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Fundamental Arts: Weaving

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touch

*"Just trust yourself, than
you will know how to live".*

How many times in our life we are stepping back uncertain of the future coming in. Lots of reasons can pull us back from taking an important decision but mostly incertitude erupts because of the self-entrust issue.

In the environment where ones would be told measure 7 times cut once, look before you leap, where the life is standardized by some doubtful measures, we are unintentionally taught there is nothing more fearful than making a mistake. Not to be the one to blame, we pass the responsibility for our actions, feelings and lives to the outer world. There is no surprise, we stop being ourselves, stop believing and trusting in ourselves, and the fear of taking actions appears.

Good news is, self entrust is not a curse, it can be cured. Investing in the self-development is one of the most efficient medications when it comes to uncertainty. For a fact, by reading a book, visiting educational seminars, or traveling we start experiencing the world and observing the way others communicate with it. We gain essential knowledge that becomes an inevitable part of the development of the self-trust.

What matters else is the ability to take decisions and bear responsibility for them. Being knowledgeable enough we are no longer afraid of the path which life is going to take; from now on we take the reins into our own hands. We start setting goals and moving straight forward.

It may take a couple of adjustments to get on the right path towards a better future. But as long as we have faith in ourselves, we will eventually get there.

introduction



Arek Erzurumluoglu
Vice President
Central Asia/Caucasus/Near East

A stylized, handwritten signature in black ink, appearing to read 'A. Erzurumluoglu'.

"There is only one way to happiness;
and that is to cease worrying about
things which are beyond the power
of our will."
Epictetus



dear reader,

Worry - one of the major causes of many modern diseases that can often lead to fatal ailments - cancers, ulcers, migraines and many more. Today, there is nobody who doesn't worry about this or that even for a second. Some worry about not having enough time to finish everything they've planned, some worry about not having enough money, some - about being too fat and others about being too skinny. These worries can be very minor and trifling or huge and vital; but they can all eat us up from inside the same way, depriving us of our energy, will and most importantly inner peace and eventually health. Most of the time we don't even notice how we become ill with depression and break our bodies through our injured minds; we grow weaker and weaker and finally lose interest in life, hope and a meaningful connection to this world.

Is it inevitable? Is there no way to avoid this? There definitely is! Just pause for a second today and ask yourself whether you are worrying about too many things or about things that are not even worth worrying about. Are there things that you won't actually worry about a couple of months later? Then why are you worrying about them today? Why worry about something that you can't change or have control over? Instead, concentrate on the things you can actually influence, and those things you can positively change. Focus on what's more important, learn to appreciate the things you have: your family, your loved ones, your job or your hobbies and make the most of every second of your life, then you might find that you don't have time left for worries.

And of course, we in Bosch, will help you resolve your worries around the house. As you've come to expect from us, our appliances will help you handle any task, whether it's preparing an important dinner for a large number of guests or washing the dishes after it. Bosch's latest household appliances will do it for you - from a simple dish like lasagna to a more complicated one like chocolate cake and after this our energy and water efficient dishwashers will make your crockery shine like crystals.

So, stop worrying and start living this very moment, life is too short to waste it on things that steal your happiness.

Oksana Karadas
Chief Editor

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One Of The Most Ancient Fundamental Arts: Weaving

Archaeological evidence indicates that weaving was already known in the Paleolithic era, as early as 27,000 years ago.



Weaving is the art of forming a fabric by interlacing at right angles two or more sets of yarn or other material. The longitudinal threads are called the warp and the lateral threads are the weft or filling. The method in which these threads are interwoven affects the characteristics of the cloth. Cloth is usually woven on a loom, a device that holds the warp threads in place while filling threads are woven through them. A fabric band which meets this definition of cloth can also be made using other methods, including tablet weaving, back-strap, or other techniques without looms.

Discoveries in the early 1990s in the Czech Republic point to a possible origin of the weaving in the Paleolithic period some 27,000 years ago. Moreover, the earliest literatures often mention the products of the loom. In primitive cultures weaving was practiced mainly by women.

Although weaving sprang up independently in different parts of the world and was early known in Europe, its high development in the Middle Ages was brought about by Eastern influences operating through Muslim and Byzantine channels of culture.

Byzantium became a center of silk weaving in the 6th century. In the 9th century, Greece, Italy, and Spain became proficient. In Flanders a high degree of skill was attained by the 10th century, especially in the weaving of wool. Flemish weavers which were brought to England by William the Conqueror and later by Queen Elizabeth I gave a great impetus to the craft there, and Lancashire became an important center. Tapestry weaving was brought to a high art in France. In colonial America weaving was a household industry allied with agriculture.

The early 1800s saw the development of the Jacquard Machine. This revolutionary machine used a punch card mechanism to operate the loom and is credited as the basis of modern computer science.

The 18th-century weaving and spinning inventions marked the transition from the old era of domestic craftsmanship to the tremendous, organized industry of today. The factory system of machine weaving produces quantities of standardized material for mass consumption; the result is a loss of the distinctive elements of quality and design. Some of the finest silks, velvets, table linens, and carpets are still woven on handlooms.

