

# Flights meet schedule

Igor Cherginets, Belavia's Deputy Director General, tells our *MT* correspondent how his airline is preparing for the forthcoming Ice Hockey World Championship and also about tackling other issues



Igor Cherginets

An increased number of air flights are planned during the world event. We are ready for this. In the coming days, our fleet will be augmented with the addition of two new Embraer-195 planes after the signing of the relevant contracts,

last year, with the Brazilian producer. Our company will receive these new planes directly from the manufacturing factory.

With the championship fast approaching, we are regularly receiving requests from tourist organisations to transport groups of foreign guests. In particular, we've been asked to launch additional flights from Helsinki

and Stockholm. At the moment, we are processing over a dozen requests for charter flights — including for the transportation of hockey teams. The latter is truly pleasing, as national teams usually approach their own air companies. Such requests indicate a high level of trust.

**Are you planning to introduce additional security measures?**

This issue primarily refers to our airport. In the coming weeks, its reconstruction will be complete and I think it will enjoy all possible measures to ensure the security and comfort of our passengers. We share a single major goal with the airport —

number of charter flights during the summer season. This is a special topic of discussion. The programme of summer flights is normally prepared in winter, but this year, we've faced an emergency situation — caused mostly by the Ukrainian situation. Our tourist companies, which traditionally offer tours to Bulgaria by land transport, do not wish to take the risk — especially when transporting groups of children. Therefore, additional charter flights are needed. It's not natural for the aviation industry when planes are waiting in a shed — like a taxi; this is inefficient man-

agement. The situation is not simple but we need to solve it. With this in mind, a decision was made to purchase new Boeing planes and to employ more pilots. At present, Belavia's fleet numbers 22 planes but, in June, it should rise to 26.

**Is it true that an air company is safer if it has a fleet of younger planes?**

I'll continue asserting that, like a woman, planes

have no age — if they are well cared for and technically serviced. However, another notion exists: airworthiness. This means that a plane is either serviceable for flights or not. No half-measures are acceptable here. The age of a plane plays a minor role. Newer planes are more economical, but that is a different story.

**Not long ago, Belavia celebrated its 18th anniversary. In a relatively short period of air servicing life, it has established a reputation — becoming one of**

**the safest European companies. What is the reason?**

We rely on the Soviet school of aviation which has been very reliable and professional. Our company has preserved the previous standards, and continues to develop and improve them whilst taking into consideration modern realities and possibilities. We are now able to offer the most advanced services, and our passengers have no need to worry.

## Exploring little-trodden paths...

Safari park soon to appear on former estate of Radziwill family, while visitors of Ice Hockey World Championship can visit partisan dugouts and unique zoological gardens

By Lyudmila Kononova

The Dzerzhinsk District's Stankovo hosts several military units and a military camp, as well as a 320-hectare eco-tourist site, which is home to nearly 300 deer, roe and other animals, living in a safari park environment. As on the Animal Planet TV Channel, Belarusians can view wildlife close-to, watching fox cubs and admiring herds of deer.

Stankovo safari park is setting up interactive routes through the site, including observation platforms. These should open fully by the end of this year and are sure to prove a hit with animal lovers and those keen on wildlife photography.

Iosif Polochanin, the Director General of Agrokombinat Dzerzhinsky JSC (an agro-industrial complex), tells us, "In addition, we'll offer jeeps, quad-bikes and buggies for hire. We have plans to build a hotel since our five guest-houses don't have enough capacity. All were booked out by the end of last year, for the duration of the Ice Hockey World Championship, by Russians. In 2013, we registered about 110,000 visitors."

During the Ice Hockey World Championship, guests will enjoy a special programme, taking them on a tour of partisan dugouts, a 500-year-old oak, the well-known military-historical complex of Minsky Ukrepation (Minsk



Dugouts of former partisan camp

Fortified) and Father Frost's residence, in the Minsk Region. Visitors can also tour the zoological garden, with its 50 species of animals — including ostriches, pe-

cocks, aurochs, llamas, a yak and a bear cub. Guests have access to a restaurant, banya bathhouse, cafe, 5D cinema, shooting gallery and rides.

Advice from Dr. Zhukova

## Good nutrition will help treatment

Is it necessary to stick to a diet when one has gastritis or an ulcer? If yes, what diet is best?

