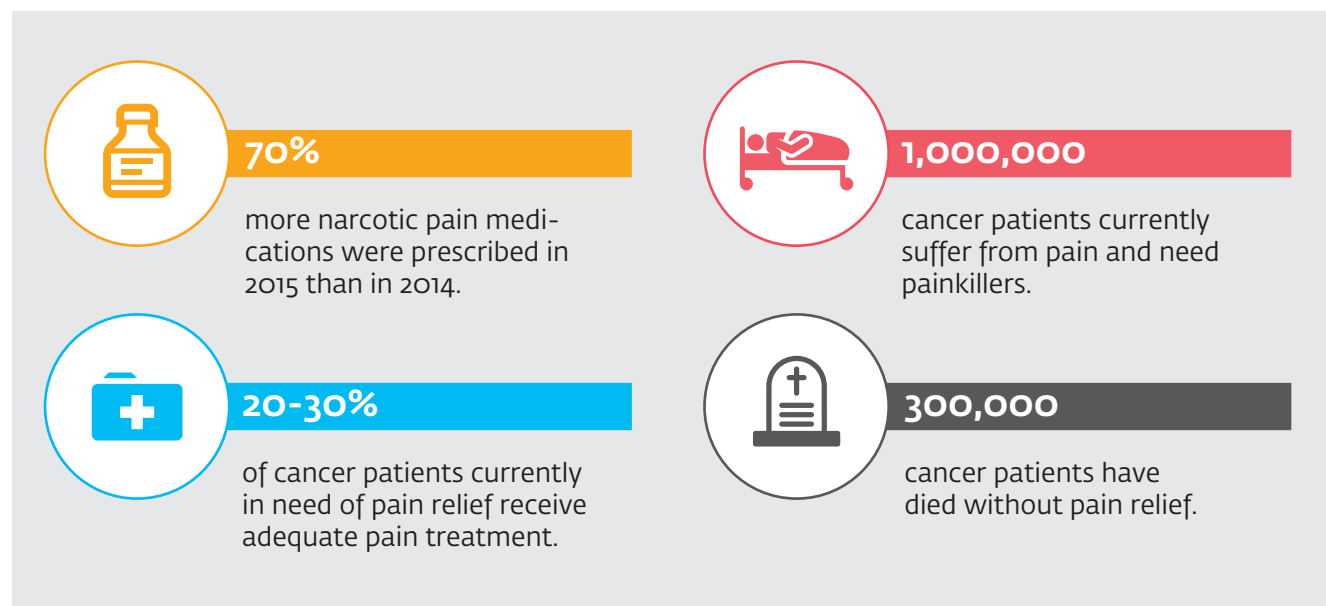
"The key to increasing access to pain relief is to improve the qualification of doctors," says Chistyakova.

In addition, doctors still fear criminal prosecution. You don't need to sell morphine to a drug addict to be charged for criminal behavior. Incorrectly destroying or storing an empty vial is often enough for criminal prosecution. Doctors are spooked by the example of Alevtina Khorinyak, a physician from the Siberian city of Krasnoyarsk, who prescribed an opioid painkiller to a man who wasn't technically her patient and wound up standing trial for the illegal distribution of narcotics.

"Many remember that there was a criminal case. But few realize that Khorinyak was exonerated in the end," says Chistyakova.

The Russian government insists it is listening, and the most recent developments seem encouraging. In July 2016, Prime Minister Dmitry Medvedev signed into action a new roadmap aimed at increasing painkiller accessibility. The document proposes expanding the range of available pain relief medications, introducing modern schemes of treating pain and delivering palliative care, simplifying prescription and decriminalizing minor rule-breaking. The document

Painkiller Accessibility in Russia



Source: NGO reports

was put together by government officials and experts from specialized NGOs, and some see in it grounds for a major breakthrough.

The devil, cautions Chistyakova, is in the implementation. "The state needs to deliver the road map in full and not pro forma, which is very difficult," she says.

Global Perspective

Russia's problems are hardly unique. The demand for adequate pain relief is balanced against potential narcotic misuse across the globe, says Dr. Nicola Magrini, a medicines expert at the World Health Organization.

"Every time [the authorities] try to regulate it better, they decrease access, and every time they expand access, they increase misuse," says Magrini. "It is a very complicated problem."

