

MAURITIUS TIMES

• *The final test of a leader is that he leaves behind him in other men, the conviction and the will to carry on. -- Walter Lippman*



Interview: Nita Deerpalsing

“Everyone should ask themselves to what extent they have themselves created the current Frankenstein”

‘Time will tell if we currently have a political leadership which can be on the right side of History’

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**I've had my
Covishield
vax**

Dr R Neerunjun Gopee

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Les grandes manœuvres de l'opposition



L'annonce de la cassure de l'Entente PTr-MMM-PMDS au lendemain d'une interview grand format de Nando Bodha sur une radio privée n'est pas le fait du hasard.

Par Jean-Max Baya * Voir Page 4

Earth's existential threats: inequality, pandemics and climate change demand global leadership

By Jacob Ainscough, Alex McLaughlin, Natalie Jones - University of Cambridge & Luke Kemp - Australian National University
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What becomes of the Labour Party?

Neither the MMM nor the PMSD has any business in deciding who should be the leader of the Labour Party (LP), and so too is the reverse. On the other hand, what is acceptable among party alliances is the space accorded to party leaders to influence or reject the choice of candidates on their respective ally's party list for general elections. Paul Berenger would have learned the futility of his indiscretion in years gone by when he tried to impose upon Pravind Jugnauth his choice of Ashok Jugnauth as leader of the MSM following the 2010 elections and as prime ministerial candidate for a future MSM-MMM alliance.

If the MMM and the PMSD have found some comfort in the urban constituencies in the past, the 2019 elections have reduced both these two parties to an unenviable size with a parliamentary representation of 9 MPs for the MMM, 5 for the PMSD as against the LP's 12. Things will not get any better for both parties with the presence of the *Linion Sitwayin* of Bruneau Laurette on the political spectrum and with the Rama Valayden-led Avengers joining the fray in the days ahead. Their only hope for electoral success laid in hitching a piggyback ride from the LP, which still commands a strong following in rural constituencies in the main despite the 2019 electoral defeat.

That was before Nando Bodha, the MSM's long-time Secretary General since the days of Sir Anerood Jugnauth, resigned from his ministerial post and the party to join the opposition – a development that has changed the political equation within the 'Entente LP-MMM-PMSD' itself. Paul Berenger may have finally found his candidate for the prime ministerial post in an eventual alliance with Bodha for the next elections, the more so in the context of the controversy stirred by Eshan Juman's statement a few days back about the Labour Party's capability to go it alone for the next municipal elections.

It has now come out that the real reason for the current malaise which has gripped the 'Entente LP-MMM-PMSD' has to do with the leadership of the Labour Party. Both Paul Berenger and Xavier Duval would seem to believe the Navin Ramgoolam would constitute the best agent for the MSM next time round and that he should step down as LP leader to ensure electoral success. Time will tell if Nando Bodha will be able to make any dent in the vote bank in Constituencies 4 to 14 – the constituencies that elect the party/alliance to power, or whether Paul Berenger has again got his political calculations wrong. There is still a long way to go for Nando Bodha to prove convincingly that he could and will be the best bet for the MMM-PMSD combine – and one that could help dilute the ethno-centric colouring of an alliance between these two latter parties.

What becomes of the Labour Party in the new political situation that has provoked its ouster from the erstwhile 'Entente LP-MMM-PMSD', ironically inspired by the LP leader himself?

In an interview to this paper a few months following the debacle of the LP at the 2019 elections, Rama Sithanen expressed the view that the "LP has arguably a very simple choice to make. The interests of the Party, of its electorate and the country must prevail over personal considerations. Either it adapts and reforms and becomes electable again or it runs the risk of staying in the opposition and be marginalized... It must do its self-introspection and embrace a new paradigm in terms of leadership, people, ideas and policies... to become an attractive, effective and electable alternative to the MSM... With the current leadership of the Labour Party, I believe it will be a repeat of the last four elections... Many support the LP but not its current leadership. The interests of the Party should prevail over personal ambition."

Rama Sithanen was voicing out publicly what had been said earlier by Yousuf Mohamed regarding the need for the current leadership to give way to another generation of leaders. It's for the Party to do its introspection and decide what is in its best interests in the present circumstances in view of the generational change that has taken place amongst its following that, unlike earlier generations of Labourites, may not be as emotionally, politically and therefore unconditionally bound to the Party.

It bears repeating what we have earlier written about the new political situation in the country which dictates that parties which want to survive should abide by a higher internal democratisation process. Fostering internal debate, adopting clear rules of governance and operating as transparently as possible, promoting meritocracy within the party – that is the level of internal democratisation which is absolutely necessary to cope with an external environment which is becoming increasingly complex by the day as well as cruel in view of the political culture that animates some of its adversaries on the political ring.

Unfortunately nothing has changed. The same "tactics" that have allowed leaders to remain saddled in their posts have been employed to shy away any contestant – so much so that the Labour Party which has dominated the political landscape for many decades upto 2014, has today been reduced to becoming dependent on the *Linion Sitwayin* to rally a sizeable crowd.

Like the MMM and the PMSD, which have already made up their minds, rightly or wrongly, about their electoral prospects in an alliance with the current LP, one wonders whether this apprehension will not gain traction with future potential Labour Party candidates.

The Conversation

Earth's existential threats: Inequality, pandemics and climate change demand global leadership



Future of the planet is in our hands. PopTika/Nasa

Asked in 2003, the UK's astronomer royal, Martin Rees, gave our present society 50/50 odds of lasting until the end of the century. It's fair to say the odds haven't improved in the years since he made this call. The planet is warming, a pandemic runs wild, the threat of nuclear war still hangs overhead and emerging technologies are allowing for the development of new weapons of mass destruction. Existential threats to human existence are growing – and the time left to address them gets ever shorter.

So the new presidential term in the world's most powerful nation takes on a special significance. The Biden-Harris administration cannot tackle the global challenges we face alone, but the US will be pivotal to efforts to wind back the doomsday clock. Joe Biden made his agenda clear in a short passage of his inaugural speech:

A once-in-a-century virus silently stalks the country ... A cry for racial justice, some 400 years in the making, moves us ... A cry for survival comes from the planet itself ... The rise of political extremism, white supremacy, domestic terrorism, that we must confront, and we will defeat.

After the Trump years, these new political commitments from the world's dominant power are welcome. Yet this rhetoric reveals a flaw in Biden's conception of the threats facing the world. Each issue is treated as a distinct challenge. But our research on catastrophic risks reveals that such threats are actually deeply interconnected. Threats facing humanity are a many-headed Hydra – they are all parts of the same beast.

Threat and inequality

The catastrophic risks are held together by a sinew of racial, gender, economic and political inequalities that simultaneously exacerbate each threat and block potential action to address them. Take the climate crisis. Desertification, land degradation and extreme weather disproportionately affect the world's poorest countries and are estimated to have increased international inequality by 25% in the past 50 years.

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Dr R Neerunjun Gopee

I've had my Covishield vax

We will protect ourselves and our families and fellow citizens better if we act rationally and responsibly instead of relying on rumours and misinformation, and be ready to take the vaccine...

On February 16, a team from the Ministry of Health & Quality of Life (MOH) came over to the Nouvelle Clinique Ferriere for administering anti-Covid vaccine, starting early in the morning. The consultation wing was accordingly rearranged to allow the exercise to proceed, and I with several other colleagues found ourselves on the other side of the fence as it were: sitting in the doctor's waiting room until one's turn came for consultation and 'treatment.' It was a nice relaxing experience, as I sat next to a gynaecologist colleague and we got a chance - that is hard to come by otherwise - to chit-chat and catch up on a number of things, including exchanging views about the various vaccines and related topics.

The exercise proceeded quite smoothly. To start with a young lady doctor briefed us about the vaccine, the categories of people in whom it is not advised (e.g. those with tendency to generalised allergy) and possible side-effects that we might experience, then we were issued with our Vaccination Cards before we were given the shot in the arm.

A sharp prick, only a little sting and that was it. When was the last time I had an injection? - I tried to recall: don't know! We had to wait for half an hour post the injection before we were allowed to go. We all behaved like... good patients! We digested the information given on the Vaccination Card, but subsequently no one had to call the hotline.

“Mauritius is not the only country where misinformation, and disinformation have led to vaccine hesitancy. This is the case in many advanced countries such as Germany, where boxes of vaccines lay unused, and in the USA initially in Texas unused stocks had to be thrown away. People forget that such vaccine hesitancy, misinformation, and disinformation could compromise the global Covid-19 response. This is all the more a pity since millions of people have now received the same Covishield vaccine donated by the Government of India...”

About 70 people in all had their shots, including 40 staff of the clinic. Most of us have had only mild reactions, a little feverishness, mild body aches, light-headedness, a little tummy discomfort, short-lived nausea. The fever and body aches settled promptly with paracetamol. I myself had to take only one tablet late in the evening, and I was quite fine the next afternoon to get on with my consultations.

Only two members of the staff had a more pronounced fever for which they had to be admitted, but they were fine within 48 hours, and shortly afterwards resumed their duties.

Teamvax of the MOH has been going around the country carrying out the vaccination programme, which according to MOH communiqué has now been extended



Vaccination of frontline workers against Covid-19 in India. Photo - media.npr.org

to several frontliner categories other than the health and medical ones. The uptake is a bit slow, as so far only a few thousands have been vaccinated.

Mauritius is not the only country where misinformation, and disinformation have led to vaccine hesitancy. This is the case in many advanced countries such as Germany, where boxes of vaccines lay unused, and in the USA initially in Texas unused stocks had to be thrown away.

People forget that such vaccine hesitancy, misinformation, and disinformation could compromise the global Covid-19 response.

This is all the more a pity since millions of people have now received the same Covishield vaccine donated by the Government of India - similar donations have been made to many other countries --, and which is produced by the Serum Institute of India in Pune, the world's largest manufacturer and supplier of vaccines. In India itself to date more than 10 million people have already received their shot.

In the days that followed the launching of the rollout, there was a first report about side effects that concerned about 500 people, and only one had to be admitted for about 24 hours of observation. All others had mild symptoms from which they recovered fully, with only simple medication like paracetamol in most cases. There have been no further reports of untoward incidents as the rollout has continued - although there also there is hesitancy --, and with the surveillance system that has been set in place any mishap would definitely have been signalled. Besides, the media freedom that obtains in India would make it impossible to do any cover-up.

The other vaccines that have been produced, such as the ones by Pfizer, Moderna, Sinopharm, Sputnik, have been rolled out in different countries by the millions as well. The American Centers for Disease Control (CDC) has a few days ago given authorization for the emergency

use of the vaccine produced by Johnson & Johnson, which has the advantage of needing only one shot. And all of them have comparable degrees of efficacy.

Another development that is taking place is that of a nasal vaccine, which has entered the trial phase, which also taking place in India. It is considered that if this is successful, it could be a game changer because it will simply simplify considerably the logistics aspect, since it would be simpler to administer - by the patient himself. And probably more effective, though this is yet to be established.

A study done in Israel, which has had the largest population coverage of vaccination, has already shown its benefit in terms of incidence of new cases and transmission of Covid-19, and similar results will likely be reported in future from other studies that are ongoing.

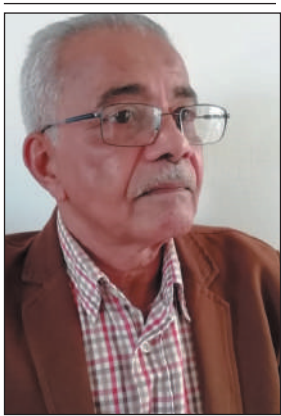
As far as we are concerned here, it is in the people's interest that they do not listen to rumours or go by the misinformation and disinformation to be found on social media, and to get themselves vaccinated when Teamvax of MOH is present in their locality offering the shots.

The one question that remains is: when is the next (booster) dose? Initially scheduled to be given in one month, there may be a change, pushing it to three months. This is supported by the results of clinical trials that have been reported in an article in the British Medical Journal *The Lancet* of February 16, 2021 - **'Single-dose administration and the influence of the timing of the booster dose on immunogenicity and efficacy of ChAdOx1 nCoV-19 (AZD1222) vaccine: a pooled analysis of four randomised trials'**.

Editor's Pick introduces the article: 'A 3-month interval between doses of the Oxford Covid-19 vaccine results in higher vaccine efficacy than a 6-week interval, with the first dose offering 76% protection in the 3 months between doses.'

* Cont. on page 4

Les grandes manœuvres de l'opposition



Jean-Max Baya

Ce qui était prévisible depuis le départ est finalement arrivé. La décision du MMM, du PMSD et du Reform Party de mettre un terme à l'entente de l'opposition en se séparant du Parti Travailleiste n'étonne personne. C'était un secret de polichinelle que le feu couvait sous les cendres dès la constitution de ce regroupement hétéroclite.

Il était évident que le seul désir d'obtenir la démission de Pravind Jugnauth et de son gouvernement n'allait pas suffire à créer la cohésion nécessaire d'autant que l'opposition parlementaire n'arrivait pas à trouver ses marques une année après les élections générales, et ce, malgré les nombreuses casseroles que traîne le gouvernement depuis son accession au pouvoir en décembre 2019. L'initiative de la manifestation du 13 février a permis tout au plus de créer un semblant d'unité pendant quelques semaines alors que le ver était déjà dans le fruit.

