

# Touch

2016

summer / blue

next  
issue

autumn / olive green

## Art

An Ancient Art Of  
Million Pieces

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## Places

Blue Jewel Of  
Mediterranean

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Cover  
story  
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touch

*“Obstacles are those frightful things you see when you take your eyes off your goals.”*

Henry Ford (1863-1947)

We all set different goals in our lives for which we are ready to pull out all the stops. Depending on the complexity of one's goals and the time allocated to them, sooner or later we face all sorts of difficulties.

What happens next? More often than not, the development of the scenario depends entirely on us, on our positive thinking and our aspiration for success. Unfortunately, after a few unsuccessful attempts a lot of people back away from the aspiration explaining it by the 'excessive challenge' of the situation.

Others, on the contrary, take these issues as an 'additional accelerator' on the way to success and concentrate on finding the most rational and effective solutions to reach their goals. It is no surprise that these people often succeed in their lives.

Media mogul Rupert Murdoch has been waiting for a chance to buy The World Street Journal for 30 years. He dreamt about it all his life and knew that one day he will make it. No doubt, that during such a long period of anticipation it was hard to retain the initial motivation and confidence. Rupert Murdoch's life experience is a remarkable example of one's belief, showing that nothing is impossible no matter how long and hard the path the success.

Remember that your life is in your hands. Start to create your future today. And one more important thing – if you believe in yourself and your success, nothing can stop you!

introduction



**Arek Erzurumluoğlu**  
Vice President  
Central Asia/Caucasus/Near East

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

# dear reader,



Baking summer sun has replaced refreshing spring showers and we are once again in expectation of some rest, sunny vacations and lazy days on the beach.

Having a rest feels great, but why do we think we have to wait till summer to enjoy free time? Every day we get caught up in standard routines; trying to finish this and that hoping to get some rest afterwards. The truth is that work and those daily chores we believe we have to do before getting some well deserved rest will never finish; thus the dream of blissful rest remains just that... a dream.

Being responsible and hardworking is a worthy human trait, but we should also be responsible for our own mental and physical wellbeing to have the chance to live a happy and contented existence. How? Easy! All you have to do is start appreciating yourself and your time. Right now just stop doing whatever you're doing, close your eyes and see yourself at a place you've always dreamt of going. Now take a deep breath and let your imagination take you far away, letting you forget about all the daily worries and troubles. Go further...create more time for yourself and family, read that book you've been planning to read, walk on the grass barefoot, go jogging, watch your favourite movie...the list can just get longer and longer, but the important thing is to be able to create 'your' time during the day.

Here at Bosch we make a pledge that our home appliances will help you with daily tasks and chores. Whether it's dishwashing, cooking or cleaning we can afford you that free time you crave for so much - just learn to value and reclaim this time so that years later you can enjoy flicking through photos of the recaptured moments you spent with your family and loved ones.

Have a great summer and enjoy every single moment of your life!

**Oksana Karadas**  
Chief Editor

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BSH Ev Aletleri Sanayi ve Ticaret A.Ş.  
Fatih Sultan Mehmet Mahallesi  
Balkan Caddesi No: 51  
Ümraniye - İstanbul 34770  
Tel: +90 216 528 91 40  
Fax: +90 216 528 91 43

### Executive Director Managing Editor

Oksana Karadas  
oksana.karadas@bshg.com

### Editor

Elena Goren

### Project Production



www.cfa.com.tr

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## An Ancient Art Of Million Pieces

Most mosaics are made of small, flat, roughly square, pieces of stone or glass of different colors, known as tesserae.



*Roman mosaic images were absorbed into the typical Christian themes of the Byzantine mosaics, although some work is decorative and some incorporates portraits of Emperors and Empresses.*

Mosaic is the art of creating images with small pieces of colored glass, stone, or other materials. It is a technique of decorative art or interior decoration. The history of mosaic goes back some 4,000 years or more, with the use of terracotta cones pushed point-first into a background to give decoration.

By the eighth century BC, there were pebble pavements, using different coloured stones to create patterns, although these tended to be unstructured decoration. It was the Greeks, in the four centuries BC, who raised the pebble technique to an art form, with precise geometric patterns and detailed scenes of people and animals.

