

# touch



## introduction

"Life isn't about finding yourself. Life is about creating yourself."

George Bernard Shaw

In childhood we naturally used the creation path. We could make unusual shapes from the sand, paint with hands and explore process was much more interesting and excited rather than playing with toys. We were creating our own routes, making something new, and revealed more about ourselves.

These are uncharted experiences, not the guided tours, which truly help us "create" ourselves. When we listen to our inner voice to do something different and follow the way that our intuition leads us, these are the moments that determine who we are and give us an idea how we can participate in the world around us.

So as you look into the future, rather than trying to "find yourself" by following others actions, choose one of your dreams that was put on the farthest shelf, the one that your heart is still longing for; and set a plan to make it happen.

Dreaming is an instrument of creation process, and it's the source of innovation. So don't make the inner creator silent; support it, and be open to new opportunities, to create yourself, your life and the world around you.



Arek Erzurumluoğlu Vice President Central Asia/Caucasus/Near East

Apply

# dear reader, contents



The winter issue of our Touch magazine is in your hands which means we've left one more year behind.

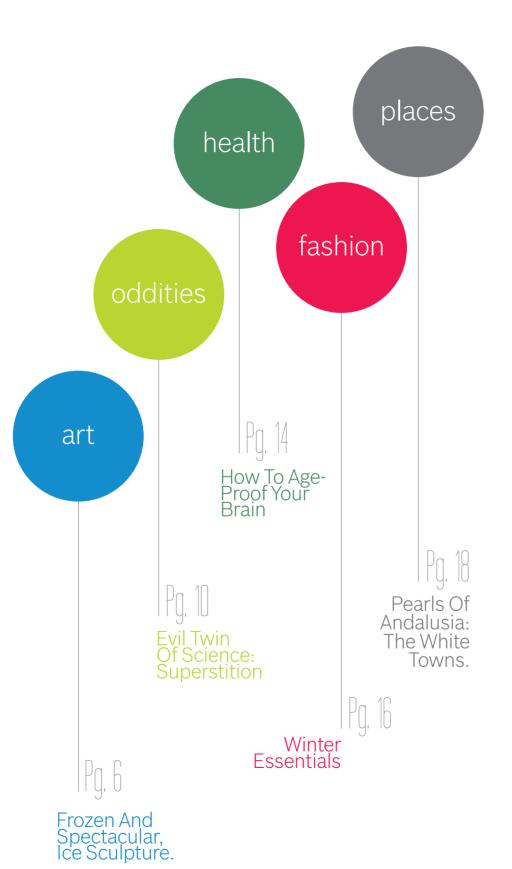
2015 has been a difficult year for the whole world: economical crisis in most of CIS countries put this region in a very difficult financial situation while continuous terror actions in the Middle East marked this year with hundreds and hundreds of innocent victims. On top of that natural disasters keep taking thousands of lives away.

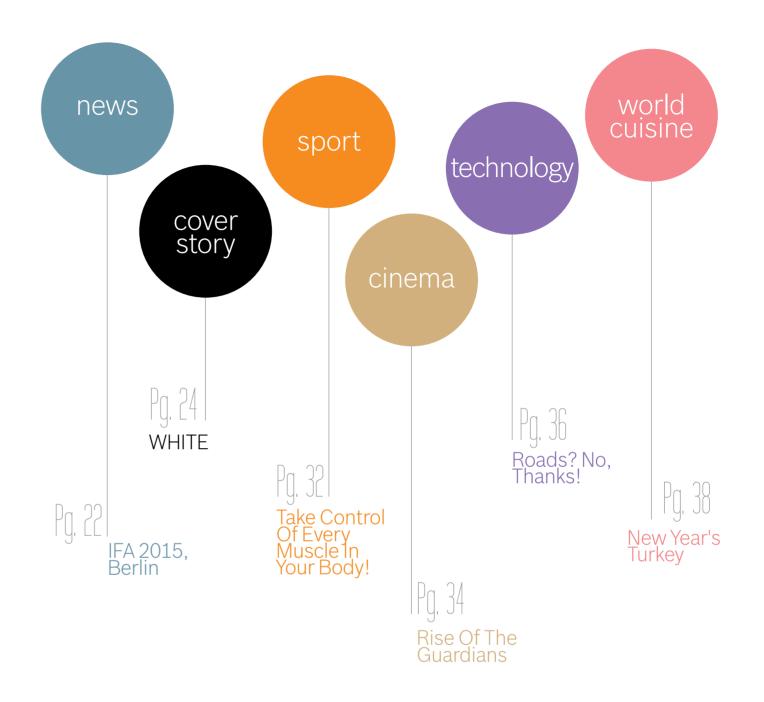
However, to be able to go on we need to see the positive as well. From this point of view 2015 was full of important events as well: NASA confirmed existance of salty water on Mars, Pekin was chosen as the capital of 2022 Winter Olympic Games, 1st European Games took place in Baku, Kyrgyzystan has joined European Economic Union and many other political and cultural events that left positive memories in people's minds.