La démission de Nando Bodha n'a fait que précipiter une cassure que l'on prévoyait déjà. En fait, tout le scénario était écrit d'avance et Pravind Jugnauth a sans doute vu juste quand il déclarait que la démission de son ministre, et secrétaire général du parti majoritaire, était une manœuvre de l'opposition plus particulièrement de Paul Bérenger. La séquence ainsi que le "timing" des événements intervenus depuis le départ de Nando

L'annonce de la cassure de l'Entente PTr-MMM-PMSD au lendemain d'une interview grand format de Nando Bodha sur une radio privée n'est pas le fait du hasard.



« Cette cassure a le mérite de rendre les choses plus claires dans le camp de l'opposition où le Parti Travailleiste se trouve désormais isolé malgré le fait que sa représentation numérique au Parlement est supérieure à celle du MMM et du PMSD séparément. Il y a fort à parier que la prochaine étape sera une plateforme parlementaire commune de ces deux partis pour ravir le poste de leader de l'Opposition à Arvin Boolell, ce qui ne pourra qu'affaiblir davantage le PTr qui a fêté cette semaine ses 85 ans. Les "rouges" paient en fait le prix de l'impopularité de leur leader... »

Bodha du gouvernement semblent lui donner raison. L'annonce de la cassure au lendemain d'une interview grand format de Nando Bodha sur une radio privée n'est pas le fait du hasard. Une interview au cours de laquelle ce dernier n'a pas nié ses ambitions premier ministérielles. Ce qui n'est pas peu dire.

Néanmoins, cette cassure a le mérite de rendre les choses plus claires dans le camp de l'opposition où le Parti Travailleiste se trouve désormais isolé malgré le fait

que sa représentation numérique au Parlement est supérieure à celle du MMM et du PMSD séparément. Il y a fort à parier que la prochaine étape sera une plateforme parlementaire commune de ces deux partis pour ravir le poste de leader de l'Opposition à Arvin Boolell, ce qui ne pourra qu'affaiblir davantage le PTr qui a fêté cette semaine ses 85 ans. Les "rouges" paient en fait le prix de l'impopularité de leur leader.

Il convient de noter également que ces manœuvres politiques interviennent à l'approche des échéances pour la tenue des élections municipales prévues au mois de juin. La nouvelle configuration dans le camp de l'opposition, dont les trois alliés (MMM, PMSD et Reform Party) disposent de solides assises en milieu urbain, devrait rendre la prochaine joute intéressante à suivre. Les résultats de ces élections détermineront à n'en pas douter d'importants développements politiques non seulement dans le camp de l'opposition mais aussi dans celui du Gouvernement.

Si la nouvelle configuration créée par le triumvirat de l'opposition devrait être soutenue par le mouvement citoyen, qui a pris forme ces derniers mois, et par les 'Avengers' de Rama Valayden, nous assisterons alors à une redéfinition des contours politiques du pays ; en dire plus serait de la politique fiction.

I've had my Covishield vax

* Cont. from page 3

These results, from post-hoc exploratory analyses from a phase 3 randomised controlled trial published in *The Lancet*, suggest that the interval between doses can be safely extended to 3 months given the protection a single dose offers, which may allow countries to vaccinate a larger proportion of the population more rapidly. The authors note that this regimen may be beneficial while vaccine supplies are initially limited.'

In the same issue is another article titled: 'Future scenarios for the Covid-19 pandemic'. Noting that the 'Covid-19

pandemic has been met by unequal responses in different countries and led to unequal impacts, with populations in Europe, the USA, and Latin America disproportionately impacted,' the author points out that 'we are simply moving to a new phase of the pandemic' what with all the variants that are being detected and deemed to be responsible for the second waves that are taking place across many countries.

He makes a case for the global coverage that is required - but also the need for it to still be accompanied by the sanitary measures prescribed, as vaccination

alone will not suffice to achieve control:

"What emerges next will partly depend on the ongoing evolution of SARS-CoV-2, on the behaviour of citizens, on governments' decisions about how to respond to the pandemic, on progress in vaccine development and treatments and also in a broader range of disciplines in the sciences and humanities that focus both on bringing this pandemic to an end and learning how to reduce the impacts of future zoonoses, and on the extent to which the international community can stand together in its efforts to control Covid-19. Vaccines alone, unless they

achieve high population coverage, offer long-lasting protection, and are effective in preventing both SARS-CoV-2 transmission and Covid-19, will not end the pandemic or allow the world to return to "business as usual". *Until high levels of global vaccine-mediated protection are achieved across the world, it could be catastrophic if measures such as mask wearing, physical distancing, and hand hygiene are relaxed prematurely.*' (italics added)

We will protect ourselves and our families and fellow citizens better if we act rationally and responsibly instead of relying on rumours and misinformation, and be ready to take the vaccine as soon as it is made available around the country.

RN Gopee

Ghana receives world's first doses of free Covax vaccines from India

Ghana on Wednesday became the first country to receive vaccines from Covax, a global scheme to procure and distribute Covid inoculations for free for poorer countries. Launched last April, Covax said it planned to ship two billion doses by year's end.

"The next phase in the fight against this disease can begin -- the ramping up of the largest immunisation campaign in history," UNICEF Executive Director Henrietta Fore declared in a statement.

"At last!" World Health Organization (WHO), exclaimed Tedros Adhanom Ghebreyesus, whose organisation also backs the Covax initiative. "A day to celebrate, but it's just the first step."

The 600,000 doses delivered to Ghana are the Oxford/AstraZeneca formula, made under license by the world's largest vaccine manufacturer, the Serum Institute of India. They are part of an initial tranche of deliveries headed to several low and middle-income countries, reports AFP.

An Emirates flight carrying the vaccines touched down at Accra's Kotoka International Airport shortly after 0740 GMT, where a government delegation led by the Minister for Health Designate Kwaku Agyeman Manu received them, in images broadcast on television.



Covax Vaccine: Launched last April, Covax said it planned to ship two billion doses by year's end. Photo - ichef.bbc.co.uk

Ghana's food and drug authority has already authorised the use of the Indian-made vaccines as well as Russia's Sputnik V, according to local media. The West African nation has recorded 80,759 Covid-19 cases and 582 deaths since the start of the pandemic, although the true figure is believed to be higher because of lack of testing.

The first who will get the vaccines also include "front-line executive, legislature, judiciary and their related staff, frontline security personnel, some religious leaders,

essential workers, teachers and other personalities," Information Minister Kojo Oppong Nkrumah said.

The government said it was making "frantic efforts" to acquire enough vaccines to inoculate all of Ghana's 30 million people and urged people to take part in the drive.

New variants

Africa has been relatively spared by the pandemic. It was the last continent except Oceania to reach the threshold of 100,000 deaths, which Europe crossed in April 2020. To help speed immunisation of the continent's 1.3 billion people, the African Union said it had secured 270 million doses of anti-Covid vaccines for delivery this year.

The WHO on Monday accused wealthy countries of hogging Covid vaccines and hindering the pathway for poorer nations to get them too. It said some rich countries' direct deals with manufacturers had meant that previously-agreed vaccine allocations for poorer countries, via the Covax programme, were being reduced.

New variants of the virus, including in neighbouring Nigeria, are spreading across the continent with the UK and South African variants recorded in cases in Ghana.

"It is strongly recommended for countries to use the AstraZeneca vaccine even if the... new variants are present," the WHO said in a statement last week.

China regains slot as India's top trade partner despite tensions



China has regained its position as India's top trading partner despite a decaying relationship between the Asian neighbours. The two countries were involved in a bloody border conflict last year and saw India ban 220 Chinese tech apps. But that did not stop China leapfrogging the US in 2020 to become India's biggest trade partner, reports BBC News.

Two-way trade between the long-standing economic and strategic Asian rivals stood at \$77.7bn last year. Although this figure was lower than the previous year's \$85.5bn total, it was enough to make China India's largest commercial partner, according to provisional data from Delhi's commerce ministry.

Global trade flows have been muted during the pandemic, although there has still been strong demand for medical

equipment and supplies.

Total imports from China stood at \$58.7bn, which were more than India's combined purchases from the US and UAE - its second and third largest trade partners.

The two nations were involved in a Himalayan border dispute last June that saw at least 20 Indian soldiers killed in a clash with Chinese forces. Last week, China revealed that four of its soldiers had also died in the battle. The incident was the first deadly clash in the border area for at least 45 years.

In response to the clashes, India's government banned TikTok, WeChat and more than 200 other Chinese-made apps in June saying they were a danger to the country.

Biden's next foreign policy move? Get US back into UN Human Rights Council



The US under new President Joe Biden is eager to return to the fold of the Human Rights Council. Photo - reuters.com

US President Joseph Biden's new administration said on Wednesday it would continue its international re-engagement by seeking election to the UN Human Rights Council where it will press to eliminate a "disproportionate focus" on ally Israel.

Under former President Donald Trump's more isolationist approach, Washington quit the council in 2018 but the Biden government has already returned as an observer, reports Reuters.

"I'm pleased to announce the United States will seek election to the Human Rights Council for the 2022-24 term," Secretary of State Antony Blinken told the council by video.

Elections for three-year membership on the 47-member council are due at the UN General Assembly in October.

'Call out abuses'

The council, set up in 2006, has a stand-alone item on the Palestinian territories on its agenda every session - the only issue with such treatment - which both Democratic and Republican administra-

tions have opposed.

It routinely adopts resolutions condemning alleged violations by Israel in Gaza and the occupied West Bank.

"As the United States re-engages, we urge the Human Rights Council to look at how it conducts its business. That includes its disproportionate focus on Israel," Blinken said.

"We will continue to call out abuses in places like Venezuela, Nicaragua, Cuba, and Iran," he added.

Blinken reiterated the US call on Russia to release opposition figure Alexei Navalny as well as hundreds of others detained during protests.

He said Washington would denounce atrocities in Xinjiang, China's western region where activists and UN experts say 1 million Muslim Uighurs are held in camps. And he acknowledged rights issues at home, saying the United States would work to combat both systemic racism and economic injustice.

* Contd on page 6

Environmentally sound farming for the betterment of humanity



Feeding the World through Science. Photo - www.cio.com

AeroFarms is on a mission to transform agriculture with environmentally responsible farming that enables local production at scale and nourishes communities across the globe with safe, nutritious and delicious food.

The company has been leading the way for indoor vertical farming and agriculture, from genetics to post harvest. AeroFarms has grown more than 850 different varieties of crops, and the company now sees the potential to extend into other markets, such as pharmaceutical, cosmeceutical and nutraceutical. This broad vision is all part of the AeroFarms commitment to making the world a better place.

AeroFarms is currently developing of the world's largest indoor vertical farm of its kind in Abu Dhabi, the capital of the United Arab Emirates. The farm will be dedicated to state-of-the-art research and development (R&D) and commercialization of relevant local crops using AeroFarms' expertise and proprietary indoor vertical farming technology, reports Janet Morss of Cio.com.

As part of the Abu Dhabi project,

AeroFarms expects to partner with major international companies, local universities, and AgTech startups to help solve some of the most pressing agriculture needs of our time. The company collaborates on scientific research with several universities, along with the Foundation for Food and Agriculture Research, a non-profit funded by the U.S. Farm Bill.

Growing high-quality, nutritious leafy greens, herbs and more without sunlight, soil or pesticides - and with 95 percent less water than conventional field farming - requires tight control and

close monitoring of operations using patented aeroponic technology and data-driven insights for a new level of precision.

"This is fully controlled agriculture," says AeroFarms Co-Founder and CEO David Rosenberg. "Controlling the temperature and humidity to what the plants want allows us to manage the issue of seasonality in the field, and to grow 12 months a year, 365 days a year. The customer always gets fresh produce harvested at its peak flavor - great tasting, safe food."

AeroFarms crops get an ideal amount of moisture and nutrients misted directly onto their roots, which dangle in a chamber below a growing cloth medium. They also get an ideal spectrum of LED lighting to match the plants' needs throughout a 12- to 16-day growing cycle. AeroFarms' precision growing algorithms allow just-in-time growing for its selling partners all year round. Once the plants reach maturity, they are harvested and packaged onsite and then distributed to local grocery stores. The close proximity of the farm to consumers greatly reduces transportation costs and spoilage.

How the Royals will be on display hours before Meghan Markle and Prince Harry's tell-all

Meghan Markle and Prince Harry's 90-minute interview with Oprah Winfrey will be broadcast on Sunday, March 7, hours after Queen Elizabeth II and senior royals appear on British TV.

The Duke and Duchess of Sussex's tell-all with CBS was recorded last week, ITV News reported, days before Buckingham Palace announced a decision to remove Harry's military titles and several of the couple's charitable patronages, reports Jack Royston of Newsweek.

Little is known about what the couple have told Winfrey. A summary released by CBS suggests a one-on-one with Meghan will cover "everything from stepping into life as a royal, marriage, motherhood, philanthropic work to how she is handling life under intense public pressure."