According to the WHO's recommended scheme, pain relief should be administered to cancer patients in three stages. The first stage is over-the-counter, non-opioid pain medications such as aspirin or paracetamol. When the pain persists or increases, a patient should be administered mild opioids,

codeine, for example. When mild opioids are not enough, strong opioids such as morphine should be prescribed.

But, as Magrini explains, the scheme only works in conjunction with proper medical oversight. Doctors should manage side effects (significant when it comes to morphine) and adjust the dosage to counteract tolerance. "It doesn't work if patients are abandoned and only seen by doctors once a month," Magrini says. "They should be monitored at least twice a week, or contacted on a daily basis to see how they are doing."

In Russia, monitoring continues to be less focused on the patient than on the drugs being prescribed.

As Vavara recalls, the nurses that came to visit never bothered to ask how her dying mother was doing: "Instead, they lectured me on administering too many pills — but what exactly is too many for someone who is screaming from pain at the top of their lungs?"

According to data presented in the government road map, there are currently 1 million cancer patients in Russia in need of painkillers. Another 300,000 Russian cancer patients died without pain relief. **TMT**



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"To get a metropolis going, you need to get it walking." **Grigory Revzin**, partner at Strelka KB design (involved in the city makeover)

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of roads have been redone more than once, according to Forbes.



"Every one of these pieces of crap costs 2 million rubles." **Alexei Navalny** on newly planted trees and marble flower beds.

Out With the Old

By **Eva Hartog** e.hartog@imedia.ru, Twitter: @EvaHartog

Russia's creative middle class might have once yearned Western-style urban redevelopment, but they aren't ready to accept it from this City Hall.



The sight of laborers was inescapable in Moscow for the second summer in a row as over 50 central roads were torn up.

READ MORE AT
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The dust will have barely settled when Moscow celebrates the annual City Day on Sept. 10. City Hall has promised more than 200 free excursions around the city, most of them on foot.

Only a few weeks ago, such a tour would have been the stuff of nightmares. At the height of the summer, the capital's center was, for the second year in a row, a huge building site. More than 50 central transport veins were cut open, to be transformed with wider sidewalks and greenery. The largest and most central roads, including the Boulevard Ring and Tverskaya Ulitsa, which leads right to the Kremlin, looked like a war-zone.

On face value, Moscow Mayor Sergei Sobyenin's almost \$2-billion monumental overhaul should have appeased Moscow's urban creative class. In it were plans to reduce congestion and transform the city from a place for cars into one for pedestrians by 2018. Instead, the so-called urban middle class are some of its loudest opponents — criticizing Sobyenin's plans every step of the way.

When hot weather gave way to downpours in late July, social media had a field day with pictures of submerged streets in central Moscow, blaming recent construction work for the poor drainage.

It wasn't the first such protest against Sobyenin. Disgruntled Muscovites have criticized other changes too, including the introduction of paid parking, and, most vehemently, the demolition of small businesses around central transport hubs. The leveling of dozens of "kiosks," — small to mid-size businesses selling everything from kebabs to phones, to groceries — under the cover of darkness, is now cuttingly referred to as the "Night of the Long Diggers." A second wave of demolitions followed in late August.

"Not so long ago, about 10 years ago in the center of Moscow there was a kiosk in almost every courtyard selling vegetables or juice. You walk out of your apartment, and buy something," the prominent journalist Maxim Shevchenko complained in an Ekho Moskvy broadcast.

"They want to turn Muscovites into chain-loving hamsters, a consumption society, who will have to drive somewhere in the suburbs to large supermarkets to do their shopping."

In reality, the argument might be less about vegetables than about trust. The battle against urban renewal is personal. When former Culture Minister Sergei Kapkov helped

reform Gorky Park from a Soviet-era drab amusement park into a place of trendy cafes and beach volleyball courts, he was championed by Moscow's hipsters. Now, many of those same people are complaining about the dust clouds caused by the construction of new sidewalks or the tiles being used to build them.

Much of the frustration goes back to the 2013 mayoral elections, when Sobyenin ran against opposition politician Alexei Navalny. Though Sobyenin was a clear favorite, many still suspect the election of having been rigged in his favor to avoid a runoff.

That doubt seems to have stirred the mayor into "doing something," says political analyst Yekaterina Schulmann. "It's fair to assume that the new mayor would not have indulged in such an orgy of redevelopment, had he passed the test of real competition," she says.