Bosch stayed with its consumers this year as always, bringing new technologies to their life making it easier and more comfortable at least within their living spaces. New 8 series built-in appliances already started entering kitchens and turning them into an elegant place where anyone, even those who have nothing to do with cooking, can create masterpieces! These smart appliances do almost everything for you! Our universal MUM machines became the best helpers in the kitchen thanks to their ability to handle any recipe with no efforts! And our Green Technology appliances continue to help you save not only the family budget but also the environment.

I wish you all a great and positive 2016 and invite you to the world of Bosch appliances that will continue bringing joy and comfort to your life!

Oksana Karadas Chief Editor





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### Frozen And Spectacular, Ice Sculpture.

Today, ice sculptures are typically used in entertaining, both as decorative statues and as functional display pieces. Ice sculpture is a form of sculpture that uses ice as the raw material. Sculptures from ice can be abstract or realistic and can be functional or purely decorative. Due to limited lifetime of ice, sculptures are generally associated with special or extravagant events. Since the lifetime of an ice sculpture is determined by the temperature of environment, a sculpture can last from minutes to months.

Sculpting tools greatly vary in handling. Artists use such tools as chainsaws, handsaws, hairdryers, irons and chisels to carve the ice, usually working in ultra-cold environments such as large walk-in freezers to guard against melting.

The uses and benefits of ice as a resource eventually came to be known all over the world. Written records dating back to 600 BC reveal that in the highlands of northwest China, farmers would flood their fields with water, wait for it to freeze, harvest blocks of ice and then store them in insulated facilities to help preserve perishables like seafood.

The exact origins of the idea of transforming ice into some artistic form are unclear. However, early examples of ice sculpture can be traced back thousands of years.



One of the earliest examples of ice sculpting is igloos, shelters built of ice and snow by early Inuits, indigenous peoples inhabiting the Arctic regions of Greenland, Canada, and Alaska around 4000 years ago. The exact origins of ice sculpting are murky, though we do know that the practice has been around for a very long time. Early Inuits travelling across present-day Alaska, Canada and Greenland started building ice and snow houses for shelter – commonly known today as igloos – around 4,000 years ago.

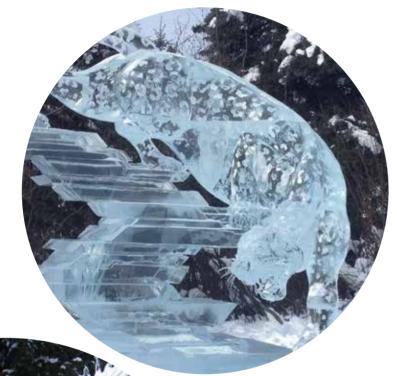
Although ice sculpting first emerged as a result of sheltering needs, early sculptors tempted by the purity of ice, realized the artistic value of ice sculpting. And so ice sculpting evolved into a spectacular form of art.





art

There are several ice sculpting festivals and competitions held around the world: Harbin Ice Festival in Harbin, China; Ice Magic Festival in Banff, Canada; Ice Festival in Parnu, Estonia; and The World Ice Arts Championships in Fairbanks, Alaska.





#### Ice Palace

The first ice palace ever was built in St. Petersburg, Russia during the cold winter of 1739-1740. Anna Ivanovna, empress of Russia, who ruled from 1730 to 1740, gave an order to build a palace made of ice. The palace and the surrounding festivities were part of the celebration of Russia's victory over the Ottoman Empire. Empress ordered the architect Pyotr Yeropkin to design the palace. It was built under the supervision of Georg Kraft.

The palace was 20 meters tall and 50 meters wide.

Walls were made of huge ice blocks glued together with water. The garden was filled with ice trees with ice birds and an ice statue of an elephant. The outer walls were lined with ice sculptures. In front of the palace there were artillery pieces also made of ice. The palace was also furnished with furniture made of ice, including an ice bed with ice mattress and pillows. The whole structure was surrounded with a wooden fence. The palace did not survive the next summer and dissolved in all its glory.



Many ice palaces have been built all around the world ever since the time of Empress Anna of Russia - handicraft of first ice palace ever built. And this particular event has been inspiring the artists all over the world ever since.

# **Evil Twin Of Science: Superstition**

Superstitious beliefs have created by early man who were in a search of causality in nature. Superstition is the belief of that one event causes another without any natural process whatsoever linking the two events such as astrology, religion, omens, witchcraft, and prophecies that contradict natural science. It is also commonly applied to beliefs and practices surrounding luck, prophecy, and spiritual beings, particularly the belief that future events can be foretold by specific unrelated prior events.