By the 11th century many of the weaving patterns used today had been invented. Skilled weavers developed highly specialized cloth.



Stone Age Man's early experiments with string and thread lead to the first woven textiles. Threads and strings of different sizes were knotted and laced together to make many useful things.



Fabled Jamdani Weavers Of Bangladesh



Jamdani is a vividly patterned, sheer cotton fabric, traditionally woven on a handloom by craftspeople and apprentices around Dhaka District, Bangladesh. Jamdani textiles combine intricacy of design with vibrant colours, and the finished garments are highly breathable. Jamdani is a time-consuming and labour-intensive form of weaving because of the richness of its motifs, which are created directly on the loom using the discontinuous weft technique. Weaving is thriving today due to the fabric's popularity for making saris, the principal dress of Bengali women at home and abroad. The Jamdani sari is a symbol of identity, dignity and self-recognition and provides wearers with a sense of cultural identity and social cohesion.

The weavers develop an occupational identity and take great pride in their heritage; they enjoy social recognition and are highly respected for their skills. A few master weavers are recognized as bearers of the traditional Jamdani motifs and weaving techniques, and transmit the knowledge and skills to disciples. However, Jamdani weaving is principally transmitted by parents to children in home workshops. Weavers – together with spinners, dyers, loom-dressers and practitioners of a number of other supporting crafts – form a closely knit community with a strong sense of unity, identity and continuity. The traditional art of weaving Jamdani has been declared by UNESCO as a Intangible Cultural Heritage of Humanity.

The Infamous Bermuda Triangle

One of the most mysterious places on the planet.



The Bermuda Triangle is a mythical section of the Atlantic Ocean roughly bounded by Miami, Bermuda and Puerto Rico where dozens of ships and airplanes have disappeared. The area of the Bermuda Triangle is one of the most heavily traveled shipping routes in the world, with ships frequently crossing through it for ports in the Americas, Europe, and the Caribbean Islands. Cruise ships and pleasure craft regularly sail through the region, commercial and private aircraft routinely fly over it.

The area has been always referred to as the Bermuda Triangle, or Devil's Triangle, covers about 1,300,000 square kilometers of ocean off the southeastern tip of Florida. Unusual features of the area had been noted in the past. When Christopher Columbus sailed through the area on his voyage to the New World, he reported that a great flame of fire crashed into the sea one night and that a strange light appeared in the distance a few weeks later. He also wrote in his log about bizarre compass bearings in the area, perhaps because at that time a sliver of the Bermuda Triangle was one of the few places on Earth where true north and magnetic north lined up.

Many exotic theories have been put forward to explain what happened to the missing travelers. The disappearances have been attributed to the machinations of enormous sea monsters, giant squid, or extra-terrestrials. Alien abductions, the existence of a mysterious third dimension created by unknown beings, and ocean flatulence—the ocean suddenly spewing great quantities of trapped methane—have all been suggested as culprits.



Unverified supernatural explanations for Bermuda Triangle incidents have included references to UFO's and even the mythical lost continent of Atlantis.



Whenever any plane or ship disappears in the Triangle, its debris cannot be found. The reason behind this is that Gulf Stream runs near the triangle, which quickly gets rid of the debris.