Meanwhile, opposition-minded Muscovites challenge Sobyenin's legitimacy at every turn. First appointed mayor of the capital in 2010 by then-President Dmitry Medvedev, he witnessed mass anti-Putin rallies from up close the following year. His mayoral policy since is widely interpreted as the Kremlin's response to those protests.

"It suppressed the demand for freedom, but responded positively to the demand for comfort," wrote Alexander Baunov, of the Carnegie think tank.

With their resistance to Moscow's renewal, the liberal intelligentsia is giving Putin's Kremlin its response, saying "you can't buy us with new sidewalks," according to Baunov.

Sobyenin's former election rival, Navalny, has been a vocal critic of the mayor's urban renewal project. Through his influential blog, he has exposed what he says are corrupt construction tenders. He claims roadworks are being repeated unnecessarily as a way for insiders, including Sobyenin's inner circle, to sy-

phon off more government funds. At a time of economic crisis, Navalny also argues much of the beautification is unjustifiable.

"Every one of these pieces of crap costs 2 million rubles (\$31,000)," he wrote on his blog, alongside a photo of a young tree potted in a marble construction. Such decorative features now line Tverskaya Ulitsa, and have been compared to tombs by critics on social media.

But while the liberal opposition criticize City Hall, outside that bubble, Sobyenin appears to have the city's overwhelming backing.

In a poll conducted in July by the independent pollster the Levada Center, 60 percent of residents said Moscow had become a more livable city in the past five years. Ninety-one percent of respondents were in favor of the reconstruction to pedestrianize streets. Even the controversial demolition of kiosks had the support of more than half of respondents, versus 31 percent who viewed it very negatively, says the pollster's deputy director Alexei Grazhdankin.

Sobyenin's personal rating is also recovering. In 2013, only 29 percent of people said they felt very positive about him, versus 43 percent this year. According to Grazhdankin, the mayor has benefited from a general change in the political atmosphere since he moved into City Hall. Following the EuroMaidan revolution in Ukraine, "many now see any form of criticism as unpatriotic."

That view is strengthened by Sobyenin's close relationship with the Kremlin. Before being summoned to Moscow, he was governor of Siberia, and he also worked as Putin's chief of staff. If Sobyenin's predecessor Yuri Luzhkov was a down-to-earth symbol of the 1990s era "grab-what-you-can-while-you-can philosophy" — resulting in the mushrooming of the very kiosks that are now being leveled — Sobyenin is seen as a Soviet-style apparatchik, who does what he is told.

Not that any of that seems to hurt him. The buzz of activity surrounding his stint as Moscow chief generates a positive response, says Grazhdankin. "People think that he's doing something, he's active," he says. "That's seen as a plus in itself."

Meanwhile, entrepreneurial Muscovites are keeping their mayor on his toes. Just a few months after Sobyenin's authorities tore down "illegal, substandard structures," new makeshift kiosks are already popping up in their place.

Around the corner from the now stripped-down, spruced-up metro station square at Chistiye Prudi in central Moscow, magazine and newspaper vendors are already operating from new stalls.

"Of course it's better like this!" says a middle-aged woman, seemingly incredulous at having been asked whether or not she liked Chistiye Prudi's new, minimalist look.

"Just give them time," she adds. "They'll build new kiosks to fill the space." **TMT**

Moscow City Hall has devoted significant resources to street decorations. Pink penguins, strange floral eggs and hedge statues have all featured alongside the massive reconstruction works.





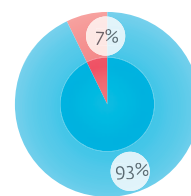
“Former industrial areas will gain new life, and the ring railroad will play an important role.” **Sergei Yakushev**, Moscow Ring Railways deputy director.

300M

people are forecast to have used the MCR by 2030.

May 15, 1935

The Moscow metro opened its first station — Sokolniki



By 2020, 93 percent of Muscovites will live less than a kilometer from a metro station, compared to 78 percent today, according to a Calvert Journal report.



Full Steam Ahead

By **Bradley Jardine** and **Matthew Kupfer** newsreporter@imedia.ru | Illustration by **Katerina Lobanova**

Ready or not, Moscow's new aboveground metro system will be unveiled to the capital on Sept. 10.