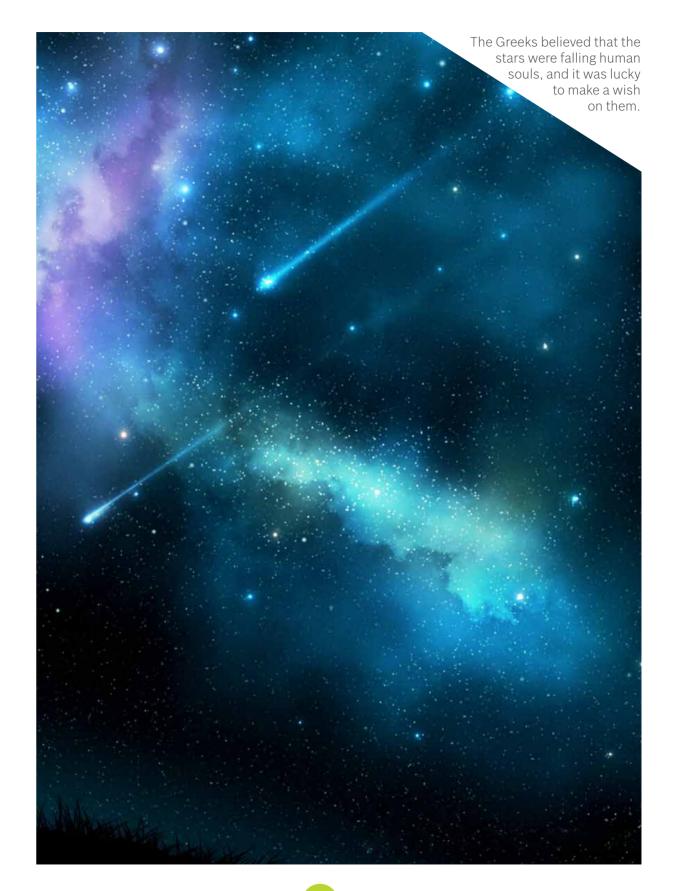
Superstitions greatly vary by culture, for example, in Brazil, it's bad luck to let your wallet or purse hit the floor, as it means you will lose money. In China, the number 4 and all iterations there of are incredibly unlucky, as the Chinese pronunciation of the number is nearly identical to that of the Chinese pronunciation of the word "death." In Egypt, It's viewed as frightfully bad luck to open and close scissors without cutting anything, and even worse to leave them open. However, the Egyptians also believe that scissors under a pillow can cure a person of their nightmares... In India, you must not trim your nails on Tuesday and Saturday (or at night), nor can you cut or wash your hair on Thursday and Saturday.

In the United States, particularly around the state of Vermont, many 19th century farmhouses were built with slanted "witch windows", due to the commonly-held belief that witches could not fly their brooms into a tilted opening.



From the scientific perspective, natural selection will tend to reinforce a tendency to generate weak associations. If there is a strong survival advantage to making correct associations, then this will outweigh the negatives of making many incorrect, "superstitious" associations. In sum, as long as you don't exaggerate or become obsessed over them, superstitions can be beneficial for you.





oddities oddities

Greek and Roman polytheists, who modeled their relations with the gods on political and social terms, scorned the man who constantly trembled with fear at the thought of the gods, as a slave feared a cruel and capricious master. Such fear of the gods was what the Romans meant by "superstition".



## Common superstitions & their origins

There are many common superstitions among cultures. Although meaning and interpretation of these superstitions are universally same today, their origins are quite distant from one another. Let's have a closer look to the stories behind the most common superstitious beliefs.

Opening an umbrella indoors: in eighteenth-centumon for people to consult "mirror seers," who told ry London, when metal-spoked waterproof umbrellas began to become a common rainy-day sight, their stiff, clumsy spring mechanism made them veritable hazards to open indoors. A rigidly spoked umbrella, opening suddenly in a small room, could seriously injure an adult or a child, or shatter a frangible object. Even a minor accident could provoke unpleasant words or a minor quarrel, strokes of bad luck in a family or among friends. Thus, the superstition arose as a deterrent.

Walking under a leaning ladder: this superstition can be traced back to 5,000 years ago, to ancient Egypt. A ladder leaning against a wall forms a triangle, and Egyptians regarded this shape as sacred. To them, triangles represented the trinity of the gods, and to pass through a triangle was to dese-

Breaking a mirror: in ancient Greece, it was com-

their fortunes by analyzing their reflections. This was called catoptromancy. The mirror was dipped into the water and a sick person was asked to look into the glass. If his image appeared distorted, he was likely to die; if clear, he would live. In the first century A.D., the Romans added a caveat to the superstition. At that time, it was believed that peoples' health changed in seven year cycles . A distorted image resulting from a broken mirror therefore meant seven years of ill-health and misfortune, rather than outright death.