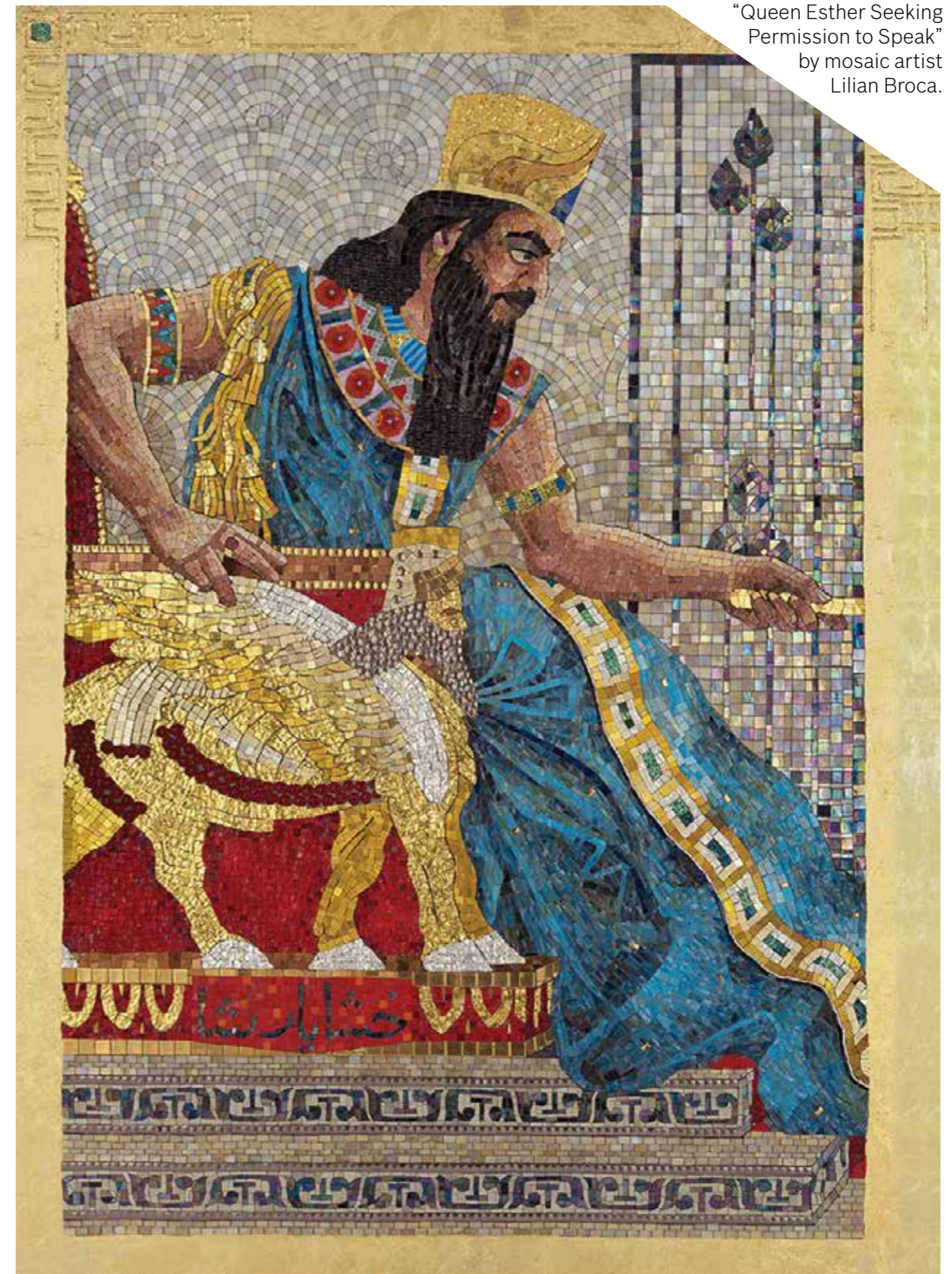
By 200 BC, specially manufactured pieces were being used to give extra detail and range of colour to the work. Using small tesserae, sometimes only a few millimetres in size, meant that mosaics could imitate paintings.

With the rise of the Byzantine Empire from the 5th century onwards, centred on Byzantium, the art form took on new characteristics. These included Eastern influences in style and the use of special glass tesserae called smalti, manufactured in northern Italy. These were made from thick sheets of coloured glass which contain tiny air bubbles. They are sometimes backed with reflective silver or gold leaf.

In the west of Europe, the Moors brought Islamic mosaic and tile art into the Iberian peninsula in the 8th century, while elsewhere in the Muslim world, stone, glass and ceramic were all used in mosaics. In contrast to the figurative representations in Byzantine art, Islamic motifs are mainly geometric and mathematical.



“Queen Esther Seeking Permission to Speak”  
by mosaic artist  
Lilian Broca.



