

Touch



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Art

Imagination
Meets Glass!

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Places

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The North: Naarden

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touch

*“Opportunity is not always
at the opportunity time”.*

We are living in a very dynamic world, filled with opportunities and possibilities; we are literally surrounded by them. But what if sometimes, we do not see any of those, indeed we are not ready to – too busy, too worried, too stressed.

Sometimes, the outer or inner circumstances drag us back from seeing the opportunity we were waiting for; we are becoming so much involved with the tiny little problems of the trivial round, losing the prospect of our life.

However, there are certain paths to cure this plight, but one is the most effective. It is no America opening in saying stop waiting for an opportunity-create it.

Let`s not forget we can generate a favorable situation ourselves, by developing our knowledge and improving our skills, we bring the change and the whole flow of possibilities into our life. Becoming a better version of ourselves, we start seeing opportunities, where we haven`t seen them before. We become the person, bringing in brand new changes and that is when we are no longer dependant on the occurrences, it is when we take control of our life into our hands.

The key is simple; if opportunity doesn`t arrive- build a road for it.

introduction



Arek Erzurumluoglu
Vice President
Central Asia/Caucasus/Near East

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

"Mind management is the
essence of life management"
R. Sharma



dear reader,

It's winter, that means yet another book of 365 pages has come to an end. Another one, full of new stories and adventures, new feelings and emotions, new discoveries and experiences is about to be written, and written by no other author than you. We, as human beings have a unique opportunity to write the stories of our lives ourselves. It's not some external circumstances or inevitable obstacle, nor it is anyone else that is responsible for writing the book of your life, but you and only you.

By tuning your mind to a positive frequency, by seeing all the beauty around you, by noticing all the good in people next to you and by bringing joy and happiness to others, you can significantly improve the quality of your own life, and therefore manage your life better. Don't be afraid of dreaming, make your dreams your goals and work every day on reaching those goals. Constantly create time for self-development and self-evaluation, as well as creating time for others and the things that you love doing, and especially for your family and loved ones – take your life control in your hands.

Bosch technologies are developed and produced by teams of thousands of people who know and treasure the importance of quality of life. They are here to help you; help you save time on everyday routines so you can spend it on the things that are important, things like you and your family.

Super silent vacuum cleaners with the AllergyPlus feature will help to eliminate household dust in the 'blink of an eye'. The professional MUM machines with the 3D planetary mixing system will tackle the most difficult types of dough, while the TES series fully automatic coffee machines will enhance your mood by delivering you the most indulgent coffee aroma at any time of day.

Let Bosch be the manager of your daily tasks, while you focus on the important things in life, your dreams, happiness and the people that matter.

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

Alexandra Farimaz

Project Production



www.cfa.com.tr

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Imagination Meets Glass!

Aim of the studio glass movement is to create one-of-a-kind objects.

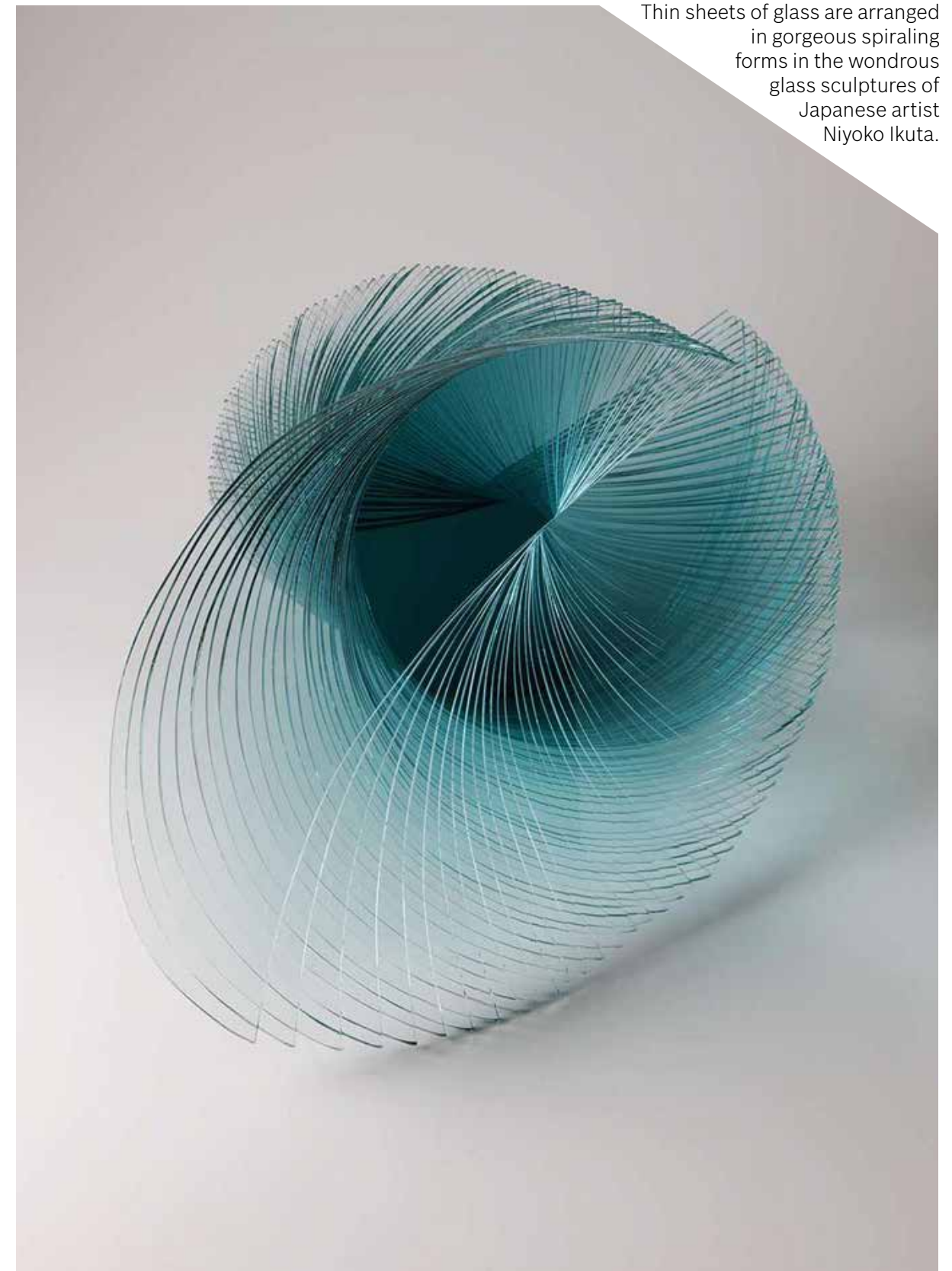
Art glass is an item that is made, generally, as an artwork for decoration, but often also for utility, from glass, sometimes combined with other materials. Studio glass is another term often used for modern glass works created with artistic purpose. In general, this form of art differs from traditional glassworks, where craftsmen simply produce pieces designed by others. Studio works are made by people, who see themselves as artists, who have chosen to work in the medium of glass and make their own pieces as fine art.