The unlucky number, 13: in a well-known tale in Norse mythology, 12 gods were invited to dine at Valhalla, a magnificent banquet hall in Asgard, the city of the gods. Loki, the god of strife and evil, crashed the party, raising the number of attendees to 13. The other gods tried to kick Loki out, and in the struggle that ensued, Balder, the favorite among them, was killed.



health health

## How To Age-Proof Your Brain

It is possible to improve your memory & concentration and have fun at the same time!

What's good for your body is good for your brain. That means eating a balanced diet with lots of fruits and veggies and not much sugar, saturated fat or alcohol, as well as getting enough exercise and sleeping about eight hours a night. But scientific evidences suggest that a whole host of other activities can help keep our brains young even as we advance in chronological age.

#### Here are some of these activities:

Dancing is among these miraculous activities. According to a 2003 landmark study in the New England Journal of Medicine, seniors who danced three to four times a week had a 75 percent lower risk of dementia compared with people who did not dance at all. Why? "Dancing is a complex activity. It's aerobic so it improves blood flow to the brain which has been shown to improve brain connections." says study lead author Joe Verghese.

Whether it's the piano, the drums, or a guitar, researchers found brain that help with attention and storing events into memory.

that playing an instrument for 10 or more years was correlated with better memory in advanced age compared to those who played music for less than 10 years. Other research shows that even listening to music can help boost your brainpower. A study from the Stanford University School of Medicine found that listening to baroque music (Vivaldi, Bach) leads to changes in the Individuals who speak two or more languages are less likely to have memory problems in older ages, than people who only spoke one language. Other research shows that people who speak more than one language are better at multitasking and paying attention. Experts say the earlier you learn, the better -- growing up speaking two languages is optimal -- but that it's never too late and every little of language learning helps.

Playing board games such as chess, bingo, checkers, monopoly and card games also help keep your brain fit according to a 2013 French study. And these effects seemed to last over the study's 20-year follow-up. "The idea is that this helps build cognitive reserve," says Verghese. "The more these activities buffer against the disease, you may be able to mask the effects of the disease for longer periods of time. It buys you extra time."

Reading, in general, is good for the brain. But reading fewer books and articles so you can give them each of them more focused attention may be even better. Human brain doesn't do very well with too much information. The more information you download, the more it shuts the brain down. "It's better to read one or two good articles and think about them in a deeper sense rather than read 20", says Sandra Bond Chapman, Ph.D., director of the Center for Brain Health at the University of Texas at Dallas. But it does not mean that you shouldn't push your limits no. On the contrary, you should always challenge yourself by gradually increasing the difficulty of tasks.







#### fashion





FORM AND FUNCTION Make that all important good first impression.



DOUBLE SIDE CLASSIC Slimline trousers know the secret of elegance and









A PERFECT COMBINATION Black&white

handbag to carry our business and















DELICATE

All white blouse

**SNOWY CHIC** Simple, but stylish winter coat.

SPARKLE

LIKE A SNOWFLAKE Perfect accessories



AND SPICE **AND ALL THINGS** NICE... Not just a belt but a perfect



TRY ME ON White blouse with horizontal bottom cut will look perfect with both, jeans and

A VISION OF **PURITY** Show stopping, formal elegance for only the most special occasions.

### Pearls Of Andalusia: The White Towns.



The White Towns of Andalusia, or Pueblos Blancos in Spanish, are a series of towns and large villages in the northern part of the provinces of Cádiz and Málaga in southern Spain, mostly within the Sierra de Grazalema Natural Park. All of the villages are characterised by whitewashed walls and red or brown tiled roofs. The whitewashed villages of Andalucia are impressive historical monuments in themselves, and their people still live according to age-old traditions, inherited from their Iberian, Roman and Moorish forefathers.