A very influential site has been La Maison Picassiette in Chartres, northern France, a work of Raymonde Isidore between 1938 and 1964. As a middle-aged manual worker, he covered his entire house and garden with intricate mosaics of broken crockery. His nickname "Picassiette" came from a French expression meaning a "scrounger" and this expression - "pique assiette" - is the name given today to this very popular style of mosaic.



In the rest of Europe, mosaic went into general decline throughout the Middle Ages. However a flourishing tile industry led to mosaic tiling patterns in abbeys and other major religious buildings. In the 19th century there was a revival of interest, particularly in the Byzantine style. In Britain, this was fuelled by the concentration of wealth that the Victorian era brought, with increased domestic and public building projects. New techniques for mass-producing tiles meant a renewed of interest in decorative floors. The Gothic Revival in architecture and design looked back to medieval themes – and this was reflected in the way tiles and mosaic were used.

The Art Nouveau movement also embraced mosaic art. In Barcelona, Antoni Gaudí worked with Josep Maria Jujol to produce the stunning ceramic mosaics of the Guell Park in the first two decades of the 20th century. These used a technique known as trencadis in which tiles covered surfaces of buildings. They also incorporated broken crockery and other found objects, a revolutionary idea in formal art and architecture. Many think of mosaic art as ancient history. But today, it has a real place in contemporary spaces. The art is often used in interior design applications to add practical and artistic characteristics to particular spots.



## Haunted Jewels Frozen In Time

Beneath all the dust, rust and rubble, there are stories of people...

Imagine a house, a small town or an entire city whose residents had no choice but to leave, never to return. They left behind everything they possessed, because they either had no time to pack up due to some imminent threat, or they simply went out of business and cost of taking their belongings along with them wasn't worth the effort. Now, say a 30 years have passed, and you are the first living soul to set foot on one of those abandoned places.

By visiting such places, you would not be just travelling to a location, but more intriguingly, you'd be traveling through time stepping into the forgotten past of the world, evoking the deserted memories of people once lived there. Such places are indeed daunting, but at the same time, beautiful in a sense. Many people must have thought the same way, because those abandoned places from all around world attract countless tourists every year.

*Kolmanskop is an abandoned diamond mining town in the Namib desert in southern Namibia. The town was once home to almost 1,000 miners and their families, but today only tourists with the permit may enter.*

The story of Kolmanskop goes back to 1908, when a railway worker found diamond in this area. The miners began to settle down and build the town with their families. Homes and establishments were erected and Kolmanskop became prosperous. However, by the end of the 1st World War, the diamond field was near-exhaustion, and by 1956, Kolmanskop was completely abandoned.



Miranda Castle in Belgium, built in 1886, stands empty for decades in all its haunting glory.



*The Chinese city of Shicheng was flooded in 1959, then forgotten. With its recent rediscovery, divers can explore a 600-year-old city that is both underwater and unseen for decades.*



## Pripyat Today

Located within the Chernobyl disaster zone, Pripyat, Ukraine, was ground zero for the worst nuclear disaster in history when an accident destroyed a plant reactor on April 26, 1986. The city, which once bustled with nearly 50,000 residents, is now a ghost town. Three decades later, this ghost town is now a freeze-frame of the Soviet Union in 1986. Communist propaganda still hangs on walls, personal belongings litter the streets and abandoned buildings. The hammer and sickle decorate lampposts, awaiting May Day celebrations that never took place. Toys are strewn about a schoolhouse where they were last dropped by children who are now fully grown. All clocks are frozen at 11:55, the moment the electricity was cut.

higher than normal, they were not showing obvious signs of mutations (though the plants got pretty weird including some actual glowing) and the animal populations grew enormously. After the elk, moose, deer and boar returned so did their predators the wolves and lynx. The animal populations more closely resemble that of a national park than a radioactive containment zone. As it turns out, from the animals point of view, a nuclear disaster is preferable to normal human habitation. Today, radiation levels remain too high for permanent human habitation, though it is considered safe for tourists to visit.

Ironically the absence of humans has been excellent for the wildlife. In 1986 wildlife was not doing well in Chernobyl, outcompeted for resources by pine and dairy farms. After people left the deer and boar populations returned almost immediately, and despite having radiation levels thousands of times



## Easy Tips To Energize Your Summer Health



Improve your health with almost no effort at all!



In the warmer and longer days of summer, life feels more joyous - or at least less chaotic for many people - thanks to the Sun filling us with positivity and energy. However, with the heartwarming Sun above us, it is quite a challenge to resist the urge of taking a mid-day nap. That's why summer is the perfect time to improve your health, meanwhile shaking your laziness off!