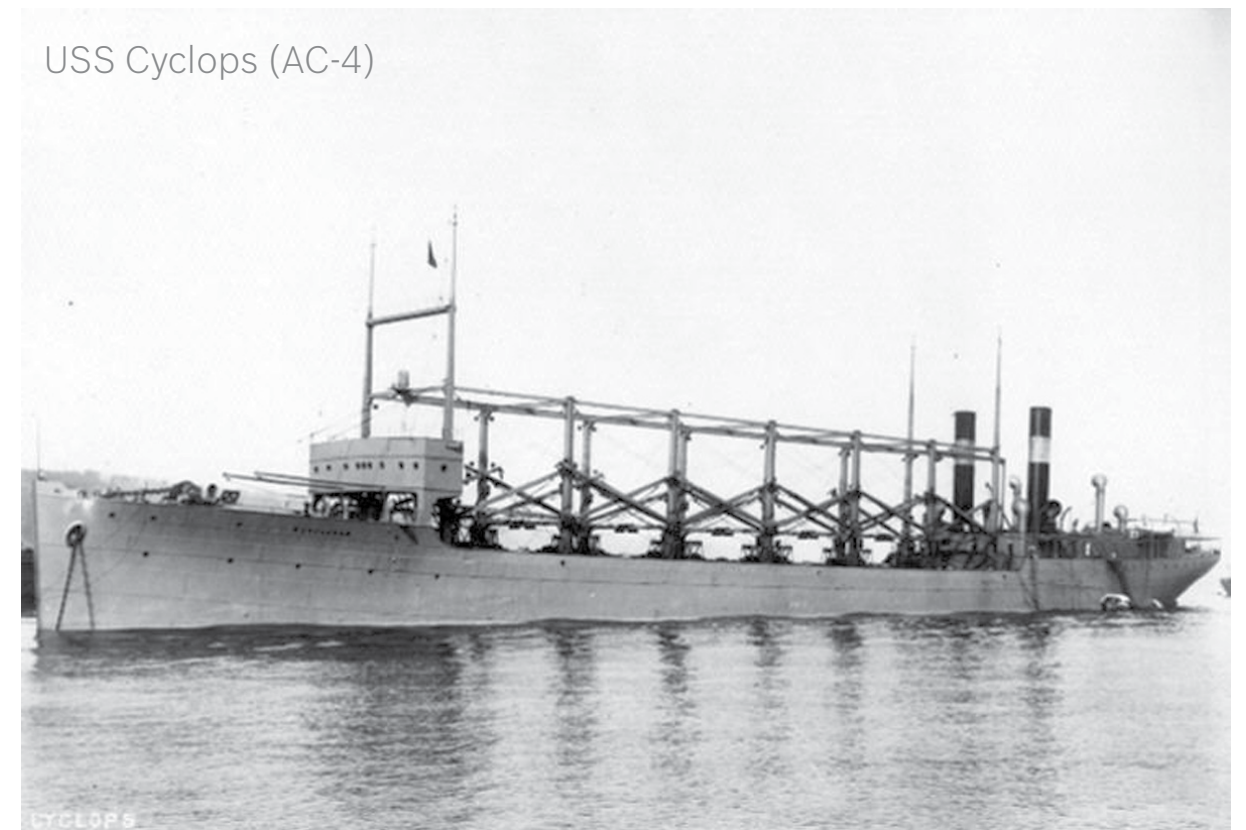


A Few Of Many Notable Incidents

The most famous case to date of the Bermuda Triangle is the disappearance of a plane called flight 19 and also search planes that was sent out to find it. Combined 27 men and 6 planes were never found. Flight 19 was a training flight of five TBM Avenger torpedo bombers that disappeared on December 5, 1945, while over the Atlantic. Led by instructor Lieutenant Charles Taylor, the assignment was to fly a three-legged triangular route with a few bombing practice runs over Hen and Chickens Shoals. The plane never returned to base. The disappearance is attributed by Navy investigators to navigational error leading to the aircraft running out of fuel. Another incident is the USA Cyclops incident. It is

the largest human loss in the history of the US Navy not related to combat. In March 1918, carrying a full load of manganese ore, this massive ship, set out to sail through the Bermuda region carrying about 309 crew members. Setting off on a fairly good day, the first and the only message sent by this ship indicated no sort of troubles. However, the ship went missing without a trace around March 4, 1918, after departing from the island of Barbados. No remains of the ship or any of the more than 300 crew members aboard have ever been found.

USS Cyclops (AC-4)



Health Benefits Of Smoothies

Bananas, apples, pears, avocado, and mango are most preferred ingredients of smoothies.

A smoothie is a quick way to include extra nutrition in you daily life. Smoothie is a thick shake type drinks filled mainly with fruit or vegetables and other nutrient dense ingredients. The best smoothies are made from natural ingredients that provide vitamins and oils necessary for complete daily nutrition.

Here are some of many advantages of drinking smoothies on a daily basis:

Daily allowance of fruits and vegetables

Consuming the daily recommendations of fruits and vegetables can be a challenge. Blending a couple of servings of each into a smoothie helps ensure you meet your body’s daily nutritional needs.

Body detoxification and Weight loss

We’re exposed to and bombarded by thousands of man-made chemicals in today’s world, which leaves our body begging to detoxify. You can give your digestive system a break while adding detoxifying ingredients like dandelion greens and kale into your smoothies to aid your body’s detoxification processes.

Smoothies can help you lose weight since you can get all of the necessary vitamins and minerals that your body requires in one glass without adding in excess or empty calories. We all crave sweets and unhealthy foods from time to time. Smoothies reduce those cravings, or better yet, replace what you would normally splurge on with a healthy alternative.



Stronger Immunity

Smoothies strengthen your immune system. Because in order to build a strong immune system, you have to have a balanced diet – which includes plenty of fresh fruits and vegetables.

Time-saving

Making your own nutrient dense smoothie doesn’t take as long as preparing most meals, giving you more time for others things. Taking a smoothie with you is an additional convenient option.

Blended or pureed food is easier to digest as it has been already broken down by your blender. This is

essentially like chewing many times. Since nobody wants to experience constipation or indigestion, it is logical to let your blender “chew” your food and ease the burden on your digestive system while you simultaneously consume plenty of dietary fiber to ensure excellent digestion.

Supplying your brain and body with the right fuel for more energy and mental clarity is very important. In this sense, it is pretty safe to say that smoothies are the right fuel, both in the short and long term.





Unique style “denim” is derived from a well-known “casual” style. A few words are enough to explain what “denim” is – clothes made from jean. Denim is still very popular nowadays. Thanks to the “denim” style you can feel comfortable, smart and unique at the same time. Denim let you create your own image, from rebel-teenager to a smart and coquettish lady.



SEA COLOR
Blue style sapphire ring with diamonds will add a chic note to your outfit.



IN THE BLINK OF AN EYE
With a motion of the hand mod hand bag turns into a trendy backpack.