Prince Harry will then join his wife to "speak about their move to the United States and their future hopes and dreams for their expanding family."

Hours earlier-on Sunday evening U.K. time-a Commonwealth Day message from the queen will be broadcast on the BBC.

A difference of opinion appears to exist between the duke and duchess and Buckingham Palace, as revealed in statements made by both last week.

As the queen took away Harry's honorary military roles and a number of the couple's royal patronages last week, the palace said: "Following conversations with the Duke, the Queen has written confirming that in stepping away from the work of the royal family it is not possible to continue with the responsibilities and duties that come with a life of public service."

However, minutes later a spokesperson for Harry and Meghan said: "As evi-



Meghan Markle and Prince Harry attend the Commonwealth Day Service 2020 at Westminster Abbey on March 9, 2020 in London, England, in their final royal engagement. Photo - msn.com

denced by their work over the past year, the Duke and Duchess of Sussex remain committed to their duty and service to the U.K. and around the world, and have offered their continued support to the organizations they have represented regardless of official role.

Meghan and Harry gave guarded and brief comments about their experiences in the royal family during interviews with ITV's Tom Bradby in 2019.

Since then, the couple have launched six lawsuits against U.K. newspapers and British or American paparazzi agencies.

Harry and Meghan have criticized the media before, but viewers will be keen to learn whether the CBS interview contains any criticisms of the royals themselves.

Facebook 'refriends' Australia after changes to media laws

Facebook will restore Australian news pages, ending an unprecedented week-long blackout after wringing concessions from the government over a proposed law that will require tech giants to pay traditional media companies for their content.

Both sides claimed victory in the clash, which has drawn global attention as countries including Canada and Britain consider similar steps to rein in the dominant tech platforms and preserve media diversity, reports Byron Kaye and Colin Packham of Reuters.

While some analysts said Facebook had defended its lucrative model of

collecting ad money for clicks on news it shows, others said the compromise - which includes a deal on how to resolve disputes - could pay off for the media industry, or at least for publishers with reach and political clout.

"Facebook has scored a big win," said independent British technology analyst Richard Windsor, adding the concessions it made "virtually guarantee that it will be business as usual from here on."

Australia and the social media group had been locked in a standoff after the government introduced legislation that challenged Facebook and Alphabet Inc's Google's dominance in the news content

market.

Facebook blocked Australian users on Feb. 17 from sharing and viewing news content on its popular social media platform, drawing criticism from publishers and the government.

But after talks between Treasurer Josh Frydenberg and Facebook CEO Mark Zuckerberg, a concession deal was struck, with Australian news expected to return to the social media site in coming days.

"Facebook has refriended Australia, and Australian news will be restored to the Facebook platform," Frydenberg told reporters in Canberra.

Frydenberg said Australia had been a "proxy battle for the world" as other jurisdictions engage with tech companies over a range of issues around news and content.

Reaction to Facebook agreeing a concession deal with Australia on media bill

Australia will offer four amendments, which include a change to the proposed mandatory arbitration mechanism used when the tech giants cannot reach a deal with publishers over fair payment for displaying news content.



Nita Deerpalsing

“Everyone should ask themselves to what extent they have themselves created the current Frankenstein”

Nita Deerpalsing, former MP who took a break from active politics, avers that these last four years have given her time to revisit the foundations of her past political engagement. She has found them shaky, and has altogether new ideas about the running of the country and the structural changes required in the polity that will derive from this new orientation in the country's way of doing politics. She calls it progressive politics, which is about using power to further the good of the country and its people and not for serving oneself.

Mauritius Times: We have not heard much from you since you are back, except when you publicly came out to set the record straight as regards Kishore Deerpalsing. One would have thought that the causes that the Labour Party is supposed to stand for, and indeed has for several decades, should have beckoned you back. Could it be that the Labour Party is no longer the party that inspired you at the beginning of your political career?

Nita Deerpalsing: The reasons for, and values upon which the Labour Party was founded will always remain my moral compass for public engagement. Politics isn't a "career" in my view. The courage, the determination, the unflinching will to fight against injustice, even when the founders were probably fully conscious about how much the deck was stacked against them – this is the kind of inspiration that gets your blood running, isn't it?

“While the unfolding episodes of this Mauriflix series may seem to be an engrossing topic of discussion for the 'fans' of politics, most Mauritians could not care less about these eternal unending tactics which concern the political future of a handful of persons, certainly not the future of the majority of Mauritians. These tactics have been served and *rechauffées* for over 30 years now...”

Upon my return, after a couple of conversations on the legacy we want to bequeath after we leave this realm of earthly existence, I regrettably had to conclude that I no longer found inspiration for action in the same old *refrains* of tactics, strategy, 'moves', just for the sake of reconquering power. And I didn't get a satisfying answer as to why in the first place we would want to seek power. Call me naïve but honestly, I just can't fathom how power by itself can in any way be fulfilling. Now power to wage war against all kinds of injustice and truly *'bâtir une*

nation', THAT is the kind of power one would dream about. How can power be fulfilling if, as a magic wand, it turns leaders into docile followers of a warped system?

Nudged by a couple of people, I decided to go out on a limb and create a space, free from the pollution of mere tactic making, where with a small dedicated team, we can at least reflect upon what exactly it is that we need to change in order for our country not only to get out of the mess it is currently in, but more importantly, to rise up to its true potential.

Today, there is a broken trust in the credibility of politicians. And as History teaches us, this is a dangerous terrain for all kinds of zealots to fester, and that can further endanger our common future. This is why authenticity, leadership by example, sincerity of purpose are absolutely necessary in order to set the tone in this mission to rebuild the public good.

* As regards the here and now, in the wake of the controversy stirred by Eshan Juman's statement about the Labour Party's capability to go it alone for the next municipal elections, which has irked both Paul Berenger and Xavier Duval, it has come out finally that the real reason for the current “*mésentente*” which has gripped the ‘Entente LP-MMM-PMSD’ has to do with the leadership of the Labour Party. How do you react to that?

No one can dispute the argument that it is for each Party to decide who their leader is. This is incontestable. But to any observer, it was clear that the real issue was the lack of an agreement between party leaders as to who should or should not lead an eventual “alliance” to elections.

In any case, while the unfolding episodes of this Mauriflix series may seem to be an engrossing topic of discussion for the 'fans' of politics, most Mauritians could not care less about these eternal unending tactics which concern the political future of a handful of persons, certainly not the future of the majority of Mauritians. These

tactics have been served and *rechauffées* for over 30 years now. The large majority of Mauritians are in “been there, done that” mode. And they are more than ever thirsty for credible alternatives to these old games.

* To come back to the leadership issue, it's quite probable that the MSM, in particular the Jugnauths, would find it easier to win future electoral battles with Navin Ramgoolam as their principal adversary – just like the LP, the MSM and the PMSD in alliance or separately in the past found a convenient opponent in Paul Berenger. Does this mean that Ramgoolam has today become a liability for the Labour Party?

“If people want to be seen as credible leaders, they should first of all shed the in-our-face hunger to fan their macho egos. I mean I don't know who came up with this silly ‘Avengers’ title, but isn't that again *révélateur* of a hunger for ‘vendettaria’? What we need in terms of credibility is certainly not the fanning of a ‘vendettaria’ culture, but the intent on empowering checks and balances in a rules-based society...”

I would say that the liability for any political bloc today is to be stuck in a tactic making mode. You know there is this little background music that I increasingly hear now from a number of people: that the population has become ‘*rodere boute*’ and therefore this or that *regroupement/l'entente* is justified on the hypothesis that this is what the ‘market’ wants.

I believe this is a completely wrong reading. Yes, it is true that we are witnessing a visible degradation of our common good, of civic behaviour. But the fish rots from its head! Who is responsible for this state of affairs?

* Cont. on page 8

'Yes, the fish rots from its head! Who is responsible for this state of affairs?'

* Cont. from page 7

What signal do you give to a population when the model of development you pursue is based on a tacit understanding of 'special privileges' for both the political and the economic elite? Of course, that model isn't sustainable and will nudge and/or induce the wrong kind of behaviour.

This is why the whole reward system is topsy-turvy all around. When a citizen sees that the political as well as the economic elite is flourishing on all kinds of *simin traver*, *kass kontour*, instead of a transparent, rules-based society, won't he deduce that in order to get ahead, he too should subscribe to this warped model? Is it then a surprise that the very concept of rule of law is going down the drain?

“Everyone should take a long look at the mirror and ask themselves to what extent they have themselves created the current Frankenstein. Time will tell if we currently have a political leadership which can be on the right side of History. Not in terms of strategizing to win elections. But in terms of progressive politics...”

By the way, just a little *parenthèse* - I prefer to talk of rule of law (which cannot exactly be translated to 'Etat de droit') rather than a problem of 'law and order'. Talking about 'law and order' is looking only at the symptoms, talking about rule of law looks at the issue from a systemic perspective. I believe it is also important for us to change the language from which we apprehend our issues if we want our '*constat*' to result in highlighting the solutions.

There are a couple of things we now all know about Homo Sapiens. It is an aspirational species. And leadership makes a difference. This is why a leadership *éclairé* – and I don't mean only in the political arena – paves the way to a society where the reward system is rule-based and therefore people's expectations and behaviour are more or less virtuous, where deviancy is an exception rather than the rule. And we don't have to point to Canada, Scandinavian countries, New Zealand, South Korea, etc., for examples. It's also worth talking about Rwanda's achievement from where it was. And don't we all agree that Mauritius itself, some 30 years ago had, by and large, a more collaborative society?

Personally, I don't think it is a coincidence that the signalling got broken precisely in the aftermath of the advent of a new political party in the early 80s, resting on a '*moralité pa rempli vant*' ethos. Ushering in a roaring political culture of '*baz*' with its inevitable corollary of spiralling nepotism and corruption, of carrots for those who support us, and *rotin bazar* for those who don't vote for us – the perfect recipe to destroy the concept of the common good.

That was the signal given, and everyone else soon

followed, in varying degrees. Is it then any surprise that we are where we are today? Are we still going to lay the blame on the population? Raise our hands up in resignation and say '*dimun la kumsa aster*'? What then is the role of leaders? To kneel down and follow? Or to steer a better path?

*** If the perceived loss of credibility of the Labour Party today has to do with its leadership – the same affliction would be affecting the MMM, it would seem –, what will become of the LP if this question of leadership is not thrashed out before the next general elections? And how should the LP go about choosing its leader?**

I think it's too easy to crystallize the across-the-board loss of credibility on one single person when in fact it concerns the whole existing political leadership. Everyone should take a long look at the mirror and ask themselves to what extent they have themselves created the current Frankenstein. Time will tell if we currently have a political leadership which can be on the right side of History. Not in terms of strategizing to win elections. But in terms of progressive politics. The only kind which can create a sustainable sense of common good.

*** There is another 'threat' facing the Labour Party: Nando Bodha, who will be received not unlike the prodigal son in the biblical parable with open arms by Paul Berenger for another of his famous "winning formulae": a Bodha-MMM-PMSD alliance. To start with, that's going to change the 'rapport de forces' in the Opposition itself. What do you think?**

I think that winning formulae are totally '*rass*' in terms of a paving the way to shape a better future. Not to mention totally *aux antipodes* of what the population is seeking.

*** With all the competition for political mileage amongst the different parties in the Opposition and more in the pipeline from probably the Rama Valayden-led Avengers as well as Roshi Badhain, etc., many of whom may have skeletons in their cupboards, the question that many people may be asking is: 'What's our best bet in terms of a credible alternative to the government of the day?' What's your answer to that question?**

If people want to be seen as credible leaders, they should first of all shed the in-our-face hunger to fan their macho egos. I mean I don't know who came up with this silly 'Avengers' title, but isn't that again *révélateur* of a hunger for '*vendettariat*'?

Politicians are not saviours. They are only human beings with their qualities as well as their weaknesses. Even the best-intentioned human being can fall prey to weaknesses. What we need in terms of credibility is certainly not the fanning of a '*vendettariat*' culture, but the intent on empowering checks and balances in a rules-based society.

And it is certainly not with the kind of rash behaviour one day calling someone Mr Herbicide, another day chasing journalists away in that most vulgar 'BLD' man-



“I don't think it is a coincidence that the signalling got broken precisely in the aftermath of the advent of a new political party in the early 80s, resting on a '*moralité pa rempli vant*' ethos. Ushering in a roaring political culture of '*baz*' with its inevitable corollary of spiralling nepotism and corruption, of carrots for those who support us, and *rotin bazar* for those who don't vote for us...”

ner that one can pretend to credibly stand for a non-toxic, rules-based system versus revealing an attitude of one rule for '*nou dimun*' and another set of rules for those '*ki pa adore/adule nou*'.

*** What are the pull factors that should come into play in the choice of that credible alternative?**

I think it revolves around these key words: authenticity, integrity, credibility, leadership by example. In my view one of the most urgent tasks is to change the narrative on the subject of the relationship between politics and money.