Here are some simple suggestions that will improve your personal health during the summer season:

**Take a break.** Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind. Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

**Live with less stress.** Plant a small garden, cultivate a flower box, or plant a few flower pots, indoors or out to improve your stress level. Just putting your hands in soil is called "grounding." When life feels like you're moving so fast, this is because of your feet are barely touching the soil, meaning that you need grounding to cool yourself down. Being grounded can help relieve physical and mental stress.

**Improve your diet with berries.** Have a cup of mixed fresh berries - blackberries, blueberries or strawberries - everyday.



They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich. Berries are also rich in fiber, which helps keep cholesterol levels low and may even help prevent some cancers.

**Take good care of your eyes.** To protect your vision at work and at play, wear protective eyewear. When you are outside, wear sunglasses that block at least 99% of ultraviolet rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

**Get Outside to Exercise.** Pick one outdoor activity such as going on a hike, taking a nature walk, playing games such as tag, cycling, roller-blading or swimming. Remember, the family that plays together not only gets fit together it's also a great way to create bonding.

**Floss everyday.** Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

**Sleep Well.** Resist the urge to stay up later during long summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule. It's also a good idea to avoid naps during the day unless you take them everyday at the same time, for the same amount of time.







**SAPPHIRE  
MAGNIFICENCE**  
Navy blue evening dress with close-fitting top.



**SUMMER FIT**  
Light summer flare dress with blue print.



**CHIC & COMFY**  
Flat sandals bejeweled with gemstones and crystals.

**STRIPED  
BEACH MAT**  
Folding Mat & Carry Case.



**MEDITERRANEAN  
SUMMER**  
Blue printed paréo.



**INDIGO FANCY  
CATS**  
Cotton canvas handbag features cats, with cut-outs at the top.

**FROM THE  
DEPTH OF THE  
RIVER**  
Enameled ring with blue carps and pearl on the top.



**STAY TRENDY**  
Slim fit trousers with paisley print.



**HEAD OVER  
HEELS**  
Wedge heel blue shammy shoes.

**BLUE BELL  
FANTASY**  
High waist lace full sateen midi skirt.



**SHINE  
YOUR EAR**  
Golden peacock theme earrings with tiny gemstones.



**SUMMER  
TIME**  
Catch your happy moments.

**MAGIC OF  
SUMMER NIGHT**  
Oriental fragrance with floral notes.



**PENTAGONAL  
FEATURE**  
Deep blue Polaroid sunglasses.



## Blue Jewel Of Mediterranean

Chefchaouen is a city in northwest Morocco. It is the chief town of the province of the same name, and is noted for its buildings in shades of blue. Chefchaouen has a rich history, beautiful natural surroundings and wonderful architecture, but what it's most famous for are the striking and vivid blue walls of many of the buildings in its "old town" sector, or medina.

The maze-like medina sector, like those of most of the other towns in the area, features white-washed buildings with a fusion of Spanish and Moorish architecture. The brilliantly blue walls, however, seem to be unique to Chefchaouen. Gorgeous blue rinse covers not only Chefchaouen's houses but its mosques, government buildings, public squares and even its lampposts and trash cans.

*The custom of painting buildings blue dates back to the 15th century, when Jewish refugees fleeing the Spanish Inquisition settled in large numbers in Chefchaouen.*