TEMPUS DIAMOND
This watch with unique design will be a nice complement to your outfit.



WILD LIFE
Feel comfy and stylish at the same time with all-weather jeans jacket.

“CLASSIC” IS ALWAYS IN FASHION
Classic jeans are a must in each and every wardrobe.



LACE UP EVERYTHING
Comfort and fashion in every-day wear.



CASUAL STYLE
A long-sleeve shirt from soft cotton will make you feel stylish even on the spring cold day.



STYLE OF THE FUTURE
Nifty backpack combining elements of casual style.



UP TO DATE
You will never be late with this smart stainless steel watch.



A PERFECT OPTION
These jeans will perfectly go with shirts, t-shirts and polo shirts.



SMART AND ELEGANT
These boots make a perfect duet with smart suit as well as with every-day wear.



Jeans is the most popular men's wear. Sterner gender representatives have a chance not just to choose comfortable and well made jeans but also to follow new trends and use them to create new looks.



PASSION IN HARMONY
Incredibly stylish fragrance for modern men.

An Otherworldly Environment: Yellowstone National Park

Yellowstone National Park is a national park located primarily in the U.S. state of Wyoming. The vast natural forest of Yellowstone National Park covers nearly 9,000 km2. Established on March 1, 1872, Yellowstone was the first National Park in the U.S. and is also widely known to be the first founded national park in the world.

The park is known for its wildlife and its many geothermal features, especially Old Faithful Geyser, one of its most popular features. It has many types of ecosystems, but the subalpine forest is the most abundant.

Half of the world's geothermal features are in Yellowstone, fueled by this ongoing volcanism. Lava flows and rocks from volcanic eruptions cover most of the land area of Yellowstone.



Yellowstone Lake is one of the largest high-elevation lakes in North America and is centered over the Yellowstone Caldera, the largest super volcano on the continent. The Caldera is considered to be an active volcano. It has erupted with tremendous force several times in the last two million years.

In the area, hundreds of animal species have been documented, including several endangered species. Grizzly bears, wolves, and free-ranging herds of bison and elk inhabit the park.



Yellowstone National Park comprises of lakes, canyons, rivers and mountain ranges.



Yellowstone has numerous recreational opportunities, including hiking, camping, boating, fishing and sightseeing. Paved roads provide close access to the major geothermal areas as well as some of the lakes and waterfalls. During the winter, visitors often access the park by guided tours that use either snow coaches or snowmobiles.



Visiting Yellowstone



Yellowstone ranks among the most popular national parks in the United States. Since the mid-1960s, at least 2 million tourists have visited the park almost every year. July is the busiest month for Yellowstone National Park. At peak summer levels, 3,700 employees work for Yellowstone National Park concessionaires. Concessionaires manage nine hotels and lodges, with a total of 2,238 hotel rooms and cabins available. They also oversee gas stations, stores and most of the campgrounds.

The park has 500 km of paved roads which can be accessed from five different entrances. There is no public transportation available inside the park, but several tour companies can be contacted for guided motorized transport. In the winter, concessionaires operate guided snowmobile tours, though their

numbers and access are based on quotas established by the National Park Service. Facilities in the Old Faithful, Canyon and Mammoth Hot Springs areas of the park are very busy during the summer months such that traffic jams created by people observing wildlife can result in delays.

Camping is available at a dozen campgrounds with more than 2,000 campsites. Backcountry campsites are accessible only by foot or by horseback and require a permit. There are 1,800 km of hiking trails available. Around thermal features, wooden and paved trails have been constructed to ensure visitor safety, and most of these areas are handicapped accessible. The National Park Service maintains a year-round clinic at Mammoth Hot Springs and provides emergency services throughout the year.

50 YEARS OF BSH

Founded in 1967 as a joint venture of Robert Bosch GmbH (Stuttgart) and Siemens AG (Munich), BSH has belonged exclusively to the Bosch Group since January 2015. Over its 50-year history, the company has grown from a German exporter into the world's second-largest home appliance manufacturer. BSH has 40 factories worldwide and produces the entire range of modern home appliances, from cookers, ovens and extractor hoods, dishwashers, washing machines, dryers, fridges and freezers to small appliances (Consumer Products) such as vacuum cleaners, coffee machines, kettles, irons and hairdryers.

Consumer-oriented

The consumer is at the center of all of the BSH's developments. Improving the consumer's quality of life is what determines the company's activities. With the individual needs of local consumers in mind, the company develops home appliances that are characterized by intelligent design, user-friendliness and energy efficiency. The crucial factor in all of BSH's developments is not what is technically possible, but what offers real personal benefit to the consumer.

Employees as the basis for success

In 2016, the independent Top Employers Institute awarded the coveted international "Top Employer Europe" title to BSH for the fourth time in a row. We were also certified as Top Employer Asia Pacific and Top Employer USA.

Join us and celebrate the anniversary year with us!