A cloud of dust engulfs migrant laborers as they cut slabs of concrete. The dull roar of their saws is interrupted only by fits of coughing and the occasional obscenity.

This is Ugreshskaya station, part of the new Moscow Central Ring (MCR) aboveground rail project. Organizationally, the MCR a joint venture of the Moscow metro and Russian Railways. Financially, it is the result of 90 billion rubles (\$1.38 billion) of state investment. But less than a week from its launch date, the MCR remains an unfinished project with a fast approaching deadline.

On Sept. 10, City Day in Moscow, high-speed “Lastochka” electric trains are due to begin ferrying passengers around the capital’s periphery, increasing access to parts of the city that were once isolated from the metro system.

Of the new stations, 17 will have metro transfers, and 10 will connect to the city’s network of suburban trains. For the first month, the MCR will be free. Afterwards, the ring will be fully integrated into the metro’s ticketing system and passengers will be able to transfer between the underground and the MCR for free. Developers predict 75 million people will use the line in its first year, rising to 300 million passengers by 2030.

But no one is expecting a completely smooth launch. Although all 31 stations will open, only 11 will be fully completed. Construction will continue for the foreseeable future.

It’s not difficult to understand the urgency of opening the MCR. Used by 9 million people daily, the Moscow metro is one of the world’s busiest and most extensive systems. The MCR is intended to relieve pressure on the metro’s central ring and radial lines and simplify travel between Moscow’s outer suburbs. The government also hopes that public transport’s increased reach will lure drivers off Moscow’s traffic-congested roads.

The MCR will also help “former industrial areas gradually acquire new life,” said Sergei Yakushev, deputy director of Moscow Ring Railways, in an interview with Lenta.ru.

The transport project faces challenges. The “aboveground metro” is far from perfectly integrated into the broader metro system. Only five stations have direct, enclosed metro transfers — eight more should be constructed in the next two years — and three MCR stations will connect to metro stations that have not yet been constructed.

The project has suffered criticism. Opposition politician Alexei Navalny drew attention to an incident in which a train was damaged during a test run on the line in July. Probok.net, a crowdsourcing project aimed at improving transport, calculated that only seven MCR stations will have metro transfers requiring passengers to walk fewer than 200 meters, and there will be transfer problems between the MCR and suburban trains.

Moscow Central Ring



Source: Moscow Central Ring

And Mikhail Blinkin, a transportation expert at the Higher School of Economics, expects that passengers accustomed to the metro’s frequent trains will initially struggle with the longer intervals on the MCR: six minutes during rush hour, and 10-15 minutes at other times. “Muscovites are accustomed to insanely small intervals — 90 seconds between metro trains,” says Blinkin. “After 90 seconds, even 15 minutes seem like a long time.”

But few deny that the importance of the MCR. On his blog, Alexander Shumsky, Probok.net’s director and a candidate for the State Duma, calls it “one of the most important transport events of the year.”

Blinkin considers it a stimulus for people to relocate from expensive central districts within the Garden Ring. “If there’s demand, they will start developing these areas, investment will arrive, and people will want to live there,” he says.

Alexander Chekmaryov, Probok.net deputy director, feels the line’s flaws limit its utility. “The demand [for the MCR] is real [...] If transfers are convenient, the project will be beneficial.” **ТМТ**

THE WORD'S WORTH

Moscow's Talking Streets

Сивцев Вражек: Sivka Creek Ravine

By **Michele A. Berdy**

Moscow-based translator and interpreter, author of “The Russian Word’s Worth” (Glas), a collection of her columns.



YEVGENY PARYONOV

In honor of Moscow’s City Day, here’s a little primer on place names. With just a few rules, you’ll be able to tell what national or professional group lived in a neighborhood, which church stood there, who owned it, and even what the land looked like — just by reading the street names.

Let’s start easy. If a street in Moscow bears the name of another Russian city, then that was the road that led to it, like Тверская (Tverskaya, the road to Tver) or Калужская площадь (Kaluzhskaya Ploshchad, the starting point to Kaluga).

If the name of a street sounds like a surname, it’s either the name of the first owner or the name of an important person. So Гагаринский переулок (Gagarinsky Pereulok) was once part of the princely Gagarin family holdings, but Улица Гагарина (Ulitsa Gagarina) was named after the first man in space, Yuri Gagarin.