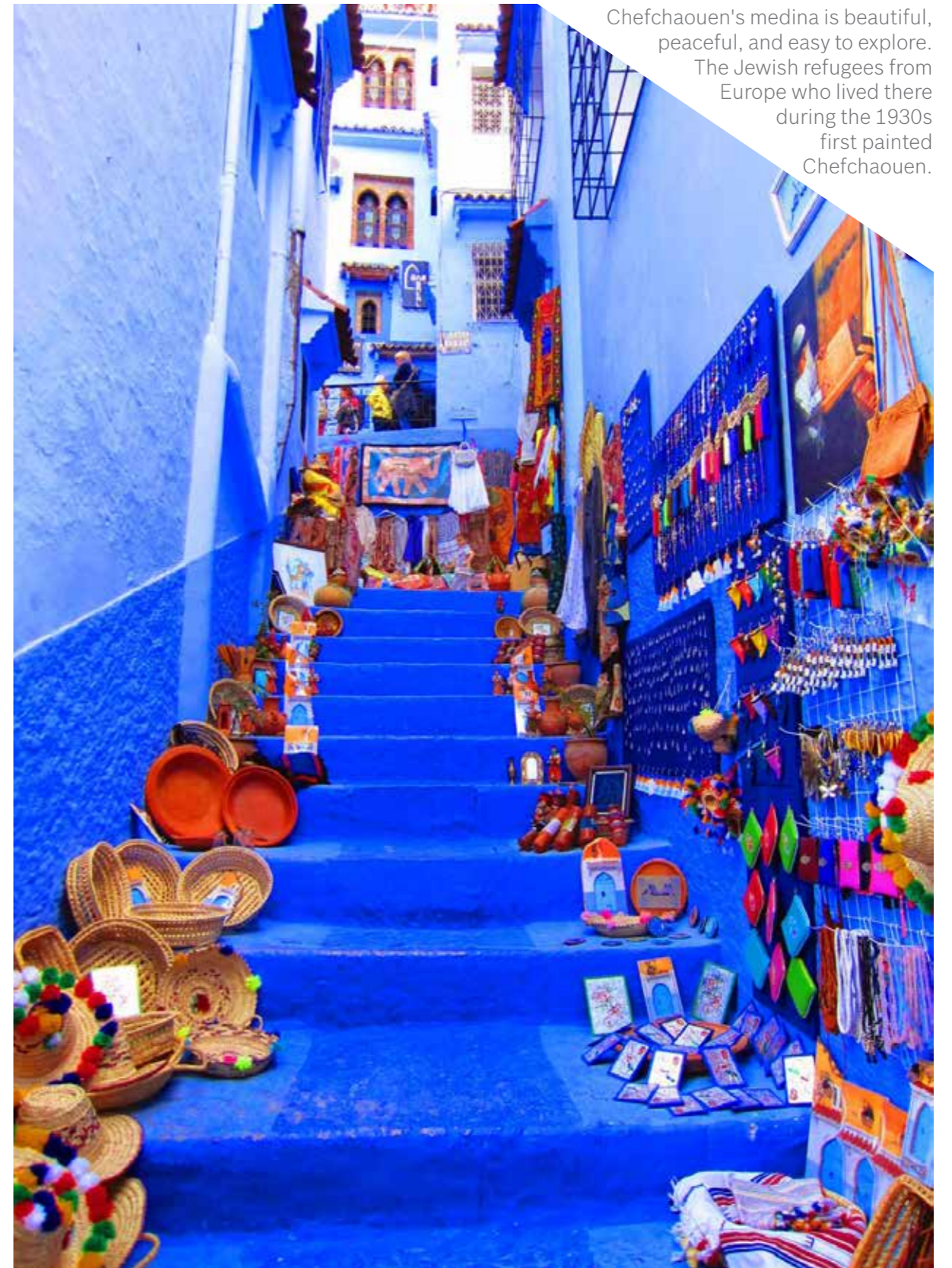


Refugees brought with them their tradition of painting things blue to mirror the sky and remind them of God. Chefchaouen's Jews may have moved on, but the practice of painting things blue lived on. Many settlers also believe that the blue walls serve to repel mosquitoes as well.

The city was founded by Moulay Ali Ben Moussa Ben Rached El Alami, a descendant of Ibn Machich and Idris I in 1471, as a small fortress which still exists to this day, to fight the Portuguese invasions of northern Morocco. Along with the Ghomara tribes of the region, many Moriscos and Jews settled there after the Spanish Reconquista in medieval times. In 1920, the Spanish seized Chefchaouen to form part of Spanish Morocco. Spain returned the city after the independence of Morocco in 1956.



Chefchaouen's medina is beautiful, peaceful, and easy to explore. The Jewish refugees from Europe who lived there during the 1930s first painted Chefchaouen.



*Chefchaouen is an otherworldly escape nestled in Morocco's Rif Mountains. As well as its distinctive palette of blue and white buildings, a striking contrast with the arid setting, this popular tourist town has plenty to offer.*



## Visiting Chefchaouen



Chefchaouen has plenty to offer to those looking for adventure. Valleys, gorges and picturesque peaks are in abundance where arid landscapes meet trickling mountain streams. Both multi-day treks and day trips are available, all of which start in Chefchaouen. Some routes pass the nearby village of Jemel el Kelaa, a little north of the city, through Afeska, passing through lush green forests and offering with views of the Mediterranean Sea.

Nights are spent under cloudless skies speckled with constellations unobstructed by light pollution. Alternatively, accommodations are available in some villages, ranging from budget backpacker hostels to luxury hotels.