It is astounding to me that when I talk about breaking the link between money and politics, people look at me with disbelief, sometimes with a condescending 'all-knowing' look, sometimes with pity. Does not that in itself demonstrate to what extent, like good *homo sapiens*, we are adapting to this corruption producing environment, to the point of saying there's no going back? So those in the political class who demonstrate by their words, their choices and their actions this complete kneeling down to the power of money, are they leaders or have they themselves morphed into mere followers/worshippers of money in the system? Aren't leaders supposed to show the way, to pave the way to a new virtuous territory?

So today we are in this incredible situation.

* Cont. on page 9

'What then is the role of leaders? To kneel down and follow? Or to steer a better path?'



“Today, there is a broken trust in the credibility of politicians. And as History teaches us, this is a dangerous terrain for all kinds of zealots to fester, and that can further endanger our common future. This is why authenticity, leadership by example, sincerity of purpose are absolutely necessary in order to set the tone in this mission to rebuild the public good...”

* Cont. on page 8

On one side of a seesaw, in mainstream parties across the board, we seem to have leaders-by-title only, not by essence - in that the individuals have adapted so much to the system, that they are now unable to even imagine political life without the cocoon of this system. To the extent that in one of the parties, even the oxymoron-laced “reinvention” that is supposedly concocting itself on the back burner in some quarters, rests upon the oh-so-worshipped criterion of being a multimillionaire/billionaire, added to: being male and from one specific sociological profile. Talk about the reinvention of a new meaning for progressive politics!

On the other side of the seesaw, we have an increasing majority of the population - some vocal on the streets, others silent in their homes -- completely up to their neck with all these shenanigans. Contrary to what some political leaders believe, the population is shrewd, *perspicace*, they see through all the manoeuvres and they are thirsty for a change they could possibly believe in.

I could be mistaken, but I sense that there is already an important *lame de fond* of change amongst the population at large. Whereas to date, in stark contrast, we see across the board, a political class incredibly struck-in-time and in denial about it too!

*** Would you be surprised that, in view of political confusion and uncertainty presently prevailing in the Opposition, lots of people today would tell you that they have no choice than to make do with the current team... inspite of the procurement scandals, the Kistnen Papers, or even the suspicious deaths of party activists or alleged suicides?**

We are truly at crossroads. We need a complete systemic overhaul otherwise we are only going to reproduce what has been on show to varying degrees for the last 30 years or so.

All of the things you mention, they are only symptoms of a much larger disease festering. People are so wrong to believe that oversight is needed only for political party finance at the time of elections. The disease has spread so much that we are now talking about political finance and its ramifications on almost a daily basis!

Do you have any idea how much money or in

kind ‘donations’ are made on a continuous regular basis in constituencies? It has already gotten way-out of hand! In this vicious gargantuan appetite for more and more, created by politicians in the first place, do you think that party leaders or individual politicians have any ‘incentive’ to apply any form of due diligence to all kinds of financial or in-kind ‘sponsorships’?

*** The political gimmicks of the opposition parties and the quest for answers in Court regarding the matter of the alleged job of a Constituency Clerk and about the suspi-**

cious deaths we spoke about earlier are deflecting from the people’s attention serious issues of public interest that should be addressed. Can you tell us briefly what’s on your mind in that regard?

You have used the right words: political gimmicks. In order to change the narrative about politics, I believe it is necessary to turn our backs on all this game playing, making tactical moves, etc., and focus on the essence of what we want to achieve through a virtuous political engagement.

If I had to pin down to one word the one common denominator to which all human beings aspire, it’s ‘*byenet*’; a sense of well-being which is possible if and only if, two fundamental conditions are present: 1) human dignity, and 2) equal rights.

This is what founders of the Labour Party lived and breathed in 1936. This is what, I would say, any genuine political engagement should be based upon. But it goes even beyond an individual’s basis for political engagement. To me, *lazistiz*, *lespwar* and the right policies - resting on human dignity and equal rights for each and every citizen, is central to, and in turn propel us to: *byenet* and *lakorité*.

Lazistiz as delivered by trustworthy institutions which are systemically built so that checks and balances are triggered right away at the very first sign of deviant behaviour from rules-based principles. *Lespwar* resulting from an increase in quality of life through a sustain-

able productivity model; and the right policies for clean, green and smart policies through insightful strategy and planning.

This is why my team and I have come up with a schema which illustrates both the final aim and the propellers to a virtuous circle which can sustain the creation of a common good that can stand the test of time. I can share with you this rough still-under-construction first *ébauche* of this framework which will shape all the propositions we continue to share as we go along and eventually in a more detailed document.



I have already made a number of concrete propositions, such as doing away with fat cat packages and privileges for ministers and MPs, while making all public-funded contracts transparent to the public. I note that Mr Bodha took up this proposition I made in October last year on Radio Plus. Today, technology is already being used in a number of countries to ensure transparency in public procurement.

I have also proposed abolishing of the posts of President and Vice President to be replaced by a kind of Haut Conseil de Gouvernance/Senat/Governing council (the appellation is not important). With the same budget currently dedicated to two individuals going to an “Instance” with something like 11 individuals who will, for example, amongst other things, have final oversight over important HR issues of all public funded institutions. Like recruitment of top officials, promotions, renewal of contracts of such bodies as ICAC, etc.

Already, with 11 individuals - representative of our rainbow nation - whose names could be proposed jointly by the majority and the opposition, there will be an inbuilt check and balance against a system vulnerable to any *tentation de magouilles* when these powers rests solely within the de facto (even if not de jure) influence of one single individual, the PM. We could also envisage many other such powers vested under the post of PM to be transferred to this “Instance”.

There are several other propositions for a better Mauritius that your readers can follow on my Facebook page.

“Call me naïve but honestly, I just can’t fathom how power by itself can in any way be fulfilling. Now power to wage war against all kinds of injustice and truly ‘*bâtir une nation*’, THAT is the kind of power one would dream about. How can power be fulfilling if, as a magic wand, it turns leaders into docile followers of a warped system?”



Earth's existential threats: inequality, pandemics and climate change demand global leadership

☛ Cont. from page 2

But inequality also drives climate change. The richest 10% of the global population are responsible for more than 52% of all emissions. Globally, carbon dioxide emissions track GDP growth with remarkable tenacity.

Higher inequality means less of the benefits of growth accrue to those at the bottom. More growth, and therefore emissions, are then required to meet the material needs of the world's population. Meanwhile the fossil fuel industry has stymied action with its constant lobbying and sowing of doubt about the connection between fossil fuels and climate change. These factors together threaten to lock us into a downward spiral of worsening inequality and climate breakdown.

A similar story can be told about other threats. The COVID-19 pandemic has exacerbated inequalities both between and within countries. Social distancing is made more difficult the further down the economic scale you are. And access to vaccines seems to follow the same pattern, especially on an international scale.

Or consider artificial intelligence (AI). The increasing capabilities of AI technologies pose a threat to the global political order. These include the use of facial recognition to empower surveillance states, worsening disinformation, the large-scale use of lethal autonomous weapons (killer robots) and – more speculatively and long-term – the potential development of an



China is now a big player in the battle against climate change. EPA-EFE/Alex Plaveski

“artificial general intelligence” as smart and capable as humans, with all the dystopian possibilities that conjures up. Big tech firms such as Google and Facebook have a disproportionate influence in the development and regulation of many of these technologies and applications. This has allowed them to monopolise the benefits while passing the risks on to everyone else.

Looking for global leadership

These connections between threats and inequality are a global phenomenon. Solutions need to be similarly global. On climate change, rejoining the Paris Agreement is a necessary step for the new US administration – but it's not enough. Most urgently, Biden must work to reconcile bipartisan anti-China sentiment with the

reality that China is now a major player in climate politics and must be factored into any solutions.

But there is much more the US, and indeed other rich countries, can do. Both by addressing their own emissions, but also building international partnerships to provide developing countries with the financing and technology required for energy transition. Instead of locking lower income countries into the fragile position of relying on commodity exports to maintain their economies, these efforts should assist countries in diversifying into high value-added industries needed in the new green economy and provide them with greater control over their economic development as partners in the global low-carbon eco-

nomy.

Biden can leverage America's position in international financial institutions such as the World Bank and International Monetary Fund to tackle the debt crisis that not only prevents poorer countries from taking action to mitigate climate change and adapt to its impacts, but has also stymied their COVID-19 relief efforts.

The regulation of big tech is another key battleground. Australia's recent attempts to spread the profits from tech monopolies provoked a public retaliation from Facebook, which temporarily blocked access to Australian news content on its site.

These events are a stark reminder of the power of big tech, and it is this same power that must be limited in the context of AI governance. The US has a stake in these issues, and it must play its part in reducing the risks associated with the development and deployment of AI by international corporations.

In this area and many others, coordinated international approaches are needed to address the links between threats and inequalities pushing our civilisation towards collapse. Such efforts should be at the top of the Biden-Harris agenda.

**Jacob Ainscough, Alex McLaughlin,
Natalie Jones - University of
Cambridge & Luke Kemp
- Australian National University**



Tree of Knowledge

Enjoying Your Age

Madisyn Taylor

Wishing to be younger or older is a denial of the joys that have been and the joys yet to be, as well as the beauty of your life in the present.

In each stage of life, there are wonderful experiences one can savour and valuable insights one can absorb. Every new decade and, in fact, every new year brings with it wisdom, transformation, and growth, as well as ends and beginnings. Many people, however, believe that there is one age that eclipses the others. They expend energy trying to reach it and, once it has passed, trying to retain it. But wishing to be

younger or older is a denial of the joys that have been and the joys yet to be, as well as the beauty of your life in the present. Holding on to one age can make it difficult to appreciate each new milestone you reach. Taking pleasure in the delights of your age, whether you are in your 20s, 40s, 60s, or 80s, can help you see the magnificence and usefulness of the complex seasons of your life.

Each new year gifted to us by the universe is replete with exciting and unfamiliar experiences. In our 20s, we can embrace the energy of youth and the learning process, knowing it's okay to not have all the answers. As we move through our third decade, we grow more self-assured

as the confusion of our young adulthood melts away. We can honour these years by putting aside our fears of aging and concentrating instead on solidifying our values and enjoying our growing emotional maturity.

In our 40s, we become conscious of the wisdom we have attained through life experience and are blessed with the ability to put it to good use. We are not afraid to explore unfamiliar territory or to change. In our 50s, we tend to have successfully navigated our midlife reevaluations and have prioritized our lives. In the decades beyond, we discover a greater sense of freedom than we have ever known and can truly enjoy the memory of all we've seen and done.

Try to enjoy the age you are at now, for each age presents its own unique wisdom to savour.

In Remembrance

Of our late dad,
grandpa,
Deonarain Haulkory

Death changes everything! Time changes nothing... We still miss the sound of your voice, the wisdom in your advice, the stories of your life and just being there in your presence.

So no, time changes nothing, we miss you as much today as we did the day you passed away. We just miss you!



Food for Thought

A few years ago, my friend had just crossed age 50. Just about 8 days later she was struck with an ailment... And she died swiftly.

In the group we received a condolence message: "Sad... she is no more with us... RIP".

Two months later I called her husband. A thought crossed my mind - he must be devastated as he had a travelling job. Till her death she would oversee everything: home, education of their children; taking care of the aged in-laws, their sickness, managing relatives... everything, everything, everything.

She would express at times: "My house needs my time, my hubby can't even make coffee or tea, my family needs me for everything, but no one cares or appreciates the efforts I put in. I feel they all take me for granted."

I called her husband to see if the family needed any support, as I felt her hubby must be feeling lost to suddenly have to

handle all the responsibilities, for everything - ageing parents, kids, his travelling job, loneliness at this age... how must he be managing?

The cell phone rang for some time... no response. After an hour he returned the call. He apologised that he could not answer my call as he had started playing tennis for an hour at his club and meeting friends, etc. To ensure he had a good time. He even took a transfer to Pune. So as not to travel anymore.

"All well at home?" I asked.

He replied, he had appointed a cook ... he paid her a little more and she would buy the groceries and provisions. He had appointed full time caretakers for his aging parents.

"Managing well... kids are fine. Life is returning to normalcy, he said.

I barely managed to say a couple of sentences and we hung up.

Tears welled up my eyes.

down since the soldier was a Confederate. But, out of respect for the father, they did say they could give him only one musician.

The Captain chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of the dead youth's uniform. This wish was granted.

The haunting melody, we now know as 'The Last Post' used at military funerals was born.

The words are:

Day is done.
Gone the sun.
From the lakes
From the hills.
From the sky.
All is well.
Safely rest.
God is nigh.

Fading light.
Dims the sight.
And a star.
Gems the sky.
Gleaming bright.
From afar.
Drawing nigh.
Falls the night.

Thanks and praise.
For our days.
Neath the sun
Neath the stars.
Neath the sky
As we go.
This we know.
God is nigh

Captain reached the stricken soldier and began pulling him toward his encampment.

When the Captain finally reached his own lines, he discovered it was actually a Confederate soldier, but the soldier was dead.

The Captain lit a lantern and suddenly caught his breath and went numb with shock. In the dim light, he saw the face of the soldier. It was his own son. The boy had been studying music in the South when war broke out. Without telling his father, the boy enlisted in the Confederate Army.