If a street name sounds religious, there was probably a church or monastery there. For example, Георгиевский переулок (Georgievsky Pereulok) means there must have been a St. George church or monastery. An odd one is Якиманка (Yakimanka), a conflation of Иоаким и Анна (Joachim and Anna, parents of Mary). There was a chapel dedicated to them in a church on the street.

Next up: professions. In Moscow people who shared the same profession were given land to form a small community, called a слобода. Some district names tell the story of who worked there. In (Taganka) lived makers of таганы (iron pot stands). Хамовники (Хамовники) was a neighborhood of weavers of хамовное полотно (rough canvas).

Streets can tell the same story, like Бронная (armor makers) and Гончарная (potters). Those who manned the tsar’s kitchens had their own neighborhood: the cooks lived on Поварская, the waitstaff on Столовый, tablecloth weavers on Скатертный, bakers on Хлебный, knife makers on Ножовый, and pipe makers on Трубниковский.

Near Red Square you’ll find streets that were originally Ряды (Rows) where stalls sold a particular product, like Хрустальный (Crystal Lane) and Рыбный (Fish Lane). On Ветошный переулок people sold ветошь — a kind of cloth used as lining.

Sometimes a street tells you the nationality of the people who lived there. The various streets named Грузинский (Georgian) indicate that the Georgian prince was given land here. Армянский переулок (Armenian Lane) is self-explanatory, but Маросейка needs a bit of deciphering. It was the place where people from Ukraine lived, which was then called Малороссия. That got shortened to Малоросейка, which eventually morphed down to Маросейка.

Большая Ордынка was the road to the Орда (the Golden Horde, the “great state”). In that part of Замоскворечье (land beyond the Moscow River), you can find streets where their representatives lived, like Малый Татарский переулок (Little Tatar Lane), and where their translators settled, like Малый Толмачёвский переулок (Little Translator’s Lane). Толмач is the old word for a translator.

You can even tell what the land looked like: Крутицкая улица (Steep Street) tells you that the riverbank was high in that spot. Пресня had fresh water (пресная вода). And that little street with too many consonants, Сивцев Вражек, was once a little ravine (овраг, вражек) down to the creek Сивка.

In Moscow, the street names speak. You just need to listen. **ТМТ**



Tickets for productions at the **Bolshoi** are generally available for purchase three months in advance either online or at the box office.

10th

visit of the Teatro alla Scala to the Bolshoi.

Sept. 10

The first performance of the new season at the Bolshoi Theater.

"The Bolshoi Theater is the leading opera house in Russia. Undoubtedly, that determines our strategy." **Tugan Sokhiev**, music director of the Bolshoi Theater.



DAMIR YUSUPOV / BOLSHOI THEATER

A scene from Bolshoi Theater's opera "Boris Godunov." The tale is based on Tsar Boris Godunov, who ruled from 1598 to 1605. The Russian libretto was written by the composer Modest Mussorgsky and draws on Alexander Pushkin's drama "Boris Godunov."

A New Season Dawns

By **Raymond Stults** artsreporter@imedia.ru

The Bolshoi Theater reopens with its most adventurous opera season in recent history — including a Russian premiere.

The Bolshoi Theater reopens on Sept. 10 for a season that, when it comes to additions to its operatic repertoire, promises to be its most adventurous in post-Soviet times. Its four new productions include three works never before staged in Moscow, one of them a Russian premiere, plus a single work already familiar to Moscow audiences. The theater will also play host to performances by four guest opera troupes.

Prior to its traditional season-opening performance of Modest Mussorgsky's opera "Boris Godunov" on Sept. 19, the Bolshoi welcomes to its Historic Stage a guest appearance by Milan's Teatro alla Scala. The company will bring three performances of Verdi's opera "Simon Boccanegra," two of his familiar Requiem and a concert of vocal and orchestral excerpts from Italian operas.

From Sept. 27 to Oct. 1, the Bolshoi's New Stage plays host to the enterprising St. Petersburg Theater Zazerkalye ("Through the Looking Glass"), which, in the course of five days, will present no less than seven different operas.

The Bolshoi's parade of new productions begins Oct. 16 with Giacomo Puccini's "Manon Lescaut," the composer's first successful opera, a relatively neglected work of captivating lyricism. Likely to cause a sensation will be the Bolshoi debut of glamorous Russian soprano Anna Netrebko in the title role.