Aside from spectacular scenery, Chefchaouen has many authentic tastes to offer for visitors. Begin the day with a bakery trip: bread is baked in a traditional wood-fired oven, giving it a distinctive taste and crunchy outer layer. For lunch, try the town's signature tagine: a typical Moroccan-style dish made with fish, vegetables, spices and oil served on a bed of fluffy couscous. Tagine, a dish for lunch or dinner, has many variations but most commonly consists of meat or fish, a mixture of vegetables and a selection of spices. The dish often includes ras-el-hanout, a tangy blend of around 30 spices including turmeric, paprika, cardamom, chilli, cumin, cinnamon and more. Polish off each meal with a refreshing mint tea, made by boiling green tea leaves and adding fresh mint and a generous helping of sugar.

Whatever the season, Chefchaouen visitors are guaranteed incredible views as well as dishes that you never going to forget.

## “MOMs vs MUM”



On March 3, 2016 an entertaining and uncommon competition named “MOMs vs MUM” dedicated to Mother’s Day took place in Bosch live Cooking Area located in the Tbilisi East Point shop of our Georgian distributor Elit Electronics. The competition aimed to discover who would be the first to finish cooking: Mothers, using their hands or a chef using the Bosch kitchen machine ‘MUM’.

When cooking, the MOMs used standard kitchen utensils such as knives, chopping boards and other. Whereas a famous Georgian chef, Natia Montgomery, was demonstrating advanced cooking skills with the help of Bosch kitchen machine MUM. The contest menu included such dishes as: lemon biscuits, Russian salad, apple pie, banana smoothie and ice-cream truffle. Having prepared the first two dishes, the MOMs seemed to be tired and Natia completed all the tasks easily and on time thanks to the Bosch MUM appliance.

During the short breaks of the contest all participants and guests were treated to aromatic coffee brewed in the Series 8 Bosch coffee-machine. All baking challenges were easily and perfectly handled by Bosch 8 series built-in ovens.

Moms had a great chance to compare modern way of handling recipes to old 'hand' method and experience all the advantages of MUM machine. After enjoying the dishes cooked during the event and receiving Women's Day bouquets happy mothers left home seriously considering to buy Bosch wonder machine - MUM.



## Every Women Is A Princess



Bosch Princess dishwasher campaign with the claim of “Every women is a princess” was launched in 3 countries (Georgia, Uzbekistan and Armenia ) between the dates of 20th of February and 10th of March.

During the 360-degree Bosch Princess dishwasher campaign in Georgia TV, radio, outdoor, magazine, sms, online and guerilla marketing tools were used. Guerilla marketing activity was held in the framework of this concept and specially dedicated to the International Women's Day, March 8th. Mentioned activity took place both on the streets of Tbilisi and at the East Point shopping mall. Princess design branded Elite Electronics' bus was travelling throughout Tbilisi streets promoting Princess campaign. During this guerilla marketing activity elegant princes distributed red roses to women in the streets. In the East Point prince was accompanied with trumpet players dressed in knight clothes and looking for the princesses. Mannerly prince gave a lot of red roses and a crowns to all the princesses he found making them very surprised and happy.

The main idea was to increase the penetration of dishwashers in the countries while claiming that when you get a Bosch dishwasher, you have “more time” for yourself and you don't have to waste your time on washing the dishes because you are a princess.

In the framework of Princess concept in Uzbekistan and Armenia TV, radio, outdoor and online were also used.



Blue in  
seas



Blue mussel is a medium-sized edible species of clam which are subject to commercial use and intensive aquaculture. They live in intertidal areas attached to rocks and other hard substrates.

Blue in  
flats



Useless Loop, Western Australia. The reason why these salt crystals appear blue can be attributed to the reflection of the sky. And the tracks left by the salt harvesting machine account for the brushstroke patterns.

Blue in  
caves



The Marble Caves, located on Lake General Carrera in Chile. Unique geological formation featuring a group of caverns, tunnels and pillars created in monoliths of marble and formed by waves over the last 6,000 years or so.

# Blue in history



Blue has been used for art, decoration and as a clothing dye since ancient times. Stone lapis lazuli, coming from mines in Afghanistan, was used in ancient Egypt for jewelry and ornament and later, in The Renaissance. During the Middle Ages, cobalt blue was commonly used to colour the stained glass windows of cathedrals.

Beginning in the 9th century, Chinese artists used cobalt to make fine blue and white porcelain. Blue dyes for clothing were made from woad in Europe and indigo in Asia and Africa.