The following morning, heartbroken, the father asked permission of his superiors to give his son a full military burial, despite his enemy status. His request was only partially granted.

The Captain had asked if he could have a group of army band members play a funeral dirge for his son at the funeral.

The request was turned

Ladies, live your passion, live your life

My friend remained in my thoughts... She had missed the school reunion for a minor ailment of her mother in law. She had missed her niece's wedding because she had to supervise the repair work in her house.

She had missed so many fun parties and movies because her children had exams, and she had to cook she had to take care of her husband's needs...

She had always looked for some appreciation and some recognition... which she never got.

Today I feel like telling her...

No one is indispensable.

And no one will be missed, it is just the play of our mind.

Perhaps it is the consolation. A symbol of our understanding if you would like to call it that... That's the problem of putting others first.

You have taught them that you come

second.

Reality bites: After her death two more maids were hired and the house was in order.

We only measure our respect and our value.. ain't that true?

Then do enjoy life. Remove the frame of mind that I am indispensable and with out me the house will suffer.

Most importantly make time for yourself - the ME time, the time for the self.

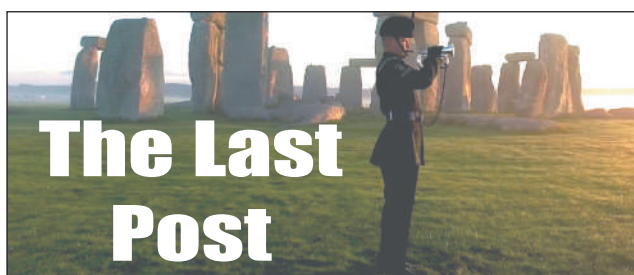
Get in touch with your friends... Talk, laugh and enjoy.

Live your passion, live your life.

Once in a while do things that you love to do.

Don't look for your happiness in others, you too deserve some happiness because if you are not happy you cannot make others happy.

Everyone needs you, and you too need your own care and love.



The Last Post

If any of you have ever been to a military funeral in which The Last Post was played; This brings out a new meaning of it.

Most of us have heard the haunting song, 'The Last Post' at a military funeral. It's the song that gives us a lump in our throats and usually tears in our eyes.

But do you know the story behind the song? Reportedly, it all began in 1862 during the American Civil War, when Union Army Captain Robert Ellicombe was with his men near Harrison's Landing in Virginia. The Confederate Army was on the other side of the narrow strip of land.

During the night, Captain Ellicombe heard the moans of a soldier who lay severely wounded on the field. Not knowing if it was a Union or Confederate soldier, the Captain decided to risk his life and bring the stricken man back for medical attention. Crawling on his stomach through the gunfire, the

jetha tulsidas

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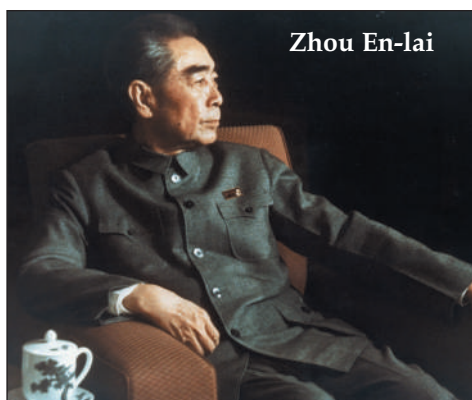
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Understanding the Meaning of the Chinese Zodiac



Zhou En-lai

It was said that Chinese Premier Zhou En-lai was once having a meal with his European friends. A person in this group passed an impolite comment when he was drunk. "You Chinese carry the signs of pigs, dogs, and mice at birth. I can't understand what's going on in the mind of your ancestors?"

At that point, the distinguished group of friends started to laugh. They started to toast each other boisterously.

The cultured and serene atmosphere was broken.

Some people believe that when someone insults your ancestors, even if you don't have a response to it, the least you could do is to retort calmly. For a while, not a single word was uttered. It was probably because they have not come across this situation before, especially in the presence of such a distinguished host. Then, Premier Chou En-lai stood up and spoke to everybody in a calm and peaceful way.

"The Chinese ancestors were very wise. They arranged the twelve zodiac signs in pairs; six pairs in a cycle. In this way, they expressed their hopes and wishes for the generation that came after them." The room became silent. There were some sceptical looks among the audience.

Premier Chou En-lai continued:

"The first pair of animals is the rat and ox."



"The rat represents wisdom and the ox represents diligence. Wisdom and diligence must operate in harmony. If there is wisdom but no diligence in applying it, it's foolishness. On the other hand, if there is diligence but no wisdom, it's an act of folly.

"That's why wisdom and diligence must go hand in hand. This is our ancestor's first wish for us. The first pair of animal also represents the most important hope.



"The second pair is the tiger and rabbit."

"The tiger represents courage and the rabbit represents carefulness. These two qualities must work closely together. In that way, it can have a better chance to achieve success. Without carefulness, courage becomes recklessness. Similarly, without courage, carefulness becomes cowardice. This pair of qualities is very important. That's why it is the second pair."

Premier Zhou En-lai looked at the audience and then he added: "Therefore, when we demonstrate our carefulness, please do not think that we do not have the courage to fight for social justice.

"In truth, what our ancestors are pursuing is wisdom through integrity, harmony, and balance. It's never about a single hope or task."

When he saw that the audience was deep in thought, Premier Chou En-lai continued:

"The third pair is the dragon and snake."



"They represent strength and flexibility. Strength without flexibility becomes brittle. Without strength, flexibility becomes meaningless. That's why strength with flexibility is an important lesson from our ancestors that has lasted through time.

"The next pair is the horse and goat."



"The horse represents the ability to gallop to success. The goat represents the ability to be considerate and have compassion. If a person only looks after himself as he pursues his goal and with no consideration for others, he will face obstacles from the people around him. Finally, he may not even be successful. However,

if a person only looks after others and seek only to be amiable, he will not have a sense of direction. His goal will eventually be lost.

"That's why the spirit of the horse and virtues of the goat must be applied in harmony with each other. This is our ancestors' fourth wish for us.

"The next pair is the monkey and the chicken."



"The monkey represents agility. As for chicken, as there were no clocks in the days of old, it is needed to wake humans to start a new day. The chicken represents stability. The qualities of agility and stability must be tightly coupled together.

"If you have agility but no stability, your best plan will not come to pass. However, if you focused on having stability and refuse to change, you will not have a better future. When the two qualities are in harmony, on one side, there will be stability in terms of having, for example, effective system and collaboration.

"On the other side, there will be a release of unrelenting creativity and innovation to achieve progress. When these two qualities operate in synergy, it is one of the basic imperatives to achieve success.

"Lastly, we have the dog and pig."



"The dog represents loyalty while the pig represents good nature. If a person is loyal but does not have a good nature, he will be blindly following others. On the other hand, if he has a good nature but does not have loyalty, he will have no people and principles to guide him.

"That's why whether its loyalty to a country, loyalty to a team, or loyalty to an ideal, you need to ensure that good nature is tightly coupled with and working alongside with it. In that way, you can have a deep-seated sense of loyalty that comes from the heart.

"This is why the Chinese believe that the outer core must be in alignment with the inner core. At the inner core, we must have a pure heart that subscribes to high moral values. We must seek to live with ethos and positive principles. We must live up to our words and not do anything that will harm others.

"At the external core, we must be knowledgeable about the ways of the world. We must be wise in managing affairs around us. We need to focus on what matters in life and not be influenced by evil.

"We need to live with integrity and in harmony with others and the environment. We must not have any form of prejudice or seek to discriminate against anyone."

At the end of his speech, there was complete silence.

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Bébert à l'école

L'institutrice demande à la classe de primaire:

- Que voulez-vous être en grandissant?

Le petit Bébert répond:

- Moi, je veux être milliardaire, fréquenter les plus beaux clubs, trouver la plus belle "salope", lui acheter une Ferrari à 1 000 000 d'euros, un appartement à Copacabana, une villa à Paris, un jet privé pour voyager partout dans le monde, une carte de crédit sans limite et lui faire l'amour trois fois par jour!

L'institutrice, complètement choquée par la réponse vulgaire et crue de Bébert, essaie de récupérer la situation et, feignant de l'ignorer, demande:

- Et toi Lola?

- Moi, je veux être la salope à Bébert!

C'est bien d'avoir de l'ambition...

Husband: Sadhguru, when I wake up in the middle of the night, I see my wife's back and an aura of light around her head. Can you explain it in spiritual terms please?

Sadhguru: She's checking your cell phone.

An eight-year-old girl went to the office with her father on "Take Your Kid to Work Day".

As they were walking around the office, the young girl started crying and getting very cranky.

Her father asked what was wrong with her.

As the staff gathered round, she sobbed loudly: "Daddy, where are all the clowns that you said you worked with?"

An uneducated father with his educated son went on a camping trip. They set up their tent and fell asleep.

Some hours later, the father woke up his son.

Father: Look up to the sky and tell me what you see.

Son: I see millions of stars.

Father: And what does that tell you?

Son: Astronomically, it tells that th: "Idiot, someone has stolen our tent."

Moral: Too much education can spoil our common sense.

David Letterman's top ten reasons why golf is better than sex...

- 10... A below par performance is considered damn good.
- 9... You can stop in the middle and have a cheese burger and a couple of beers.
- 8... It's much easier to find the sweet spot.
- 7... Foursomes are encouraged.
- 6... You can still make money doing it as a senior.
- 5... Three times a day is possible.
- 4... Your partner doesn't hire a lawyer if you play with someone else.
- 3... If you live in California, you can do it almost every day.
- 2... You don't have to cuddle with your partner when you're finished.
- 1... When your equipment gets old you can replace it!

And the No. 1 reason why golf is better than sex...



Keep rest, eat, drink and enjoy...

Eat whatever you like because...
The inventor of the sports treadmill died at the age of 54.

The inventor of gymnastics died at the age of 57.

The world bodybuilding champion died at the age of 41.

The best footballer in the world, Maradona, died at the age of 60.

Now...

KFC inventor died at 94.

Investor of Nutella died at the age of 88.

The inventor of Turkish Shawarma and Stake died at the age of 104.

Inventor and cigarette maker Winston has died at the age of 102.

The inventor of opium died at the age of 116 in an earthquake.

Hennessy whiskey inventor died at 98.

The inventors of Afghani food (Qabeli, Manto and Chapli Kebab) are still alive.

How did these doctors come to the conclusion that exercise prolongs life?

Keep rest, eat, drink and enjoy... till end of the world.

Old age

The old lady handed her bank card to a bank teller and said, "I would like to withdraw \$500."

The woman teller told her, "For withdrawals less than \$1000, please use the ATM."

The old lady then asked, "Why?"

The teller irritably told her, "These are the rules. Please leave if there is no other matter. There is a queue behind you."

She then returned the card to the old lady.

The old lady remained silent... but then she returned the card to the teller and said, "Please help me withdraw all the money I have."

The teller was astonished when she checked the account balance.

She nodded her head, leaned down

and said to the old lady, "My apologies Ma'am, you have \$3.5 million in your account and our bank does not have so much cash currently. Could you make an appointment and come again tomorrow?"

The old lady then asked, "How much am I able to withdraw now?"

The teller told her, "Any amount up to \$100,000."

The old lady then told the teller that she wanted to withdraw \$100,000 from her account.

The teller did so quickly and handed the stack of cash to the old lady respectfully.

The old lady put \$500 in her bag and asked the teller to deposit the balance of \$99,500 back into her account.

Don't be difficult with old people... we can outwit the young and dumb.

Life's LESSONS

Letter to my old age friends

So, my dear, when you get older, never teach anyone anything. Even if you are sure you are right. Remember how this bothered you once? Did you take the advice of the elders yourself?

Do not try to help unless requested. Don't impose yourself on anyone. Don't try to protect your loved ones from all the misfortunes of the world. Just love them.

Don't complain about your health; your neighbours; your government; your retirement! Don't turn to be an old quarrel.

Don't expect gratitude from children. Remember: there are no ungrateful children - there are only stupid parents who expect gratitude from their children.

Don't say phrases like: 'Me at your age...', 'I gave you the best years...', 'I'm older so I know better...' This is generally not well received!

Don't waste your last money on anti-age treatments. It's useless. Better spend it on a trip.

TWO VERY IMPORTANT TIPS FOR A HAPPY LIFE!

- (1) KEEP QUIET WHEN YOUR WIFE IS TALKING...
- (2) DON'T TALK WHEN SHE IS QUIET!



Take care of your spouse, even if she becomes a wrinkled, helpless and moody old person. Don't forget she was once young, good looking and cheerful. And maybe she is the only one who really needs you right now.

Do try to keep up with time at all costs: understand new technologies; obsessively follow the news; constantly study something new. Do not fall behind in time. This is time for fun. Do what you want... While you can!

Don't blame yourself for anything. Whatever happened to your life or to your children's lives, not because of your fault. You did everything you could.

Preserve your dignity in any situation! Till the end! Do your best, my dear, this is very important. And remember: if you're still alive, someone needs you!