Staging "Manon Lescaut" will be the highly respected Ukrainian-born director Adolf Shapiro, whose Golden Mask Award-winning production of Donizetti's "Lucia di Lammermoor" continues to delight audiences at the Stanislavsky and Nemirovich-Danchenko Musical Theater. Making his Bolshoi debut, together with Shapiro and Netrebko, will be young Italian conductor Jader Begnanini.

Up next, on Nov. 25 at the Bolshoi's New Stage, will be Britten's "Billy Budd," an opera based on a short novel by Herman Melville of the same name that tells a gripping tale of intrigue and injustice aboard a British man-of-war in combat with the French at the end of the 18th century. The Bolshoi's "Billy Budd" comes from London's English National Opera, in a highly praised staging by innovative American director Da-

vid Alden, who has moved the opera's action forward in time to the first years of the 20th century.

Britten underpinned Melville's tale with one of his most powerful and compelling scores. In charge of the music at the Bolshoi will be British conductor William Lacey, well-remembered in Moscow for leading the Stanislavsky and Nemirovich-Danchenko's Golden Mask Award-winning version of another Britten opera "A Midsummer Night's Dream," in a production that also originated at the English National Opera.

November will also bring to Moscow the Bolshoi's third guest operatic troupe of the season, the Sakha (Yakutia) Theater of Opera and Ballet, presenting single performances of Puccini's "Tosca" and Alexander Borodin's "Prince Igor."

From the end of January through February of next year, Moscow audiences are due to see the first fully-staged performances here of operas by the long-neglected Polish-born composer Mieczyslaw Weinberg in productions not only by the Bolshoi, but also by the Novaya Opera Theater

and Yekaterinburg's Ural Theater of Opera and Ballet.

Following the German invasion of Poland in 1939, the then 19-year-old Weinberg fled to the Soviet Union, ending up in Moscow, where he remained until his death in 1986. Weinberg's talent as a composer was soon recognized by Dmitry Shostakovich, who did much to encourage and influence him. But performances of Weinberg's prolific output, including seven operas, were largely suppressed in Soviet time.

The Bolshoi pays its tribute to Weinberg with the Russian premiere of his final opera, "The Idiot" on Feb. 25 at the New Stage. Based on Fyodor Dostoevsky's novel of the same title, "The Idiot" has previously been seen only at its world premiere three years ago in Mannheim, Germany. In charge of the music will be Polish conductor Michal Klauza, with the staging entrusted to veteran Moscow-born Israeli director Yevgeny Aryeh.

Unlike its three predecessors, the final operatic premiere of the season is a work well-known to Moscow audiences, Nikolai Rimsky-Korsakov's "The Snow Maiden," which opens on June 15 at the Historic Stage.

Its libretto, based on a play of the same title by Alexander Ostrovsky and re-telling one of Russia's best-known folk tales, "The Snow Maiden" contains some of Rimsky-Korsakov's most fetching melodies, but also long stretches of tedium, both musically and dramatically. Perhaps imaginative work on the part of director Alexander Titel — the head of opera at the Stanislavsky and Nemirovich-Danchenko and a masterful interpreter there of other Rimsky-Korsakov operas — and Bolshoi music director Tugan Sokhiev will somehow manage to breathe life into at least some of those stretches.

The Bolshoi, of course, is not the only operatic player in town. But its four rivals, the Stanislavsky and Nemirovich-Danchenko, Novaya Opera, Helikon Opera and the Pokrovsky Chamber Musical Theater have yet to fully disclose their plans for the upcoming season. **TMT**

For further information about the Bolshoi Theater's upcoming season, see www.bolshoi.ru.



DAMIR YUSUPOV / BOLSHOI THEATER

Opera singers Roman Muravitsky and Irina Dolzhenko perform in a production of "Boris Godunov." The work, composed in St. Petersburg, is the only completed opera by Modest Mussorgsky and is considered his masterpiece.