Coffeebreak With Bosch



On the cold February week Bosch CoffeeBreak came to Georgian Companies offices to melt the ice and heat the hearts with its educational session and following coffee degustation. First of all, a

very knowledgeable barista shared with the guests some enthralling facts about the coffee, including its history, places of growing, some data on the consumption, coffee spices as well as highlighted the benefits coffee has for the human's body. After that a guest engaging part began. The guests were shown the difference between two main spices of the coffee. Then with the help of Bosch Vero Aroma coffee machine barista prepared some coffee using the mentioned spices and the guests were offered to guess which exact type of the coffee bean this or that coffee was made from.

After the very end of the tasting process our very dear guests were presented with presents, which included a very special Bosch Coffee encyclopedia, as well as a lovely cups with some high quality coffee beans. That was a truly enjoyable CoffeeBreak from Bosch.



The Element Of Earth

The basis and foundation of all the elements is the Earth. The Earth is the object; subject and receptacle of all celestial rays and influences and in it the seeds of all things are to be found. It is made fruitful by the other elements and the heavens, and brings forth all things of itself. It is the first fountain from whence all things spring; it is the centre, foundation and mother of all things.

Earth Stones

Gemstones of Earth are opaque, but bright and they have a strong power: help their owner to find firm ground, to gain confidence. They call for a constancy, erase any lingering doubts, balance mentality and strengthen physical health and endurance.

Gnomes, Tending The Earth

The nature spirits who serve at the physical level are called gnomes. Billions of gnomes tend to take care of the earth through the cycles of the four seasons and make sure that all living things are supplied with their daily needs. They also process the waste and by-products that are an inevitable part of our everyday existence and purge the earth of poisons and pollutants that are dangerous to the physical bodies of man, animal and plant life—including toxic wastes, industrial effluvia, pesticides, acid rain, nuclear radiation and every abuse of the earth. On spiritual levels, the gnomes have an even heavier chore. They must clean up the imprints of man kind's discord and negativity that remain at energetic levels in the earth.

Earth In Mythology

Demeter is the goddess of the harvest and presides over grains and the fertility of the earth. Although she was most often referred to as the goddess of the harvest, she was also goddess of sacred law and the cycle of life and death.

Demeter was intimately associated with the seasons. Her daughter Persephone was abducted by Hades to be his wife in the underworld. In her anger at her daughter's loss, Demeter laid a curse on the world that caused plants to wither and die, and the land to become desolate. Zeus, alarmed for the barren earth, sought for Persephone's return.

However, because she had been living in the underworld, Hades had a claim on her. Therefore, it was decreed that Persephone would spend four months each year in the underworld. During these months Demeter would grieve for her daughter's absence, withdrawing her gifts from the world, creating winter. Her return brought the spring.

Demeter and Dionysus were worshipped at Eleusis, a little town near Athens. The Eleusinian Mysteries were held in their honor.

Demeter and Persephone were also the central figures to the Eleusinian Mysteries – a series of large and secretive concerts held every five years. These mysteries represented the abduction of Persephone by Hades in three phases. The “descent”, the “search” and the “ascent”. The main theme is the “ascent” of Persephone and the reunion with her mother.





BOSCH
Invented for life

Hygienic cleaning at even very low temperatures.

With the ActiveOxygen™ technology from Bosch, up to 99.99% of the bacteria and germs that typically occur in clothing are eliminated from even the most delicate fabrics and even at low washing temperatures.

ActiveOxygen

New technology of Bosch, ActiveOxygen™ is the most hygienic way to washing clothes without any chemical additives. And it provides hygienically clean clothes at low temperatures; and odor removal without washing. In addition, ActiveOxygen™ preserves delicate fabrics and protects their colour. This means your favourite clothes can remain your favourites for a very long time.



A Combination Of Fitness And Dancing: Bungee Workout

An exercise that will have you, quite literally, bouncing off the walls.

The workout mainly focuses on strengthening core muscles and burning maximum number of calories. Bungee Workout is not only good for adult performers, but also great for kids.

Bungee Workout is the gravity-defying class taking the international fitness world by storm. The workout originated in Bangkok, Thailand, where it has become the latest trend in exercise.

The high-intensity class is a combination of dance and aerobics that allows people to perform maneuvers they wouldn't otherwise be able to do, like flying across the room and doing a push up with their feet.

People in the class are strapped into harnesses attached to resistant bungee ropes that are suspended from the ceiling of the studio. They can float weightlessly over the floor, hang upside down, fly through the air, performing incredible aerial moves and quite literally bounce off the walls for a unique workout that's very effective for strengthening the core muscles.

Bungee Workout has many benefits for your body to offer. You can develop upper body and core with very little effort, by expanding the possibilities of your positions in 3D space. Use of the bungee cord that can move anywhere in space, helps improve your balance. You can also stretch deeper without experiencing strain and reinforce proper body alignment, which will carry over into your everyday life, and throughout your other fitness practices.

Your body gets in shape immediately and you never stop to have fun during a Bungee Workout class. It is especially perfect for those, who's got bored of routine gym moves and seek new forms of workout.

Guzaarish

Genre: Comedy, Drama, Romance

Director: Sanjay Leela Bhansali

Stars: Hrithik Roshan, Aishwarya Rai Bachchan, Shernaz Patel

Language: Hindi, English

Release date: 2010

Runtime: 126 min.