How to diffuse an argument with your partner

Arguments are exhausting. Complaining about office drama and/or fighting about the piled-up dishes in the sink are only some of the reasons why couples fight. Even if it is considered a healthy practice in marriages and relationships, it can lower the morale of the couple when things get rowdy. While fighting, couples end up yelling, swearing or even crying because both seem to come to the conclusion that they don't understand each other's problems. And that means more fights.

The number one thing couples can agree on while fighting is that they both just don't understand what approach they need to take to solve the argument. Whether it's agreeing with each other or boasting about individual opinions and views. You both don't understand what exactly you two need to hear at the moment. And so, you both get stuck, unable to decipher the differences between you two. However, if analysed carefully, couples can come out of this uncharted territory by applying a magical, yet basic marital solution i.e., ask each other these questions while fighting, reports TOI. Read on:



He & She

Do you want me to comfort you? Or, do you want me to give you solutions?

Recorded to end fights most of the time, these simple two questions can come out to be very handy for couples who are unable to grasp why their fights always turn ugly.

Sometimes, in the event of an emotional or physical disaster, all we want is someone to comfort us. While you spit

indifferences about the cruel aunt from your partner's side of the family, you would want nothing more than to have your partner to be on your side for once, so that they can also support our frustration over seemingly difficult family matters. Regardless of any situation, sometimes you just want some comfort.

While on the other hand, asking for solutions to problems seems like a better

and mature idea at times. Relying on comfort from your partner during a fight may not be what you are looking for. Instead, you might want some practical views or solution to the fight you are having with your partner right now. You might want to know where you went wrong and what is the quickest solution to dissolve the fight.

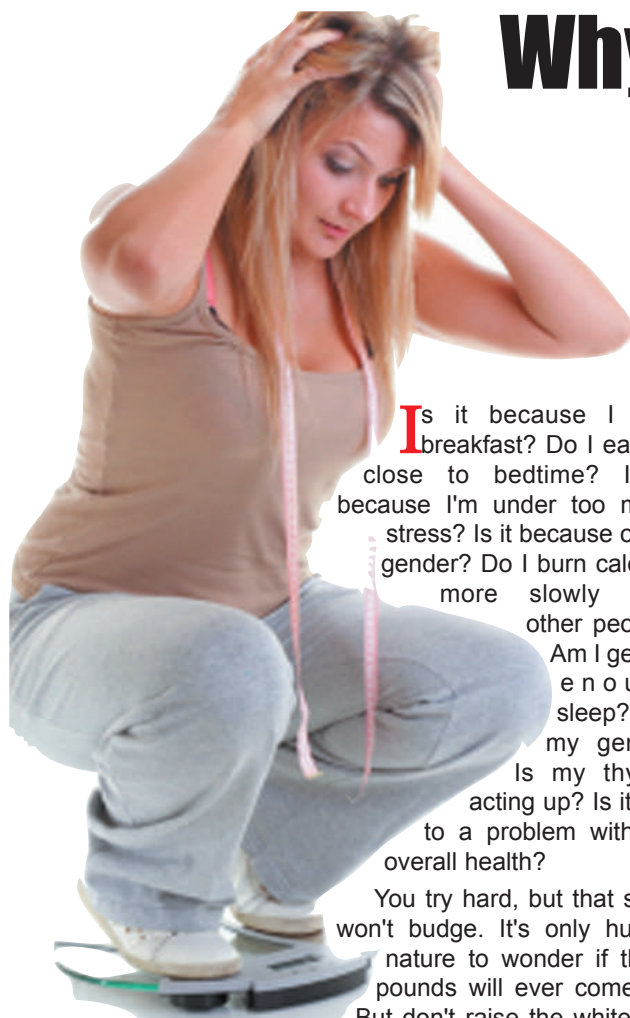
This helps you figure out what exactly you need

This leads us to wonder if fights happen because couples don't understand whether they require comfort or solution at the moment. Probably yes, because these two simple questions above, can solve the problem in a jiffy. It leaves no room for miscommunication or misunderstanding as you have to just answer whether you want comfort or solution in the fight. Going around in circles, treading over the same points will garner nothing, except for more disagreements, anger and spite.

This will not only help you get clarity to what you want but also helps your partner to direct the fight towards your current needs and vice versa. You both are further allowing yourselves to vulnerable during fights and arguments. By asking each other these two golden questions, you both will move a step closer to understanding what you both want, and most importantly, diffuse the fight at once.

Diet & Weight

Why Can't I Lose Weight?



and chuck your diet just yet. See if one of these sneaky things is secretly messing with your weight loss hopes.

Is it because I skip breakfast?

It could be. When you take a pass on that first meal of the day, it can work against you. You're likely to get hungrier later, so you may overdo it at lunch.

Try to eat within an hour of waking up. A high-fiber, protein-packed breakfast can help you feel full, longer. Try cottage cheese with fruit, eggs with whole-wheat toast, or Greek yogurt with a banana.

Do I eat too close to bedtime?

A late-night meal can spell trouble for your weight loss plan. It may raise your body temperature, blood sugar, and insulin, which makes it harder for you to burn fat. Try to eat

dinner at least 3 hours before you go to sleep.

Be careful about snacking after supper. You take in more calories than you realize when you nibble while you watch TV or use the computer. You may also be tempted to eat unhealthy foods like ice cream or potato chips.

Is it because I'm under too much stress?

It's possible. It can make you reach for high-calorie, high-fat foods. Your body also tends to store more fat when you're stressed out.

To reduce stress, try exercise or meditation.

Is it because of my gender?

It could make a difference in how you lose weight. A recent study suggests it's easier for men to drop pounds quickly. But women tend to have more success with long-term efforts.

Where you lose weight can also differ. Guys lose belly fat first, but that area can be tougher for the ladies.

Do I burn calories more slowly than other people?

Possibly. How fast you burn them is based on your metabolism -- chemical reactions that maintain your body.

If you have a slow metabolism, your genes may be to blame. Or you may not have enough lean muscle mass. People with lean, muscular bodies burn more calories than people with a higher percentage of body fat.

WebMD

Quotable Quotes

On a highway, even if we drive as fast as we can

We will still find someone ahead of us.

We should never try to win people with our arguments

Rather defeat them with our smile

Because the people who always wish to argue with us cannot bear our silence

Relation is a bond between persons who may not be equal in qualification, talent, money or age.

But equal in their commitment to understand each other.

Learn to appreciate individual differences, Keep communication open, let your rules be flexible and cut out the negativity.

That is the secret of happiness.

When you develop the ability to listen to negative comments without losing your temper, you've become mature & truly educated.

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BOLLYWOOD
ROUNDUPAnjali Tatrari: I cannot
do 'saas-bahu' drama

Actress Anjali Tatrari, who is currently seen on the sitcom *Sargam Ki Sadhe Satii*, says when it comes to picking up characters for television, she likes to keep them real and relatable. She avoids roles that are typical.

The actor, who has been part of the show *Mere Dad Ki Dulhan*, says: "None of the shows that I have been part of have been very 'TV-like'. My first show *Mere Dad ki Dulhan* was also not a regressive show. '*Sargam Ki Sadhe Satii*' is a sitcom, and we hardly have any sitcoms today on TV. I have been very sure of the content that I want to do and I am very specific about the roles that I pick up. I cannot do a *saas-bahu* drama, I am not convinced about the characters," she says, reports IANS.

The actress says she always tries to give her characters a realistic look and feel. "In this show I don't put make-up while sleeping because in real life, too, I don't sleep that way," she says.

Anjali adds that all kinds of shows do well on TV.

"TV has different kinds of audiences. Supernatural shows and *saas-bahu* shows have their audiences. That is why these shows are running. But for my shows, I have always dealt with the kind of audience which doesn't enjoy this. TV is evolving for sure," she says.

Talking about her new show, she says: "Just like the name, the show is very interesting. The script is well-written. It is absolutely hilarious. The show revolves around Sargam's life and how the time 7:30 is not lucky for her," she says about the Sony TV show.

Anil Kapoor talks
all things food!

Bollywood veteran Anil Kapoor reveals he has different foods for different moods. The 64-year-old says he loves to try different cuisines and special items from every country he visits.

In an exclusive interview with IANSLife, Anil, who has collaborated with KFC India to shoot for its new campaign launching its new range of burgers, talks all things food.

* What's your favourite cuisine?

I have different foods for different moods. I don't have a favourite cuisine as such really. A good meal is a good meal regardless of its shape, colour or form.

* Where is the food capital of India, according to you?

Aamchi Mumbai! I might be biased, but there's no doubt that the food culture in Mumbai has evolved a lot over the past decade... with so many great new restaurants and talented chefs, it's a haven for all foodies now.

* Do you try local food of places you travel to?

I love to try different cuisines and special items from every country and whenever I visit the place again I know my favourites! My manager Jalal conducts a proper research on the famous foods of every country/city we visit and we make it a point to try at least a couple of the items, if not all!

* Do you eat fast food? How often and how do you compensate?

I do eat junk food! I love my burgers and fries every once in a while. My daughter Rhea often whips up some great food for my cheat days. As for how I compensate, I read a quote a while back which said you cannot overstrain a diet... and I couldn't agree more. If I have a great meal, I always balance it out with a great workout.

* Do you follow a strict diet?

I do follow a good diet that works for me, but I keep switching it up. Currently for example, I am following a weekly 24 hour fast. I'm not sure how long I will do this, but it's working for me so far. My diet also depends on how heavy or light my work day is... Honestly, it's because I keep changing things up that I can sustain it for longer... Cheat days are very important to break the monotony. In fact during the lockdown, we had a designated cheat day where Rhea would cook some delicious food and I would eat to my heart's content! Now too we have our occasional binge days and I look forward to it!

* Do you also cook sometimes?

I don't usually cook but I would love to if I had the time and I'm sure I would enjoy it as well.

'Debina helps me
fulfil my dreams and
is a wonderful
support': Gurmeet
Choudhary

Gurmeet Choudhary is most excited about his birthday as not only his fans but also his friends and family start the celebrations days ahead of his special day. "I love spending my birthday with fans and even the media, who has been very supportive. This birthday is special as I have lots of things lined up," says the actor, who turned 37 on Sunday, reports Kavita Awaasthi of Hindustan Times.

On the other hand, he is looking forward to an eventful 2021 as he will soon be seen in the music video of singer B.

Praak's new song and has a thriller, *The Wife*, releasing as well.

Ask him about life goals and he admits, "My dream was to be a hero in a film. I came from a small town and didn't know where to start. I dreamt that people would sing songs featuring me. Thankfully, I was able to start my journey in films. I feel lucky that I got the chances that I did in my career as I am not the most talented actor or the most good looking, as there are better actors than me out there but here I am. Going forward, I want to work more and do more films, each year. Due to the pandemic, people haven't seen me act in over a year, though I had signed two films. Thankfully, they will release soon."

Talking about his goals for the next two years, he shares, "I want to be a superstar, who is also a good actor, that's my next dream. People haven't seen me act in over a year. Hope to change that this year."

Personally, kids too are on his mind, but not just yet, he says. "Debina (Bonnerjee, actor) and I want kids, we love kids and they are on our minds, but right now our focus is on work. I thank God for giving me Debina. *Hame God ne milaya hai*. Everyone works hard but finding the right direction is important. In love too, *sahi pyaar milna zaruri hai* (laughs). She helps me fulfil my dreams and is a wonderful support," says Choudhary.

Kangana Ranaut opens cafe and
restaurant in Manali

Kangana Ranaut has ventured into the food and beverage business by opening a cafe and restaurant in her hometown Manali. On Tuesday 23rd Feb, Kangana shared photographs from the location where her cafe will be set up.

The actress calls this her dream venture, revealing that apart from cinema she is also passionate about food, reports IANS.

"Sharing my new venture my dream with you all, something which will bring us closer, other than movies my other passion food, taking baby steps in to F&B industry, building my first cafe and restau-

rant in Manali, thanks to my terrific team dreaming of something spectacular. Thanks," Kangana tweeted.

The actress had recently hinted about her "new venture" on social media even though she did not divulge details about the same.

After wrapping up shoot for the Bhopal schedule of her forthcoming spy thriller film *Dhaakad*, Kangana tweeted on Sunday, hinting at her new venture.

The actress had written: "#Dhaakad is going to be something spectacular. Now running to another mission, new venture coming up."

Rajeev Khandelwal: Grand publicity and big star cast can no longer assure a hit film



Actor Rajeev Khandelwal says that because audiences today have the exposure to meaningful content, they will not accept anything and everything that is served to them in the name of entertainment.

"We've seen a gradual shift happen even before the pandemic, even before this OTT boom. There are actors like Ayushmann Khurrana and Rajkumar Rao who're being accepted. There was a shift happening. All those films before which shouldn't have worked, which did work because they were mounted, marketed very well and showcased in a different way, that will change," Khandelwal asserts, reports Juhi Chakraborty of Hindustan Times.

The actor states that it's because of the audiences' exposure to meaningful content, that anything and everything will not be accepted in today's time.