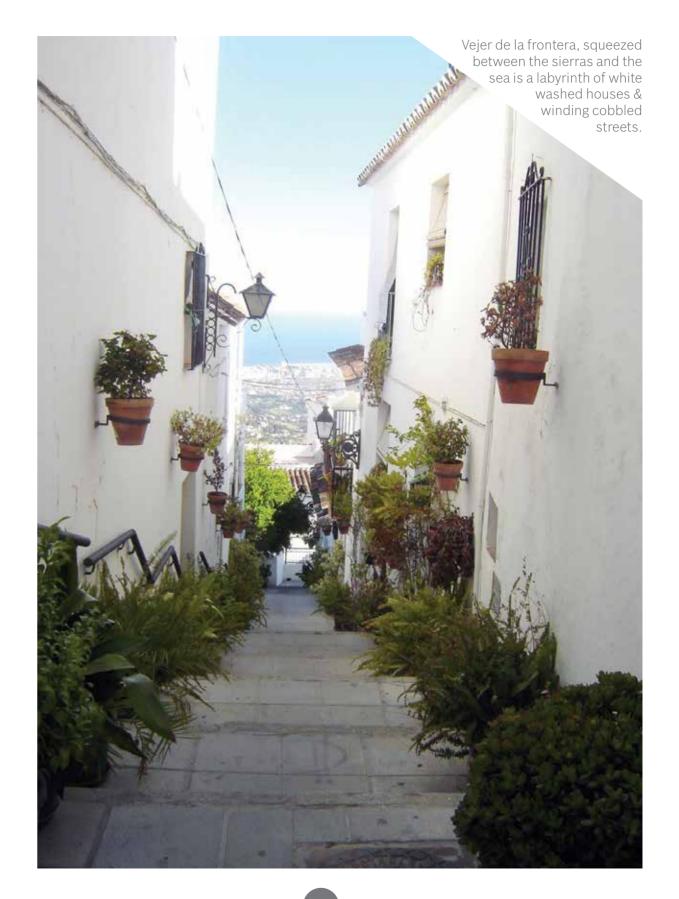
Many of the villages near the coast have become fashionable resorts, while still conserving their ancient charm, whereas others, lost in the highlands of Andalucia, remain rough and ready olive-farming towns, with a special appeal for the adventurous travellers.

Most Andalucian towns began as fortresses, which stood along the frontier between the Christian and Moorish realms, as is apparent in the names of such towns as "Jerez de la Frontera", "Arcos de la Frontera", "Morón de la Frontera"... These towns with "de la Frontera" in their names were established on the front line of the Christians' centuries-long fight to recapture Spain from the Moors, who were slowly pushed back into Africa.

The White Towns of Andalusia are spread into eight provinces of Andalusia: Almeria, Cadiz, Cordoba, Granada, Huelva, Jaen, Malaga, Sevilla.

Arcos de la Frontera located in Cadiz province is one of the most spectacularly placed white towns, dotted with fine churches and mansions and enjoying magnificent views over the Serranía de Ronda. Like neighboring Cadiz province, Malaga is sprinkled liberally with pretty pueblos blancos, or white towns and villages, the most well-known of all these being Ronda. In Sevilla, Cazalla de la Sierra is the most appealing of the dozen or so villages in the Sierra; a whitewashed jumble of houses clustered around a huge cavernous church. Outside the village in a superb hillside location there is a restored monastery, La Cartuja de Cazalla, which has been converted into a unique hotel. And these splendid white towns are just a few examples among many white Andalusian pearls.



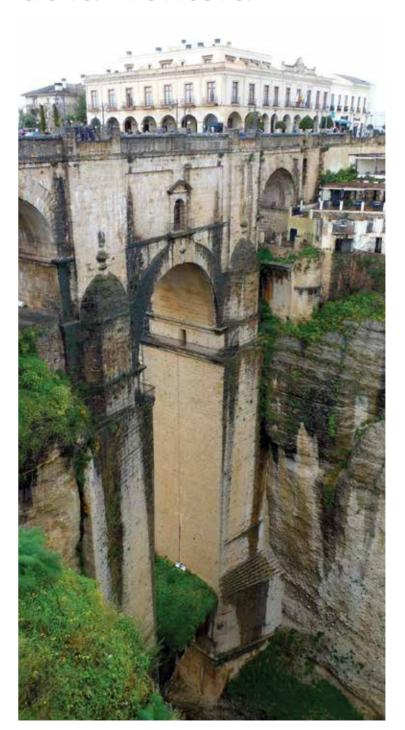


The reasons for the white color have been postulated to be a chemical result of the limestone used, or a political mandate by a 20th-century dictator.





## Visiting Arcos de la Frontera



The Route of the White Hill Towns (Ruta de los Pueblos Blancos), Andalusia's charm bracelet of cute towns perched in the sierras, shows you wonderfully untouched Spanish culture. Spend a night in the romantic "queen of the white towns", Arcos de la Frontera. Farther east, the larger town of Ronda stuns visitors with its breathtaking setting — straddling a gorge that thrusts deep into the Andalusian bedrock. Smaller hill towns, such as Zahara and Grazalema, offer plenty of beauty.

Arcos smothers its long, narrow hilltop and tumbles down the back of the ridge. It's larger than the other Andalusian hill towns but equally atmospheric. Arcos consists of two towns: The fairytale old town on top of the hill, and the fun-loving lower town. The old center is a labyrinthine wonderland, a photographer's feast. Viewpoint-hop through town. Feel the wind funnel through the narrow streets as cars inch around tight corners.

Around town, peek discreetly into private patios. These wonderful, cool-tiled courtyards filled with plants, pools, furniture, and happy family activities are typical of Arcos. Visitors still may peek into them and be mesmerized or kindly ask for owners' permission to have a closer look from inside. It is highly unlikely that those warm Mediterranean people would turn down such request.