"Guzaarish (Request)," is restrained and powerful, moving the viewer with its poignancy from the very first frame.

hollywoodreporter.com, 2010

Guzaarish is Hindi cinema's first film about mercy killing. It's also a film that is passionate and full of life. The remarkable costumes, by haute couture's Sabyasachi Mukherjee, evoke the Portuguese influence on Goa with embroidered velvets, flowing skirts and bold, chunky semi-precious jewelry. The film's location, a sprawling rural colonial villa, is an elegant character all its own. Guzaarish has only one drawback: a soapy musical score (by Bhansali himself) that occasionally threatens to overwhelm. The film is packed with memorable scenes. In one, Ethan makes a dramatic courtroom demonstration for his case that euthanasia should be legal. "He's condemned to live," as one character pleads on his behalf. In another, a Catholic priest tries to dissuade Ethan from suicide, and receives an eloquent rebuke.

Plot

Ethan Mascarenhas is a former magician who is paralyzed from neck down quadriplegic. He is currently a Radio Jockey. On the fourteenth anniversary of his accident, Ethan decides to file an appeal to the court for euthanasia. Ethan's mother Isabel Mascarenhas also supports him in his petition, backing her son's demand. A young man named Omar Siddiqui enters Ethan's life to learn magic from him.

Finally the day of verdict comes and Ethan's plea is rejected by the court. A disheartened Ethan spends his time alone in his empty home when Sofia, who is Ethan's nurse for the past twelve years returns. She confesses to Ethan that she got the divorce and tells him that she will help with his mercy-killing, whatever the consequences be as Ethan means more to her. On hearing her words, Ethan realizes how much Sofia loves him. He proposes to her and Sofia agrees.

Ethan throws a farewell party for their friends and guests, where Ethan speaks about everyone who has meant very dear to him and finally tells everyone about his and Sofia's love. Ethan says that he will be dying a happy man with no regrets and the heart full of Sofia's love and bids all goodbye. At these words, all the guests, come to his couch and hug him, and the shot closes on Ethan laughing heartily.

To prepare for his role, Hrithik Roshan studied about twenty paraplegic patients to understand their behavior and attitude.

From Primitive Vessels To Smart Cookware

What we use today to cook food is mostly uniformly recognizable. Though it hasn't always been that way. Our cookware has come a long way from its primitive forms from thousands of years ago. While it has changed over time, the way we use it remains the same.

Skillets, posnets and pipkins are ancestors of our modern saucepan. Originally there were bowl-shaped like a cauldron but with feet and short, flat handles.

Manmade cookware has been around for thousands of years, as far back as 24,000 B.C. With the discovery and control of fire, people realized they could create pottery to cook food. The first containers to be used for cooking over direct heat were cleaned out animal hides which were strung up over the fire.

Neolithic tribes in Britain used rough pottery vessels to 'stew' large pieces of meat. The pots could not withstand direct heat so the meat was placed in the pot, the pot filled with water and then heated stones were thrown in the pot until the water seethed.

In the Bronze age, travelling Irish tinkers copied Mediterranean cooking pots and the first English metal cauldrons were created. Shape of the cauldron allowed food to cook faster. This led to the first great leap forward in culinary art. The first metal cauldrons were made of sheet copper or bronze. As metal working techniques evolved cauldrons were later made of cast iron, this was found to be stronger than bronze. The cast iron industry expanded rapidly from the 14th century; the cauldrons became cheaper and the less hard wearing bronze gradually became obsolete.

By the late 16th century skillets had developed with straight sides that tapered outwards slightly – becoming more and more like our saucepans as we know them.

In the first quarter of 1900, a whole new type of cookware introduced as "multicooker" was emerged. Multicookers were marketed as automated multipurpose cooking appliances, which combined functions of individual cooking devices such as electric kettles, pressure cookers, bread makers, toasters, steamers, fryers, microwave ovens, and yogurt makers.

Today, Bosch produces one of the best multicookers around. With the new AutoCook from Bosch, you get a real all-rounder in your kitchen, which allows you to easily and quickly prepare delicious dishes. The new, multifunctional AutoCook is more than just a kitchen aid. With it, you can roast, bake, cook, stew, steam, fry and more. Regardless of whether you have little time, little cooking experience or little space, the AutoCook gives you pleasure in cooking and your favorite dish can be done in just minutes. Optimal temperature and cooking times are pre-set and can be quickly selected for your desired dish. The innovative induction technology ensures an optimal heat distribution and an exact temperature setting - so nothing burns or boils over. Thanks to the quick-cooking function with steam pressure, the AutoCook saves vitamins and requires up to 60% less cooking time.