"Now people are exposed to good content. If you think grand publicity and star cast will help you then sorry to say, it won't happen. It won't assure you a hit," he adds.

Talking about the many big films that released digitally in the past one year owing to the pandemic crisis, the 45-year-old says, "Some of those films didn't grab any eyeball. Had they released in theatres, the makers would have plastered all around that the film earned so much on the first three days and then we'd have been forced to believe that the film is good, which isn't the case. On digital, they weren't even watched because word spreads very fast. If something can't hold their attention for the first few minutes then it does not matter."

Khandelwal notes that the conversations around how OTT has been instrumental in bringing about a change in the film industry, are also true.

"I do agree with the fact that a lot of actors, who weren't getting a platform to showcase their talent, are now getting that and are also being appreciated and getting more work. The film industry works in a certain way. When I did Aamir in 2008, people said that a TV actor isn't worth giving a shot and there was a myth that TV actors don't work in Bollywood. That they're not capable of carrying a film on their shoulder or shine in the industry. But my film did well and it changed the mindset," he concludes.

I thought making a comeback would be easy but the struggle period was exhausting: Pallavi Rao

"They say out of sight is out of mind and that holds true, especially for our TV industry," says Pallavi Rao, who is currently seen in the Kinkshuk Mahajan and Shiny Doshi starrer, *Pandya Stores*. Pallavi, who was last seen in *Shubhaarambh*, opens up to Times of India about her struggles when she decided to make a comeback around 2009 post a five-year sabbatical.

Pallavi, who has been a part of shows like *Kulfii Kumarr Bajewala*, *Diya Aur Baati Hum*, says, "After marriage, your priorities change. I wanted to concentrate on my family and my kids. So, I took a break after *Shakalaka Boom Boom* wrapped up in (2004) as I was expecting my first child. During the initial years of my career, I would always be busy with back-to-back shows. So, making a comeback post marriage and kids didn't seem tough. But I never imagined that the struggle period to get back to work would be emotionally exhausting and challenging," says Pallavi.

She further adds, "The waiting period started getting to me and there was a time when I started doubting my acting skills. People would often ask me why I still haven't landed a role despite my husband also being a director in the TV industry. It took me almost 1-2 years before I finally got my first show *Main Lakshmi Tere Aangan Ki* (2011) and since then there's been no looking back. I'm proud of achieving every show on merit and because of



my hard work, and dedication."

Talking about the Gujarat connection, Pallavi, who is often seen essaying the role of a Gujarati woman, says, "I have been raised in Ahmedabad and hence the culture, food, celebrations, festivities and the city are very close to my heart. I miss it all terribly and make it a point to visit Ahmedabad at every given chance." Pallavi also shares a great bond with co-star Shiny Doshi, "Apart from many other reasons why we get along well, hailing from Ahmedabad is certainly a big reason."

YOUR STARS

Sagittarius: Nov 22 - Dec 21

Notable beneficial changes in your professional life or your social status. Don't refuse to take responsibilities. Rather unstable love life: quarrels will spring from trivial molehills that'll grow into mountains.

Lucky Numbers: 14, 16, 20, 28, 33, 34

Capricorn: Dec 22 - Jan 19

Your children will give you many satisfactions. Your cherished projects will seem a failure to you, whereas in fact they are on the way to success. Your doubts concerning your beloved one will be swept away.

Lucky Numbers: 9, 10, 17, 19, 23, 30

Aquarius: Jan 20 - Feb 18

Risks of stormy relationships between you and your partner, with scenes of jealousy and arguments; try to control yourself. It won't be the right time to buy lodgings. Don't make promises that you'll not be capable to keep.

Lucky Numbers: 7, 9, 16, 20, 31, 34

Pisces: Feb 19 - Mar 20

Your love relations will be subject to doubt, to anguishes, but a dazzling encounter is more than probable. At work, it'll be sufficient to believe in yourself, and you'll pull off miracles beyond your hopes.

Lucky Numbers: 14, 15, 20, 30, 31, 33

Aries: Mar 21 - Apr 19

New prospects of alliance, association, or contract will be offered to you. In your love life, you'll be prone to a severe crisis of possessiveness and jealousy. Good family agreement; you'll enjoy this warm and cozy ambiance.

Lucky Numbers: 1, 15, 17, 19, 22, 33

Taurus: Apr 20 - May 20

Safeguard your private life, don't let it be invaded by anyone. Avoid discussing political or religious subjects with your friends, for they'll cause misunderstandings and arguments. Beware of your finances: they won't be brilliant!

Lucky Numbers: 6, 11, 20, 25, 36, 37

Gemini: May 21 - June 20

Obligations of married life will burden you; take courage, look at the good side of your situation. Positive changes should intervene in your career. Your friendly relations will be in the limelight, mainly because you have proved to be an honest and sincere friend.

Lucky Numbers: 8, 15, 19, 20, 30, 33

Cancer: June 21 - July 22

Good money entry. Your relationships with others will prove to be complex and disconcerting: whether it's with your spouse, your associates or your collaborators, you'll be on the defensive all the while showing aggressiveness.

Lucky Numbers: 19, 21, 24, 26, 37, 39

Leo: July 23 - Aug 22

Beware, your overflowing energy may cause useless clashes with your entourage. Don't make to your beloved one such promise as you won't be able to keep. You'll be lucky with your finances; it'll be the moment to invest.

Lucky Numbers: 1, 3, 9, 14, 17, 20

Virgo: Aug 23 - Sept 22

Turn your tongue in your mouth seven times before speaking, if not conflicts are likely to break out in your family. Be ready to seize opportunities worthy of interest: you'll have the possibility to make good business deals.

Lucky Numbers: 7, 9, 12, 35, 36, 40

Libra: Sept 23 - Oct 22

At your work, you'll plant solid stakes on the road to success. A profound attraction will light up your emotional life. It won't take too long for your family entourage to understand that you're decided not let yourself be pushed around.

Lucky Numbers: 8, 16, 17, 20, 32, 36

Scorpion: 23 Oct - 21 Nov

Detach yourself from certain improper friends; you'll have the opportunity to tie new friendly bonds. At work, don't try to get ahead of schedule. Heartwise, you'll experience great emotions.

Lucky Numbers: 3, 9, 15, 20, 33, 36

CINE 12

Vendredi 26 Fevrier - 21.15

Lady Bird

Star: Saoirse Ronan, Laurie Metcalf,
Tracy Letts

CINE 12

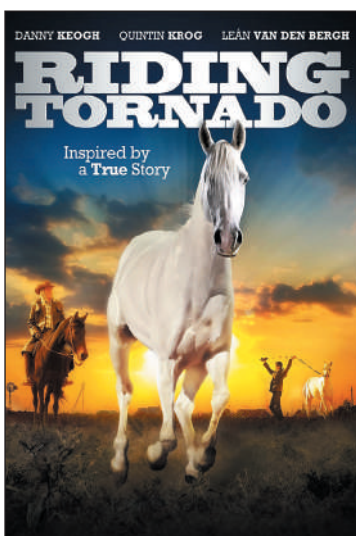
Samedi 27 Fevrier - 21.15

What Doesn't Kill You

Star: Ethan Hawke, Mark Ruffalo,
Goodman

MBC 1

Dimanche 28 Fevrier - 21.10



MBC 1

07.05 Local: Les Grandes Lignes
09.50 Local: Memwar Dan Ros
10.30 Local: Arts.21
11.10 Tele: Au Nom De L'amour
12.00 Le Journal
12.25 Tele: Le Prix Du Désir
12.55 Mag: Urban Gardens
13.55 Local: Evasion
14.30 D.Anime: Sissi
15.07 D.Anime: The Garfield Show
15.23 D.Anime: La Ligue Des Super
15.47 D.Anime: HTDT - Humpty...
16.02 D.Anime: Robot Trains
17.20 Serial: Heidi, Bienvenida
17.45 Mag: Origami
18.00 Live: Samachar
18.30 Serial: Siya Ke Ram
19.30 Journal & La Meteo
20.20 Prod: Lottery Vert Draw
21.25 Serial: When Calls The Heart
23.00 Le Journal

MBC 2

10.00 Serial: Ki Jaana Mein Kaun
11.05 Serial: Zun Mureed
12.04 Film: Armaan
Star: Poojan Trivedi, Alisha, Netri Trivedi, Prashant Barot and Twisha Bhatt.
14.04 DDI Magazine
15.00 Serial: Ek Deewana Tha
15.21 Serial: Aamhi Doghi
15.42 Serial: Mooga Manasulu
16.07 Serial: Apoorva Raagangal
16.34 Serial: Tu Ishq Hai
16.56 Serial: Achra Ke Moti
17.15 Kullfi Kumarr Bajewala
17.36 Serial: Chhanchhan
18.00 Serial: Colourful Bone
18.30 DDI Magazine
19.00 Live: Zournal Kreol
19.30 DDI Magazine
20.00 Serial: Band Khirkiyan
20.42 Local: Anjuman

MBC 3

06.00 Mag: Eco India
06.26 Mag: Shift
06.38 Mag: Carnet De Sante
07.53 Doc: Children In Art
08.46 Doc: 360 GEO
09.41 Doc: Gaming For Gold
10.22 Doc: The Memory Illusion
12.01 Mag: Border Crossing
12.27 Mag: Urban Gardens
12.32 Mag: Tomorrow Today
13.53 Doc: 360 GEO
14.45 Doc: Gaming For Gold
15.27 Doc: The Memory Illusion
16.13 Mag: Eco India
16.39 Mag: Shift
16.51 Mag: Carnet De Sante
17.06 Mag: Border Crossing
18.00 Doc: Bhutan
18.42 Mag: Arts And Culture
19.00 Open Univ: Student Support
19.26 Mag: Urban Gardens

Cine 12

01.30 Film: Dixieland
02.58 Serial: S.W.A.T
03.40 Film: Bolshoi
05.15 Tele: Muneca Brava
05.57 Serial: 19-2
06.39 Film: Dominion
09.00 Serial: The Magicians
09.45 Tele: Daniella
10.35 Tele: Tanto Amor
11.00 Serial: S.W.A.T.
12.00 Film: Bolshoi
13.36 Tele: Muneca Brava
14.45 Film: Dominion
16.40 Serial: The Magicians
17.23 Serial: 19-2
18.05 Tele: Daneilla
19.10 Tele: Tanto Amor
20.05 Tele: Le Prix Du Désir
20.30 Serial: Powers
21.15 Film: Lady Bird
22.45 Tele: Muneca Brava

Bollywood TV

08.00 Film: Dacait
12.05 / 19.54 -
Sanjivani
12.30/ 20.11 -
Radha Krishna
12.48 / 20.32 Agnipheera
13.34 / 21.09 - Zindagi Ki Mehek
13.27 / 21.24 -
Bade Acche Lagte Hai
13.54 / 21.46 - Naagin S3
14.36 / 21.59 - Ikyawann
14.58 / 22.25 -
Yeh Hai Mohabbatein
15.20 Film: Pyare Mohan
Starring: Fardeen Khan, Vivek Oberoi, Esha Deol, Amrita Rao, Boman Irani
18.00 Live: Samacher
18.30 Kundali Bhagya
18.51 Ek Rishta Saajhedari Ka
19.11 Mere Angne Mein

vendredi 26 fevrier

samedi 27 fevrier

dimanche 28 fevrier

06.00 D.Anime: Dragons: Par-Delà
07.12 D.Anime: Trollhunters
08.23 D.Anime: The Garfield Show
12.00 Le Journal
12.30 Tele: Daniella
14.45 D.Anime: Sur Mesure
15.00 D.Anime: Sissi
15.29 D.Anime: The Garfield Show
15.54 D.Anime: La Ligue De Super
16.17 D.Anime: HTDT
16.31 D.Anime: Teenie Weenies
16.32 D.Anime: Robot Trains
16.43 D.Anime: Trolls
17.09 Mag: Mathematica
17.30 Serial: Oh Yuck
18.00 Live: Samachar
18.30 Entertainment: Dance
19.30 Journal & La Meteo
20.00 Prod: Lottotech
20.25 Local: RDV Muzikal
21.20 Film: Wolf
2325 Le Journal

07.00 Film: Bin Badal Barsaat
Starring Biswajeet, Asha Parekh and Mehmood
09.18 Mag: DDI Magazine
10.00 Bade Acchelagte Hai
12.00 Serial: Nanda Saukhyia Bhare
12.31 Serial: Mooga Manasulu
12.50 Serial: High School
13.17 Annakodiyum Ainthus Pengalum
13.35 Serial: Anu Pallavi
15.00 Serial: Ek Deewana Tha
15.20 Film: No Problem
Starring: Anil Kapoor, Sanjay Dutt, Akshaye Khanna
17.35 Mag: DDI Magazine
19.00 Zournal Kreol
20.05 Serial: Vikram Betaal Ki Rahasya Gatha
20.31 Serial: Bitti Business
21.00 Film: Lakeer Ke Faker
22.48 DDI Live