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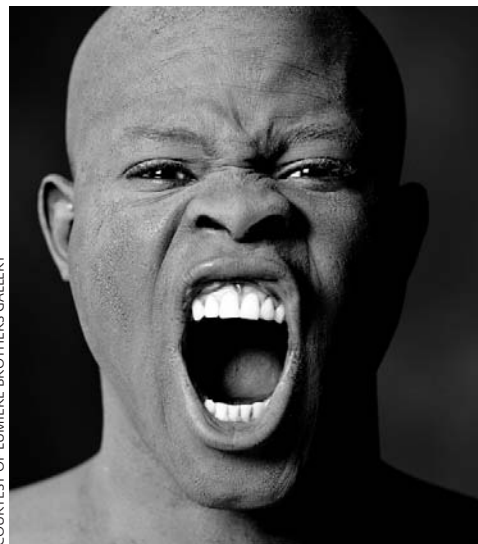
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Festivals to Catch

Avant-garde Music Festival

[Things get experimental](#)

This year's Fields Festival of avant-garde music coincides with City Day, which means there will be crowds of people in Muzeon Park, so come early to find a good spot. The headliners are Mexican-French duo Murcof & Vanessa Wagner and Mike Cooper, a master of improvisation from Britain. Flying the flag for Russia is Lovozero, an electronic artist who experiments with Russian folk songs and Kira Weinstein, formerly of Kira Lao, who turned from post-punk to experimental music. A second stage hosts the leading names in Russian new academic music, including Dmitry Kurlyandsky and Alexei Sysoyev.

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muzeon.ru

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Metro Oktyabrskaya, Park Kultury

Sept. 10

Farmer's Market

[Good, wholesome fun](#)

URAIZHAY, a wordplay on words "urozhay" (harvest) and "ura" (hooray), is a two-day farmer's market and festival at Kolomenskoye Park from the organizers of the hugely popular Geek Picnic. There will be plenty of activities for the young — or the young at heart — including pumpkin bowling and creating huge public art objects from hay. You can reserve a grill and cook your own barbecue or enjoy food from stalls while listening to folk music and popular band Neyromonakh Feofan, who mix folk with drum and bass. Tickets from 500 rubles.

Kolomenskoye Park

urazhay.com

39 Prospekt Andropova

Metro Kolomenskaya

Sept. 10-11

Cosmoscow Art Fair Arrives at Gostiny Dvor

By **Ruth Moore** artsreporter@imedia.ru, Twitter: @ruth_skii

Russia's only international contemporary art fair opens its doors at Gostiny Dvor on Friday. Now in its fourth year, Cosmoscow is out to prove that contemporary art in Russia's is not only vibrant and creative, but also collectable. The architecturally domineering 18th-century marketplace — just a stone's throw from Red Square — will showcase the work of more than 100 contemporary artists over the weekend. The aim? To encourage international and local collectors to take an interest in the Russian contemporary art, and to forge stronger bonds between the Russian and international contemporary art markets.

Last year the event — which showcased artwork from 34 international galleries — attracted 14,000 visitors. This year participants include London's Frameless Gallery and the One Gallery in New York.

With only a portion of these visitors intending to buy, Cosmoscow has been careful to position itself as a destination for all art lovers, regardless of the size of their checkbooks. As such, the fair includes a specially curated exhibition of artworks from private collections "Collector's Eye," a children's program and a number of art talks and lectures over the weekend.

"The non-commercial and parallel events are integral parts of our annual programming. They play a crucial role in making our guests see the big picture of the contemporary art world, beyond traditional art market boundaries," says Margarita Pushkina, the founding director of Cosmoscow, in an interview with The Moscow Times.

One of the highlights of the non-commercial program will be the "Off White" charity auction to benefit the children's charity the Naked

Heart Foundation. Supported by the Christie's art business, this year's auction will highlight the best photography from emerging artists, including Polina Kanis, Andrei Bogush and Erwin Olaf. Meanwhile, a substantial parallel program includes landmark exhibitions such as a Stephan Balkenhol retrospective at the Moscow Museum of Modern Art and a solo exhibition from Valery Koshlyakov, one of Russia's best-known contemporary artists, at the Museum of Russian Impressionism. By presenting up-and-coming Russian artists to an international crowd, Cosmoscow hopes to engage in a dialogue between artists, galleries and art lovers from Russia and further afield. **TMT**

Cosmoscow runs Sept. 9-11 at Gostiny Dvor 4 Ulitsa Ilyinka. Metro Ploshchad Revolyutsii For more information see cosmoscow.com

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