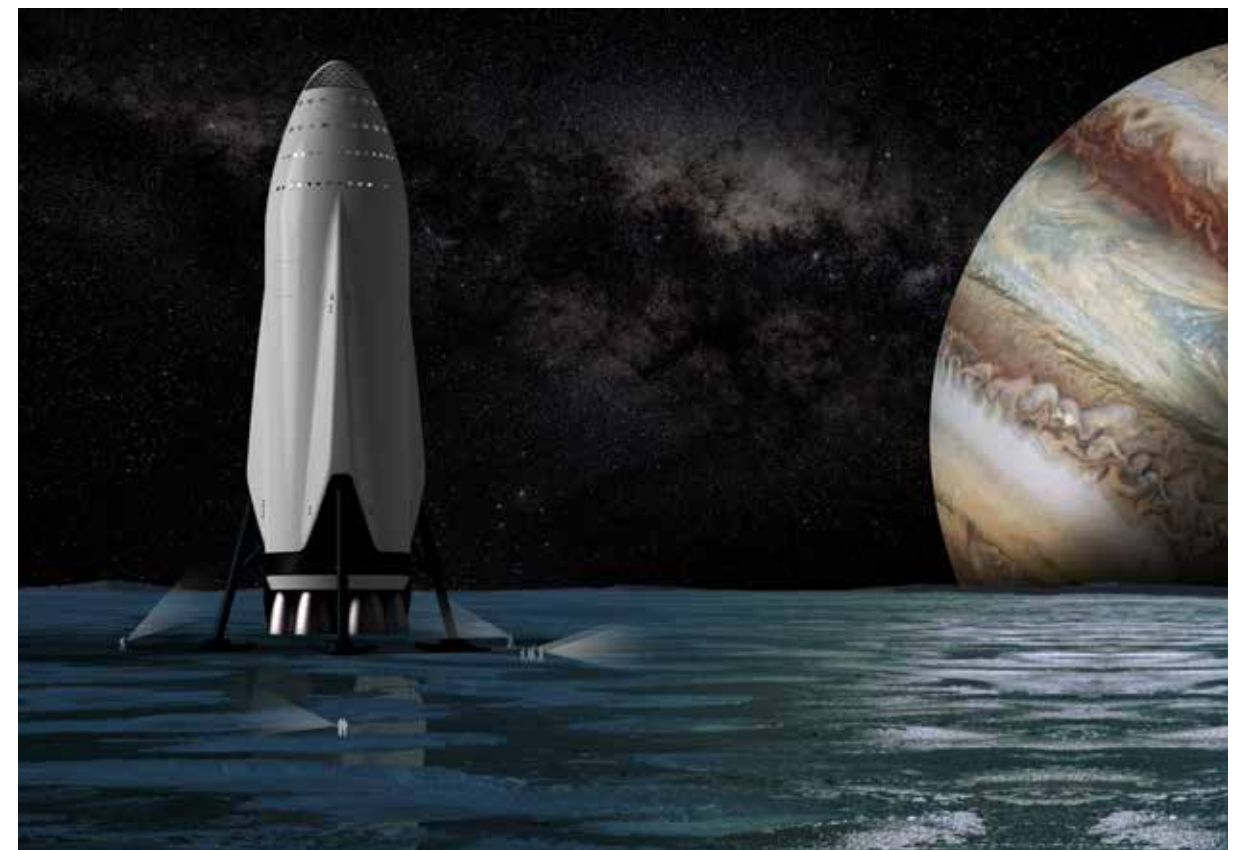
Interplanetary Transportation System

During the International Astronautical Congress in Guadalajara, Mexico in September 2016 SpaceX CEO Elon Musk has unveiled his most ambitious project: to design an interplanetary transport system to take a man to Mars and build a sustainable human colony of a million people there.

The Interplanetary Transport System is SpaceX's privately funded development project to design and build a system of spaceflight technology and remote human settlements on Mars. The system will use a giant shuttle capable of carrying 100 passenger and materials to the Red Planet at a time. It will launch from Earth on a giant reusable rocket booster, unfurling solar sails to power its journey to the red planet.

During the conference, Musk outlined that Mars is the best choice for interplanetary travel. It is the second habitable planet within the Solar System due to the presence of essential elements like some form of gasses and icy water vital for making life thrive. Mars has more gravity compared to the moon making it a much better option for habitability. Musk, said that the first manned mission to Mars could begin as soon as 2022. The first ship to go to Mars, Musk added, would be named Heart of Gold as a tribute to the ship powered by an "infinite improbability drive" from Douglas Adams' science fiction novel 'The Hitchhiker's Guide to the Galaxy'.

Although the idea of a human settlement on another planet sounds more like a sci-fi movie plot even today, it is very likely that we are actually going to witness it during our lifetime.



Homemade Pasta With Roasted Pepper Sauce

A super healthy roasted pepper sauce mixed with homemade pasta recipe that's versatile, tasty and not to mention easy to prepare.

You can amaze your guests easily with home-made pasta specialities thanks to PastaPassion accessory of Bosch MUM.