06.00 Doc: Bhutan
06.42 Mag: Arts And Culture
06.55 Mag: Global 3000
07.21 Mag: Urban Gardens
07.55 Doc: Wildlife Heroes
08.47 Doc: Les Dessins De...
09.39 Doc: Boeing
11.07 Doc: Bhutan
11.51 Mag: Arts And Culture
12.10 Mag: Global 3000
12.28 Mag: Euromaxx
12.56 Doc: Wildlife Heroes
16.13 Mag: Arts And Culture
19.00 Mag: Vue D'en Haut
19.30 Mag: Check In
20.05 Doc: Hunters
21.00 Local: News (English)
21.10 Doc: Destination
21.23 Other: Concert David Guette
22.26 Doc: Scent Of Freedom
23.09 Doc: From Ghetto To...
23.51 Doc: Amazing Gardens

01.28 Film: Lady Bird
02.57 Serial: Dynasty 2
03.35 Film: Night Wolf
05.05 Tele: Esmeraldas
05.53 Serial: Powers
06.40 Film: The Pirate
08.30 Serial: Midnight, Texas
09.12 Serial: Shades Of Blue
09.54 Serial: Unforgotten
10.41 Film: Hope Dances
12.15 Serial: Dynasty 2
13.06 Serial: S.W.A.T
15.09 Tele: Amanda
15.53 Tele: Muneca Brava
15.55 Serial: S.W.A.T
17.00 Serial: Powers
17.45 Film: A Kind Of Magic
19.18 Mag: Ultimate Countdown
20.05 Tele: Le Prix Du Désir
20.30 Series: Powers
21.15 Film: What Doesn't Kill You
22.56 Tele: Dulce Amor

04.05 Sanjivani
04.26 Radha Krishna
05.37 Zindagi Ki Mehek
05.30 Bade Acche Lagte Hai
05.52 Ikyawann
06.19 Bin Kuch Kahe
06.41 Kundali Bhagya
07.02 Ek Rishta Saajhedari Ka
07.22 Mere Angne Mein
08.00 Zindagi Ki Mehek
09.40 Motu Patlu
10.00 Siddhi Vinayak
12.00 Yeh Hai Mohabbatein
14.00 Sanjivani
16.00 Pavitra Rishta
18.30 Film: Kya Kehna
Star: Preity Zinta, Saif Ali Khan, Chandrachur Singh
20.59 Serial: Siya Ke Ram
21.44 Serial: Naagin
22.29 Serial: Zindagi Ki Mehek

06.00 D.Anime: Dragons: Par-Delà...
06.25 D.Anime: Boule Et Bill
08.13 D.Anime: The Garfield Show
09.30 Mag: Future Mag
10.00 Local: Zafan Nou Zil
12.00 Le Journal
12.30 Tele: Daniella
15.25 D.Anime: Teenie Weenies
15.41 D.Anime: The Garfield Show
15.53 D.Anime: La Ligue Des Super
16.16 D.Anime: HTDT
16.28 D.Anime: Teenie Weenies
16.44 D.Anime: Trolls
17.10 Mag: Mathematica
17.25 Serial: Oh Yuck
17.50 Mag: Origami
18.00 Live: Samachar
18.30 Local: Yeh Shaam Mastani
19.30 Le Journal
20.00 Prod: La Meteo
21.15 Film: Riding Tornado

07.00 Film: Dillagi
Starring: Sanjay Khan, Mala Sinha
09.27 DDI Magazine
10.00 Local Production
11.00 Serial: Oru Kai Osai
11.22 Serial: Santoshi Maa
12.00 Film: Shaadi Mein Zaroor Aana
Starring - Rajkumar Rao, Kriti Kharbanda, K.K. Raina
14.14 Mag: DDI Magazine
15.00 Serial: Ek Deewana Tha
15.20 Serial: Mooga Manasulu
15.43 Eka Lagnachi Teesri Gosht
16.06 Serial: Apoorva Raagangal
17.00 Serial: Mahakali
18.30 Local: Tipa Tipa Nu Avance
19.30 DDI Magazine
20.00 Serial: Maharakshak
20.50 Serial: CID

06.00 Doc: Amazing Gardens
06.26 Doc: Zenith
06.52 Mag: Vue D'en Haut
07.45 Doc: Hunters
08.37 Doc: Destination
09.33 Doc: From Ghetto To...
11.01 Doc: Amazing Gardens
12.18 Mag: Check In
15.00 Live From The Divine Museum, Ganga Talao
18.04 Mag: Tendance XXI
18.59 Doc: Garden Party
19.31 Mag: Future Mag
20.05 Doc: Comme Une Envie De...
21.00 Doc: News (English)
21.10 Doc: Destination
21.23 Doc: Le Douanier Rousseau
22.19 Doc: High-Speed Internet
22.57 Doc: An Armed Society
23.44 Mag: Tendance XXI
00.10 Doc: Builders Of The Future

02.42 Serial: Hawaai Five-0
03.23 Film: Wolf
05.28 Tele: Esmeraldas
06.13 Serial: Powers
06.55 Film: Dominion
08.30 Serial: Midnight, Texas
09.13 Film: Sox: A Family's Best...
10.41 Film: A Kind Of Magic
12.16 Serial: Hawaii Five 5-0
13.03 Serial: S.W.A.T
14.34 Mag: Close Up
15.05 Tele: Amanda
15.49 Tele: Muneca Brava
17.00 Serial: Power
17.45 Serial: Hawaii Five-0
18.30 Serial: Macgyver
19.34 Mag: Hollywood Best Film
20.05 Tele: Le Prix Du Désir
20.30 Serial: Falling Water
21.15 Film: Zombieland
22.45 Tele: Dulce Amor

00.40 Yeh Hai Mohabbatein
02.19 Sanjivani
04.06 Pavitra Rishta
05.33 Film: Kya Kehna
Preity Zinta, Saif Ali Khan, Chandrachur Singh
08.01 Motu Patlu
08.11 Karn Sangini
10.04 Jaana Na Dil Se Door
11.44 Piya Albela
13.27 Kahan Hum Kahan Tum
14.12 Agnipheera
15.30 Bin Kuch Kahe
17.06 Punar Vivaah
18.00 Samachar
18.30 Film: Hindustani
20.55 Entertainment: Dance
21.43 Bade Acche Lagte Hai
23.33 Piya Albela

MBC 2

Samedi 27 Fevrier - 21.00
Stars: Vicky Ahuja, Ajaz Khan,
Maarisha

Samedi 27 Fevrier - 18.30

Stars: Preity Zinta, Saif Ali
Khan, Chandrachur Singh

What's an ex-president to do? Trump and the post-White House lives of his predecessors

Here's how other former presidents have occupied their time after leaving the White House



In addition to playing politics, American Presidents play golf, hole after hole after hole. Photo - ctmirror.org

Is former president Donald Trump feeling anything like the 19th century's Simon Bolivar in Gabriel Garcia Marquez's *The General in His Labyrinth*?

The ailing and failing South American "liberator" is described in the novel as a man "shaken by the overwhelming revelation that the headlong race between his misfortunes and his dreams was at the moment reaching the finish line ... 'Dammit,' he sighed. 'How will I ever get out of this labyrinth?'"

Trump is certainly dealing with multiple misfortunes, including the unique ordeal of a second impeachment trial (despite his acquittal), the humiliation of an election loss, hydra-headed lawsuits on the horizon and looming loan payments that may shake the Jenga towers of Trump's enterprises.

What's this former president to do?

We may find out soon when Trump addresses the Conservative Political Action Conference, known as CPAC, this weekend. He will reportedly talk about the future of the Republican Party - and his role in it.

How early former presidents kept busy

How have other former presidents occupied their time?

Even though Trump's interest in history is limited (he has, after all, spoken as if Frederick Douglass is still alive and suggested that the Continental Army captured airports during the American Revolution), the lessons and patterns of the past might nonetheless help him think productively about the next chapter of his life.

Founding Father presidents - George Washington, John Adams and Thomas Jefferson - all retired productively to private life after leaving office. Plantation and farm management filled many days; Trump's business interests might become a 21st century counterpart.

Adams and Jefferson also savoured the longer hours available for ongoing studies in philosophy, religion and history. Jefferson enjoyed applying his interest in science to crops at his Monticello plantation in Virginia - and founded the University of Virginia.

Adams and Jefferson also indulged in vast correspondence, including thoughtful exchanges with each other. The second president's letters could be eloquently cranky about his fellow men ("human reason and human conscience ... are not a match for human passion, human imaginations, and human enthusiasm"); he was also appealingly self-deprecating ("I drop into myself, and acknowledge myself to be a fool.").

The second president's son, John Quincy Adams, charted a different course after losing the bitterly fought 1828 election to Andrew Jackson. Rejecting retirement to Massachusetts, he served nine terms in the House of Representatives. He even died there - in the speaker's room, after collapsing during a debate - ending a post-White House career in which he became one of the most prominent anti-slavery voices in the country.

Ulysses S. Grant also travelled his own road, literally.

He and his wife took two years to tour the globe, with the hero of the Civil War feted everywhere. There was tea at Windsor Castle (where Queen Victoria found Julia Grant "civil and complimentary in her funny American way") and hours of talk with Otto von Bismarck after Grant simply knocked at his front door.

When crowds welcomed him home, the former president made a third run for the White House - but was out-manoeuvred at the 1880 Republican convention by James A. Garfield. Grant's last years were then spent battling financial difficulties and cancer, with Samuel Clemens - more commonly known as Mark Twain - coaxing him into writing the money-making volumes

that remain a masterpiece among presidential memoirs.

Modern former presidents

The 20th century offers more models.

Theodore Roosevelt's post-presidential career stands out for drama. After William Howard Taft was inaugurated, Roosevelt led a big game hunting expedition to Africa for the Smithsonian Institution and New York's Museum of Natural History. His safari party tallied 11,400 kills, including six white rhinos.

Like Grant before him, Roosevelt kept travelling, spending months in Europe meeting monarchs and government leaders. And like Grant, welcoming crowds at home rekindled political appetites. As with Grant, again, that did not go well.

Styling himself a progressive "bull moose," Roosevelt forged a third party when the 1912 Republican convention renominated Taft. A three-way electoral split then gave Woodrow Wilson the White House with 42 per cent of the popular vote.

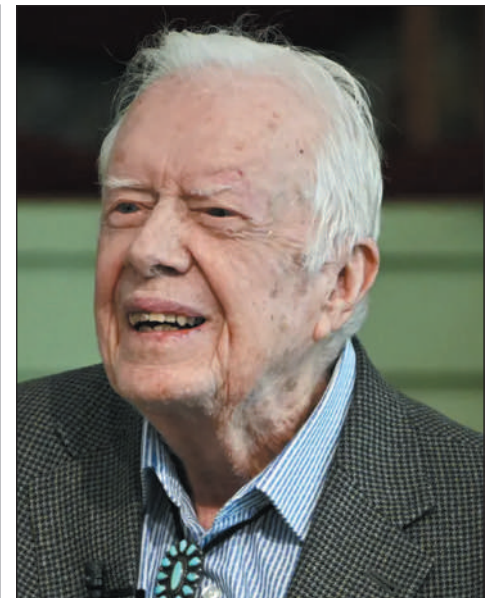
Taft moved from the 1912 melee to a John Quincy Adams-like future. After taking up a Yale law professorship, he was appointed chief justice of the Supreme Court in 1921.

Memoirs, libraries

By the mid-20th century, post-White House life had some common themes. Beginning with Harry Truman, each president - John F. Kennedy tragically excepted - opted to produce best-selling memoirs and to help build presidential libraries, repressing impulses to resuscitate their political careers.

Some prioritized relaxation while writing. Dwight Eisenhower, for example, spent time golfing, fishing and playing bridge (which had already been a regular feature of his time in the White House).

Some had limited options because of declining health (Lyndon Johnson's heart problems, Ronald Reagan's Alzheimer's).



Former President Jimmy Carter teaches Sunday school at Maranatha Baptist Church in Plains, Ga. Photo - religionnews.com

One - Richard Nixon - turned his traditional hard work habits toward reputation rehabilitation, using expansive writing to gain elder statesman status.

Several have channelled energy and stature into creating new mechanisms for public service - for example, Jimmy Carter's Conflict Resolution Program and work for Habitat for Humanity and the Clinton Foundation founded by Bill Clinton.

In the end, of course, Trump will devise his own unique post-presidency career - likely as unconventional and perhaps as troubling as his White House years. There is grumbling and fuming in his Mar-a-Lago labyrinth right now, but Trump is certainly seeking an escape that Bolivar could not find.

There will be golf, of course, à la Eisenhower. There will probably be a memoir, though a ghost writer may emerge battered from drafting sessions with a Trump accustomed to lobbing tweet-sized poison darts.

Most importantly, there will likely be Trump "big bang" efforts - Teddy Roosevelt-esque incursions into the 2024 election, rallies during which he can strut his stand-up routines, perhaps a cable network launch to outfox an insufficiently obsequious Fox.

Whatever Trump's approach to his post-White House life, there is bound to be some of the miasma Garcia Marquez sensed around Bolivar: "A strange night ... heavy with the weeping of orphans and the fragrance of decay."

Ronald W. Pruessen

Professor of History, University of Toronto