#### Applefest – a Holiday of Apples And Fun!





Annually, during September, the citizens of Almaty celebrate The City Day. The major event of this celebration is a traditional apple festival called AppleFest which is held on the third Sunday of September. AppleFest is one of the fifty festive events organized in honor of City Day.

For the third year in a row, this public event was held in the Park of the First President around the symbol of Almaty – the Oporto Apple; more than ten cultural and entertainment platforms were operated on the festival area of 70 hectares.

Citizens and visitors of Almaty are in love with this event. It is a great festival with an extensive entertainment program consisting of Almaty apple trading, various competitions, master classes, sports trainings as well as many other themed activities. This year almost 300,000 visitors attended the festival and a record number of apples - 100 tones – was presented.

Bosch introduced its home appliances at the master-class zone on the platform of the City Fair of Taste. This was an area specially designed for Bosch which attracted guests with the exhibition of innovative and high-quality technologies and a variety of flavors. At the demonstration of white goods Bosch presented its MUM series kitchen machines, induction hob, oven, fridge and kettles in operation.

Throughout the day, Bosch held four master-classes each lasting 1.5 - 2 hours long. For breakfast, lunch and for making pizza MUM kitchen machine was used; with its almost limitless abilities it was easy to prepare dough for the pancakes and pizza, dice vegetables for the salad and mince meat for the cutlets. Also in order to cook all the delicious meals chef used oven and induction hob from Bosch.

Visitors were invited to try the dishes prepared during the master-classes; whilst the chef was sharing recipes with guests and promoters were informing them about the range of Bosch home appliances. Informative and promotional materials were distributed during the day.

The event had a wide and diverse audience, and was broadcast on different municipal web sites, as well as in news and special programs on Kazakhstan TV.



#### IFA 2015, Berlin

The IFA Berlin is one of the world's leading trade fair for consumer home appliances, electronics and other applications of technology and software. For six days at the exhibition grounds at Messe Berlin, more than 1000 exhibitors from over 30 countries offer their services. Visitors could take a close look at the new devices long before they hit the shelves.

From Bosch among high quality home appliances new Series 8 ovens, microwave and a coffee machine were presented as well. With new functions like 4D Hotair, Assist, PerfectBake and PerfectRoast customers now have the possibility to reduce their workload and consistently receive perfect results. The outstanding design of Series 8 built-in products makes them different from the rest of built-in appliances.

This year on IFA, general trend was - 'Home Connect'. Home Connect is the first digital solution to connect various home appliances in one app via Wi-Fi. The app lets the user take a look in the fridge while away from home, for example, by means of a camera installed in the fridge. In other words, if you are at the supermarket and want to know if there are still any tomatoes left in the vegetable compartment or if more eggs are needed



for breakfast, you can check easily and conveniently via the telephone; all what you need is the Internet connection.

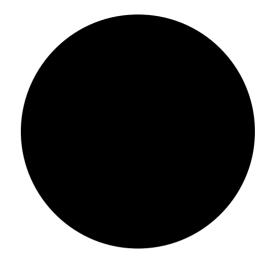
Bosch also did not stay aside. By the end of the year, home appliances equipped with Home Connect will be available in Germany, Austria, France, the Netherlands, Luxembourg and China. And in the nearest future it is planned to cover the rest countries.

Bosch team works hard on creating home appliances that will make life easier, in other words, Bosch invented for life.









Yang, the white
side of Chinese symbol
represents the active principle
of the universe, characterized as
male and creative and associated
with heaven, heat, and light. When
interpreted with the little black dot
in its center it tells that there can
be no good without evil, no life
without death and no day
without night...



cover story cover story White birch tree has many medicinal properties historically valued for thousands of years. It is an excellent tonic and detoxifier. It helps urinary system to dispose waste products such as kidney or bladder stones. It also clears up many skin problems.

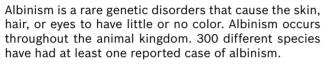
cover story











Albinism is more rarely seen in mammals and other species. And these occasional occurrences are often difficult to explain, especially when only one documented incidence has occurred such as only one albino gorilla and one albino koala bear. Although albino animals are very rare — from cockroaches to alligators, every animal whose metabolism produce melanin, can have albinism. Unfortunately, such animals fare poorly in the wild; and since they draw more attention, predators easily pick them out of their group. Besides, families and social groups can exclude them because to every other member, they look foreign. In captivity, survival chance of albino animals is a lot greater.

One in every 10,000 mammals born as albinos, however, this birth rate is a lot less in birds, such that albinism occurs once in every 1,764 births. In addition to birds, albinism is also common among reptiles and amphibians.