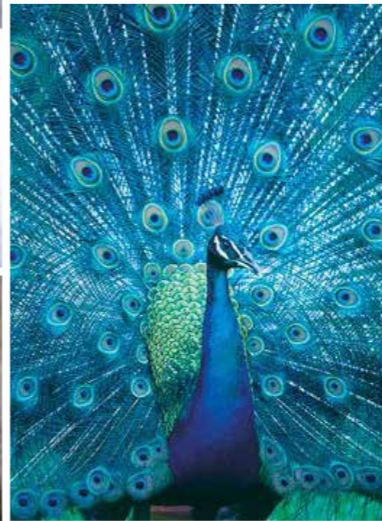


*In 1828 a synthetic blue pigment was developed, and synthetic blue dyes and pigments gradually replaced mineral pigments and vegetable dyes.*



Pierre-Auguste Renoir, Vincent van Gogh and other late 19th century painters used ultramarine and cobalt blue not just to depict nature, but to create moods and emotions. In the late 18th century and 19th century, blue became a popular colour for military uniforms and police uniforms.

In the 20th century, because blue was commonly associated with harmony, it was chosen as the colour of the flags of the United Nations and the European Union. Toward the end of the 20th century, dark blue replaced dark grey as the most common colour for business suits; surveys showed that blue was the colour most associated with the masculine, just ahead of black, and was also the colour most associated with intelligence, knowledge, calm and concentration.



# There is fresh life within.

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Invented for life



## Sport That Will Make You As Free As Birds!

*Flyboarding is a rapidly growing sport and you can be sure to see more Flyboards at lakes and oceans in the near future.*

A Flyboard is a type of water jetpack/hoverboard attached to a personal water craft which supplies propulsion to drive the Flyboard through air and water to perform a sport known as Flyboarding. A Flyboard rider stands on a board connected by a long hose to a watercraft. Water is forced under pressure to a pair of boots with jet nozzles underneath which provide thrust for the rider to fly up to 15 m in the air or to dive headlong through the water down to 2.5 m.

The Flyboard has been invented and created by Franky Zapata, the famous jet-ski champion in 2011. After many hydro-propelled machines tests being held in 2011 and with the massive support of the public, the production and the worldwide marketing of the Flyboard began.

Since its market launch, more than a hobby, Flyboard has become an entire sport in its own right, confirmed by the organization of the first Flyboard World Cup in Qatar 2012. A competition held every year and was last held in Dubai 2014. Flyboard quickly has become popular among people interested in hydro-sports.

*Learning how to flyboard is relatively easier than it may seem at first glance. The main thing is to follow the instructions of the coach and not to be afraid.*

All movements during the flight are carried out at an intuitive level, as during the walk. Neither physical form nor special skills are required.

Natural equilibrioception and natural movement coordination are all the beginner needs. Height, weight and age are not the determining factors for our entertainment. Only thirst for new emotions and feelings is the main engine for a future flyboarder.



*Flyboarding is an unreal feeling of freedom and adrenaline rush, which you will be able to feel both in the air and in the water.*

# Blue Mountains, Or Unbelievable Story

**Genre:** Comedy  
**Director:** Eldar Shengelaia  
**Stars:** Ramaz Giorgobiani, Vasil Kakhniashvili, Teimuraz Chirgadze  
**Language:** Georgian  
**Release date:** 1986  
**Runtime:** 97 min.

“Blue Mountains, or Unbelievable Story,” is an incredibly witty gem of a Georgian film. Focusing on the use of repetition, the humor of this film transcends language barriers and envelopes viewers in the shadows of a mismanaged bureaucracy. Blue Mountains was included in Directors' Fortnight at the 1985 Cannes Film Festival, but the director was prohibited from attending by Soviet authorities. Film also won the All-Union Film Festival Prize in 1984 and the USSR State Prize in 1985.

The director of the film, Eldar Shengelaia is one of Georgia's leading directors. Shengelaia graduated from the All-Union State Institute of Cinematography in Moscow in 1958 and then worked for the Mosfilm studio. In 1960, he became a director at the Tbilisi-based Gruzija-film studio. In 1969, Shengelaia gained nationwide acclaim with the satirical tragicomedy "An Unusual Exhibition" socio-political allusions of which caused discontent in the official Soviet cinema establishment. Since then, Shengelaia has retained a reputation of a highly individual filmmaker.

#### Plot

An author named Soso who has written a manuscript, brought it to a publishing house, and is hoping that it will be well received by the editors and eventually published. Set in a typical office space, all of the employees that are given the highest pay and available luxuries are, in fact, the laziest and least likely to do much of anything. Soso encounters one problem after another in his quest to have his work not only published, but simply read!

“An inspired satire, Blue Mountains is a disarming and cleverly precise critique of bureaucracy as stifling stasis.”