P.Korzhenevsky, Vitebsk



At the present time, one of the main causes of chronic gastritis and stomach or duodenal ulcers is helicobacter infection. Blocking treatments, that provide the destruction of HP (Helicobacterpylori), should be considered. However, observance of certain dietary rules will help improve a patient's condition.

**Basic dietary rules:**

1. Offer the maximum amount of 'rest' to the mucous membranes of the stomach and duodenum.
2. Exclude products that have a strong irritant influence on mucous membranes.
3. Avoid eating to excess at one sitting.
4. Smaller, frequent and split meals — food intake every 3-4 hours is recommended.
5. Exclude very cold or very hot food.
6. Limit table salt consumption to 10g a day (2 teaspoons) or less.
7. Eat products with a high nutritional value, containing enough protein, fat, carbohydrates, mineral salts and vitamins, mainly A, B and C.

Diets should contain not only animal, but also vegetable fats (refined sunflower or olive oil) as these contribute to a better healing of the ulcer and are also better for the activity of healthy internal bacteria.

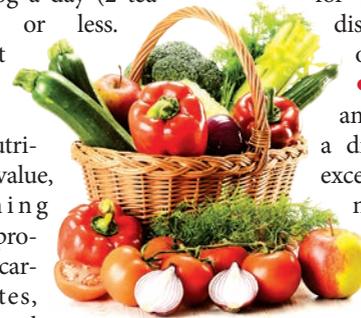
The daily composition of a diet should be as follows: Protein-100g, fats — 90-110g (from them 1/3-vegetable oil), carbohydrates — 350-400g, caloric value — 2,800-3,000.

**I. Permitted products**

- Bread and breadstuffs: white bread, baked goods produced on the previous day or dried bread — 300g a day, (also in the form of dried crusts, biscuit, biscuits);
- Soups: strained milk soups with cereals, thick milk soups with strained vegetables (except cabbage), milk soups with crumbled vermicelli or home-made noodles; strained vegetable soups (except cabbage soup);
- Eggs: soft-boiled eggs or steamed omelette (no more than 2 eggs a day);
- Milk and dairy products: milk, cream, not too sour (fresh) sour cream, not sour fresh cottage cheese, Dutch and Russian cheeses;
- Dishes from meat and

poultry: low-fat grades (beef, veal, chicken — better fresh without tendons), boiled or steamed (cutlets, dumplings, meatballs, soufflé, mashed potatoes, roll), periodically, it is possible to take non-coarse boiled meat;

- Fish dishes: various low-fat grades of fish, it is better to eat freshwater fish (perch, pike) boiled, steamed, minced or jellied fish;
- Dishes and garnishes from vegetables: potatoes, carrots, beets, pumpkin, white vegetable marrows in the form of purée, steamed puddings without crust;
- Dishes and garnishes from cereals and pasta: porridges, semolina, buckwheat, oat, pearl-barley, rice. Porridge made with milk or with milk and water, semi-liquid, boiled vermicelli and macaroni;
- Fats: dairy butter — 15-20g in a pure state and 20-25g for preparation of dishes. Vegetable oil — 25-30g.
- The total amount of fat in a diet should not exceed 100g. It is necessary to realise that approximately 40g of animal fat is contained



- in products included in a diet.
- Sauces: sour cream and dairy (béchamel).
- Sweet berries: strawberries, wild strawberries.
- Fruit: soft, sweet, steamed, strained or baked.
- Sweet dishes: creams and jellies, kissels, strained compotes from sweet grades of berries and fruits.
- Drinks: raw vegetable and not sour berry juices, dog-rose broth, broth from wheat-germ bran.

**II. Forbidden products**

- Meat, fish, cabbage and mushroom broths;
- Fried meat and fish, suet and hard-melting fats (beef and pork fat and mutton fat);
- Raw vegetative fibre;
- Pickles and spicy snacks;
- Tinned food and smoked sausage;
- Sweet dough, pies, ice-cream and brown bread;
- Very cold drinks;
- Very hot drinks.

**III. Limited products**

- Sugar and starch dishes. It is better to replace sugar with sweetener and bread with crusts;
- Green onions, turnips, radishes, grape juice, melon.

By Tatiana Zhukova, gastroenterologist, doctor of higher category, D.M. Ph.D.