Albino animals have also often been given mythical status. For instance, many American Indians consider white bison to be sources of immense power and good fortune. Because they lack color, albino animals have a ghostly beauty. Many people count themselves lucky to see one. You can increase your chance of discovering one of these rare oddities of nature by spending more time outdoors.

































# May the New Year bring you a whole new experience at home!

New Year is the perfect time to welcome an efficient, hi-technology and durable experience through large and small Bosch home appliances!





Suspension

training develops physical strength

while using functional

movements and

dynamic positions.

TRX workouts are bodyweight exercises that use ropes or suspension straps for strengthening the body and increasing flexibility and balance. Although contraindicated to some people, such as those with back problems, herniated discs, sciatica or knee problems, TRX or suspension exercises are an enjoyable way to shape your body and burn

some calories while encouraging muscle growth.

Suspension training concept dates back to the 1800's, and is based on ideas that may have existed for thousands of years. The modern form of suspension training is founded by Randy Hetrick, a former Navy Seal. He first developed the Total Resistance exercise (TRX) equipment and then the associated Suspension Training bodyweight exercises in the 1990s, and started marketing it in 2005.

It may have been developed for the Navy Seals, but you don't have to be in secret-weapon shape to work out with TRX. The concept of the TRX suspension training is pretty simple: you use two cables on your feet or hands to partially suspend your body and use your own body weight as resistance. The muscle groups you work as well as how hard you work them all depend on the positioning of your body on the cables.

TRX exercises are suitable for all fitness levels, as the difficulty of these movements depends on your position. But regardless of the exercise you do, suspension training is beneficial for your body, as it unloads the joints and activates the core muscles, improving your mobility, strengthening the muscles and stabilizing the joints. The result is a stronger body, improved posture, better flexibility and more muscle definition.

Suspension training improves joint stability and flexibility. It also establishes a balance between each muscles of the body.

TRX workouts can burn a lot of calories, working your muscles and heart at the same time and increasing the metabolic rate. This means that TRX exercises can support weight loss, increase your energy levels and boost your mood, so whether you are looking to relax and release the tension after a hard day, work your body through a fun but challenging workout, TRX exercises are always a good idea.





# RISE GUARDIANS

Genre: Animation, Adventure, Family Director: Peter Ramsey Stars: Hugh Jackman, Alec Baldwin, Isla Fisher Language: English Release date: 2007 Runtime: 97 min.

"A beautiful fantasy adventure that might change a few minds about the power and importance of these childhood fantasy characters."

Wesley Lovell, Cinema Sight The film starts with Jack Frost being born out of a frozen lake, without any memory; he quickly discovers his frost-making abilities, yet he still doesn't understand who he is or why he came into being. Three hundred years later, he's come to grudging, sometimes resentful terms with a handful of other conceptually scattershot characters, including the Easter Bunny, the Tooth Fairy, the Sandman, and especially North, a tattooed, bluffly warm Russian take on Santa Claus. Then the Man In The Moon silently communicates that Jack is also meant to join the other four as a Guardian, a protector of children's innocence worldwide. All five heroes join their forces against the evil Pitch, the Boogeyman, who attempts to blot out belief in the Guardians altogether, and tries to take over the world by inspiring fear in the hearts of children.

By far the most interesting element of Rise Of The Guardians is a sequence where antagonist Pitch Black attempts to recruit protagonist Jack Frost as an ally and companion. In that moment, it's immensely clear that the hero has more in common with the villain than he does with his fellow heroes; they're both frustrated, disenfranchised outsiders, with exactly the same goals, but with different methods.

The film is based on William Joyce's book The Guardians of Childhood however, there are some differences between the book and the movie. The book explores the origins of the characters while the film shows how these characters function in present time. One of the reasons for making them different was so that audiences wouldn't compare the book to the movie. So, according to the author, the book served as more of an inspiration for the world in the movie as opposed to being the basis of its plot.



cinema

technology

## **A Brief** History of Dryers.

Why wait for the sun to dry your clothes when you have a handy dryer at home?

If you ask about some of the most essential home appliances, you know that dryers would be part of that list. The them is something that one can really get used to. Because of the availability and accessibility of these appliances, clothesline

As far as records go, the first dryer was created in the early 19th centuries. Credit goes to M. Pochon from France. The first models of the drvers were also called "ventilators." The first dryers featured a metal drum with vents on them, and were placed over a fire to have the clothes dried. The machine had a crank that one had to turn manually. The idea seemed right and simple. But the problem was that the clothes would end up smelling like smoke or even get sooty, which would make washing pretty much pointless. In 1915 the electric dryers were available on the market. The only problem was that the prices of such appliances at the time were prohibitive.

In 1959 consumers were introduced to the dryness sensor. This sensor turned off the dryer once the clothes in the tub were determined to be dry. This feature saved people a lot of time and money in terms of energy bills.