“This movie is timeless masterpiece, one of the best in Georgian cinematography...”

## A Brief History Of Weighing Scales

Whether it was for animals, fine metals, or precious stones, scales played a crucial role in trading commodities.

While today it is common to use electronic scales, the weighing scales of the past were still a common and necessary part of life. Prior to the present-day digital scale, man relied on nature's fine elements such as grains, seeds and stones to translate weight into measure. Carob seeds have even come to be known today as carats. Interestingly enough, there is still some mystery regarding the history of the scale.

There is conflicting information as to when the exact time period that the weighing scale came into being, but research indicates that it was a good few thousand years ago somewhere in or near Egypt. Egyptians often depicted weighing scales in their paintings. They believed that one of their gods would measure the weight of the deceased's heart to determine if it was heavy with good or bad deeds.

The Romans also played a part in the history of the weight scale as far back as 200 A.C.E. They invented a scale that could weigh with use of a hook. The shaft was asymmetrical, which was definitely not the norm. This type of weighing later became the basis for platform scales and scales used to measure heavy weights.

*In the 15th century, Leonardo Da Vinci invented the graduated dial scale – the first automatic balance in history. A French mathematician by the name of Gilles Roberval took the automatic balance a step further in 1699. He incorporated a system that challenged the basis of the lever, preventing error of accuracy of the balance.*

The 17th century marked the creation of the spring scale. The effects of gravity would displace the spring and thereby indicate a measure of weight. Later on in the 18th century, the industrial era marked a greater interest in the sciences, and with that a more fine-tuned weighing scale.

With the surge of scientific research, the 20th century discoveries were largely dependent on scales that could measure weight on a molecular level. The actual creation of the first digital scale is not clear, but in 1980 Richard Loshbough and Edward Pryor requested a patent for the digital scale.

Today, almost everyone has a floor scale at home. As our home appliances have gotten smart with advancing technology, scales have also gotten smarter. Bosch bathroom scale is one of the best among these smart scales. Other than pinpoint accuracy in traditional weighing, Bosch electronic analysis scale is able to measure bodyfat and bodywater levels, with a maximum weighing capacity of 150 kg, thanks to 4 weight sensors!



## Get Ready For The VR Revolution!



Virtual reality is an immersive experience in which your head movements are tracked in a three-dimensional world, making it ideally suited to games. While VR was a non-starter back in the 90s, developers are now creating mind-blowing experiences that look set to revolutionise gaming and entertainment.

Working principle of VR headsets is in fact quite easy. When you put it on, headset places you within a 360-degree environment, so whenever you turn your head, virtual environment will also move in that direction.

Current hysteria of virtual reality started with the Oculus Rift headset. This project was developed by Palmer Luckey, funded via Kickstarter. Shortly after, entire project was bought by Facebook for \$2 billion. The Rift plugs into your computer's DVI and USB ports and tracks your head movements to provide 3D imagery on its stereo screens.

Virtual reality, the emerging technology that is poised to transform video gaming, is also coming to the movies! In fact, the development of VR for filmmakers has been ongoing for a long period of time. President of Nokia Technologies, Ramzi Haidamus, who has been experimenting with virtual reality for years, recently introduced OZO, the first virtual-reality camera designed specially for Hollywood-grade filmmakers. The technology is making huge strides, Haidamus says, and he particularly marks the year of 2016 as the year of "perfect storm" for the VR technology.

It seems that before the end of this year, we are going to be able to literally walk into a website, rather than clicking the mouse while looking at a 2-dimensional screen to browse it!



## Summer Smoothie

A glass of refreshing smoothie is perhaps the perfect drink for hot summer days, not to mention it is full of the nutrients and protein!

Thanks to Bosch SilentMixx, now you can enjoy your refreshment in a matter of seconds!



### INGREDIENTS

- 100 g deep-frozen blueberry mixture
- 3/4 cup 2% reduced-fat milk
- 1 ripe kiwi
- 1/2 bunch fresh peppermint
- A little juice or, still healthier: water.

### PREPARATION

Let the berry mixture thaw and put it in the mixer. Quarter the peeled kiwis and add them. Blend all the ingredients, pour into a glass and enjoy.

# Process your food quickly, quietly.

The Bosch SilentMixx chops, mixes and blends ingredients of your choice quickly, reliably and, above all, more quietly than any other standard mixer.





**BOSCH**

Invented for life

# Elegance meets freshness.

Citrus press for easily juicing citrus fruits –  
to use in healthy juices or shakes.