INGREDIENTS

- Roasted Red Bell
- Pepper Sauce
- 1 red bell pepper
- 100ml extra virgin olive oil
- 1/2 garlic
- 1.5 cup sun-dried tomatoes in oil
- 70g roasted pine nuts
- 50g shredded Parmesan cheese
- 1 bunch basil
- salt and crushed black pepper to taste

HOMEMADE SPAGHETTI

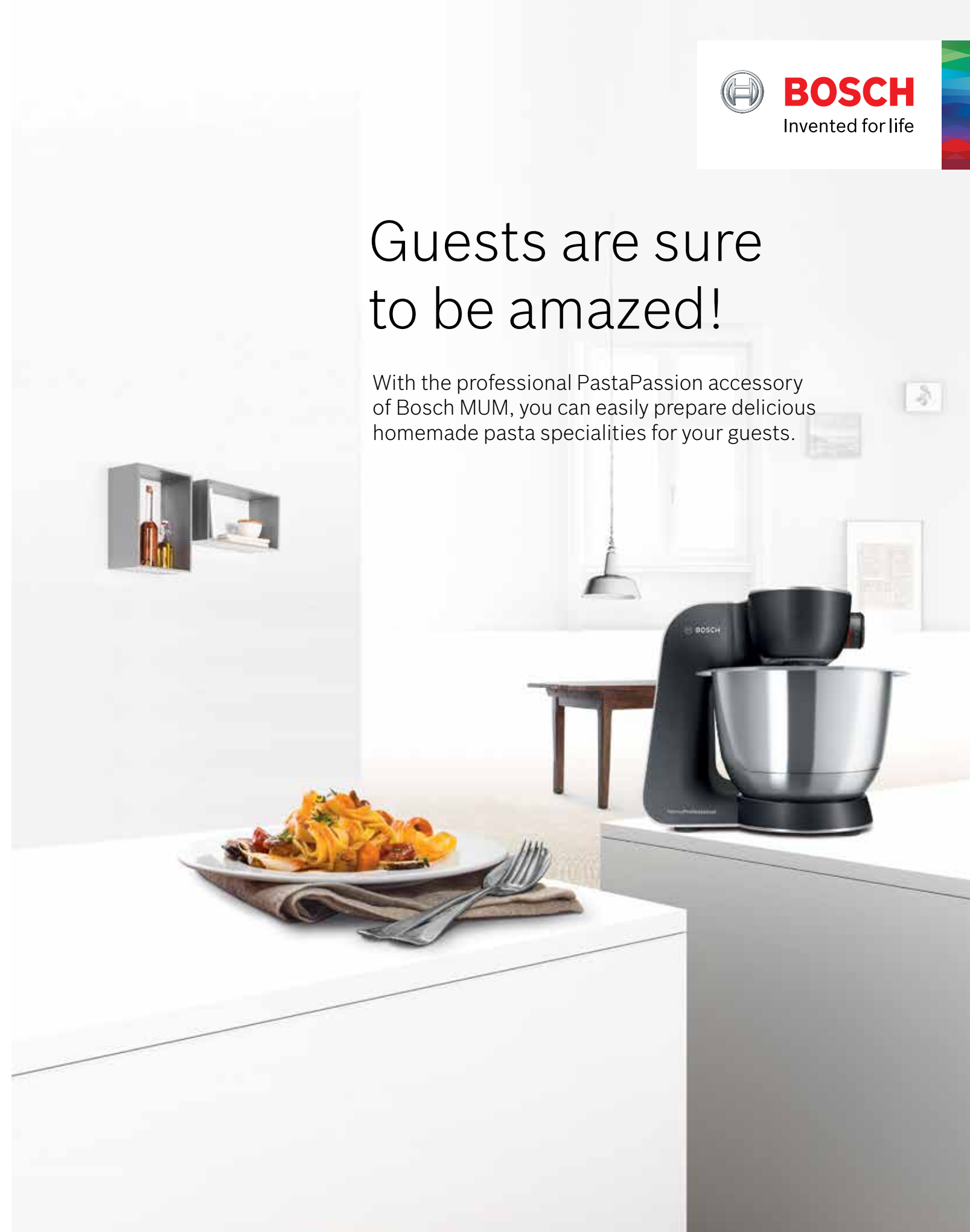
- 200g Italy "00" flour
- pinch of salt
- 2 eggs

For roasted red bell pepper sauce: Roast the red bell pepper in a preheated 18°C oven until the skin is slightly charred. Remove and place in a bowl, wrap with cling wrap and let cool. Remove the skin and seeds of the peppers, keep the flesh for later use. Mix olive oil, garlic, sun-dried tomatoes, pine nuts and sweet pepper, mash with a hand blender. Add grated cheese and blend until smooth. Add basil, season with salt and pepper. Set aside.

For homemade spaghetti: Mix "00" flour, salt and eggs, knead with the kitchen machine's dough hook at medium speed for about 8 minutes until a smooth dough is formed, wrap with cling wrap, rest in fridge for 30 minutes. Roll the dough through the kitchen machine's pasta accessory several times to create a 2mm thick pasta sheet. Cut the pasta sheet into long thick strands with the pasta accessory. Cook for 2 minutes in boiling water, remove and drain. Mix the hot spaghetti with sauce to serve.

Guests are sure to be amazed!

With the professional PastaPassion accessory of Bosch MUM, you can easily prepare delicious homemade pasta specialities for your guests.





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