> Since then there have been developed many types of dryers. Tumbler types, for instance, draw in the dry ambient air around and heat it before passing it through the tumbler. The resulting hot, humid air is usually vented outside for more dry air so that drying process may continue. Spin dryers simply spin their drums much faster than a typical dryer, in order to extract additional water from the load and other one is condenser dryer that passes heated air through the load, except, instead of exhausting the air, the dryer uses a heat exchanger to cool the air. There are also microwave dryers, heat pump dryers, mechanical steam compression dryers, etc.

In present models, one can find digital displays and LCD touch screens for the controls. And today Bosch produces one of the most technologically advanced, smart drying machines!

Bosch dryers offer many unique features. First feature is the SensorDry. It tells you when your laundry is ready, so no extra energy is wasted on unnecessary heating. For times when you need dry laundry sooner, Super Quick 40 feature will allow you to dry a small load, which roughly equals to 10 business shirts, in 40 minutes. Moreover, groundbreaking heat pump technology enables our Bosch tumble dryers to use less than half the energy of a standard tumble dryer that has an A energy rating. Incredibly, this means it costs less than 6\$ per month to run. In other words, a month's laundry is dried for about the price of a cup of coffee with Bosch dryers. And thanks to its self-cleaning condenser, your Bosch tumble dryer maintains peak energy efficiency without you having to do a thing!

## convenience of having your clothes dried just after washing and clothespins have become a thing of the past for most of us.

### Roads? No, Thanks!

Having a personal aircraft and being able to fly whenever you feel like is something what many people dream about. To some people, this idea is nothing but an abstract dream, whilst to others, it is realistic but exotic and out of reach. All the

same, let's say you can

afford to buy an aircraft you somehow managed to tackle the mobility problem despite at least 10 meters wing-span and a thousand kilograms weight; how can you possibly figure out all those buttons by yourself? Even if you do that, you are certainly going to need a license. Well, thanks to a new personal aircraft from a small manufacturing company out of Vacaville, California called ICON, all these problems seem to be overcome and dream of amateur flyers is about to come true!

Called the A5, ICON designed its new sport aircraft with a heavy emphasis on safety, portability. and pilot forgiveness. For ICON, perhaps the most important of these focuses lies with the craft's safety. ICON also outfitted the A5 with intuitive controls, easy-to-read gauges, and a series of features which allow pilots to "spend less time looking down and more time looking out" as of ICON A5 co-founder Kirk Hawkins explains. Moreover. Hawkins and his team built the aircraft to be incredibly portable, allowing owners to easily fold the A5's wings to make it compact enough to fit on a trailer, while remaining as easy to load and unload as a boat.

Despite its available features and apparent ease of use, the A5 still requires owners obtain a pilot's license in order to operate it. Unsurprisingly, this is also something ICON affords its customers. offering a wide range of training courses geared towards first-time pilots. It seems that ICON and A5 have taken everything into account since they clarified many questions that concern aviation enthusiasts.





# New Year's Turkey

What makes this roasted turkey a New Year's-worthy recipe is the rich, veal, apples and walnuts. Cajun seasoning gives it a kick.

With Bosch series 8 oven, the most delicious New Year turkey can be yours!





- 1 (10- to 12-pound) turkey
- 2 tablespoons salt
- 1 tablespoon pepper
- 1/3 cup balsamic vinegar
- 1 tablespoon minced garlic
- 2 tablespoons olive oil
- 2/3 cup butter or margarine
- 1 1/2 cups chopped onion, divided
- 1 pound ground veal
- 6 white bread slices
- 1 cup milk
- 1 large egg, lightly beaten
- 1 cup chopped apple
- 1 tablespoon Cajun seasoning
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup raisins
- 1/2 cup chopped walnuts
- 1/2 cup minced fresh parsley
- 1 1/2 cups sweet vermouth
- 1/2 cup honey

#### **PREPARATION**

Remove giblets and neck from turkey and rinse it with cold water, and pat dry. Place turkey in a shallow dish. Stir together 2 tablespoons salt and next 4 ingredients; pour over turkey. Cover and chill at least 6 hours. Melt butter in a large skillet; add 1/2 cup onion, and saute until tender. Add veal and ham; cook over medium heat, stirring often, 5 minutes. Remove from heat.

Combine bread crumbs, milk, and egg in a large bowl; stir in apple and next 6 ingredients. Stir in onion mixture. Brush cavity of turkey with oil mixture and spoon stuffing into it; truss turkey using string. Tuck wingtips under turkey and place it into a large roasting pan. Cover turkey with aluminum foil, and bake at 204°C for 30 minutes. Reduce heat to 165°C, and bake 2 more hours. Pour mixture of remaining 1 cup onion, vermouth, and honey over turkey, and bake 1 more hour. Broil until golden. Garnish, if desired.

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