Studio glass is a relatively recent phenomenon. Born as an art in 1970s in the USA, it has widely spread all around the world.

Modern glass studios use a great variety of techniques in creating glass artworks, including working glass at room temperature, or cold working, stained glass, working glass in a torch flame (lampworking), glass beadmaking, glass casting, glass fusing, and, most notably, glass blowing.



Thin sheets of glass are arranged in gorgeous spiraling forms in the wondrous glass sculptures of Japanese artist Niyoko Ikuta.



Flame-worked glass is another technique of Studio glass, which uses torches and kilns in its production. The artist generally works at a bench using rods and tubes of glass, shaping with hand tools to create their work. Many forms can be achieved this way when limited in space.



History Of Studio Glass Movement



Marta Klonowska, 2006

In the second half of the 20th century the international studio glass spread to Europe, the United Kingdom, Australia and Asia. The emphasis of this movement was made upon the artist, as the designer and maker of one-of-a-kind objects, in a small studio environment. This movement enabled the sharing of technical knowledge and ideas among artists and designers that, in industry, would not be possible.

With the dominance of Modernism in the art, there was a broadening of artistic media throughout the 20th century. Indeed, glass was part of the curriculum at art schools such as the Bauhaus. Frank Lloyd Wright's produced glass windows, considered by some as masterpieces not only for design, but for painterly composition as well.

During the 1950s, studio ceramics and other craft media in the U.S. began to gain popularity and importance, and American artists, interested in working with glass, looked for new paths outside industry. Harvey Littleton, often referred to as the "Father of the Studio Glass

Movement", was inspired by the marvelous glassworks made in Italy, Sweden and many other places, and by the pioneering work in ceramics of the California potter Peter Voulkos; in order, to to develop studio glassblowing in America Harvey Littleton, famous for its 'Eye forms' series, and well-known by his glassworks artist Dominick Labino held the now-famous glass workshop at the Toledo Museum of Art in 1962. The main idea was to melt glass in a small furnace so individual artists could use glass as an art medium in a non-industrial setting. This was the workshop that stimulated the studio glass movement to spread around the world.

Mystical People Of Mongolia

The Dukha are the last of Mongolia's reindeer people.

The Dukha or Tsaatan are a small Tuvan Turkic community of reindeer herders living in northern Khövsgöl Aimag of Mongolia. In the Mongolian language, the name Tsaatan means 'those who have reindeer'. The Dukha are one of the last groups of nomadic reindeer herders in the world. But as the reindeer population shrinks, only about 40 families continue the tradition today.

The Dukha are closely related to the Tozhu reindeer herders in the neighboring Republic of Tyva. In fact, many Dukha elders came from nomadic reindeer-herding families, who escaped from Tyva part of the Soviet Union—in 1947 to avoid having their reindeer surrendered by the Soviet state as part of the project of collectivization.

Traditionally the Dukha would select a white male reindeer from among their herd, ritually sanctify it, and allow the sacred animal to lead the rest of the reindeers and families to the next grazing lands.

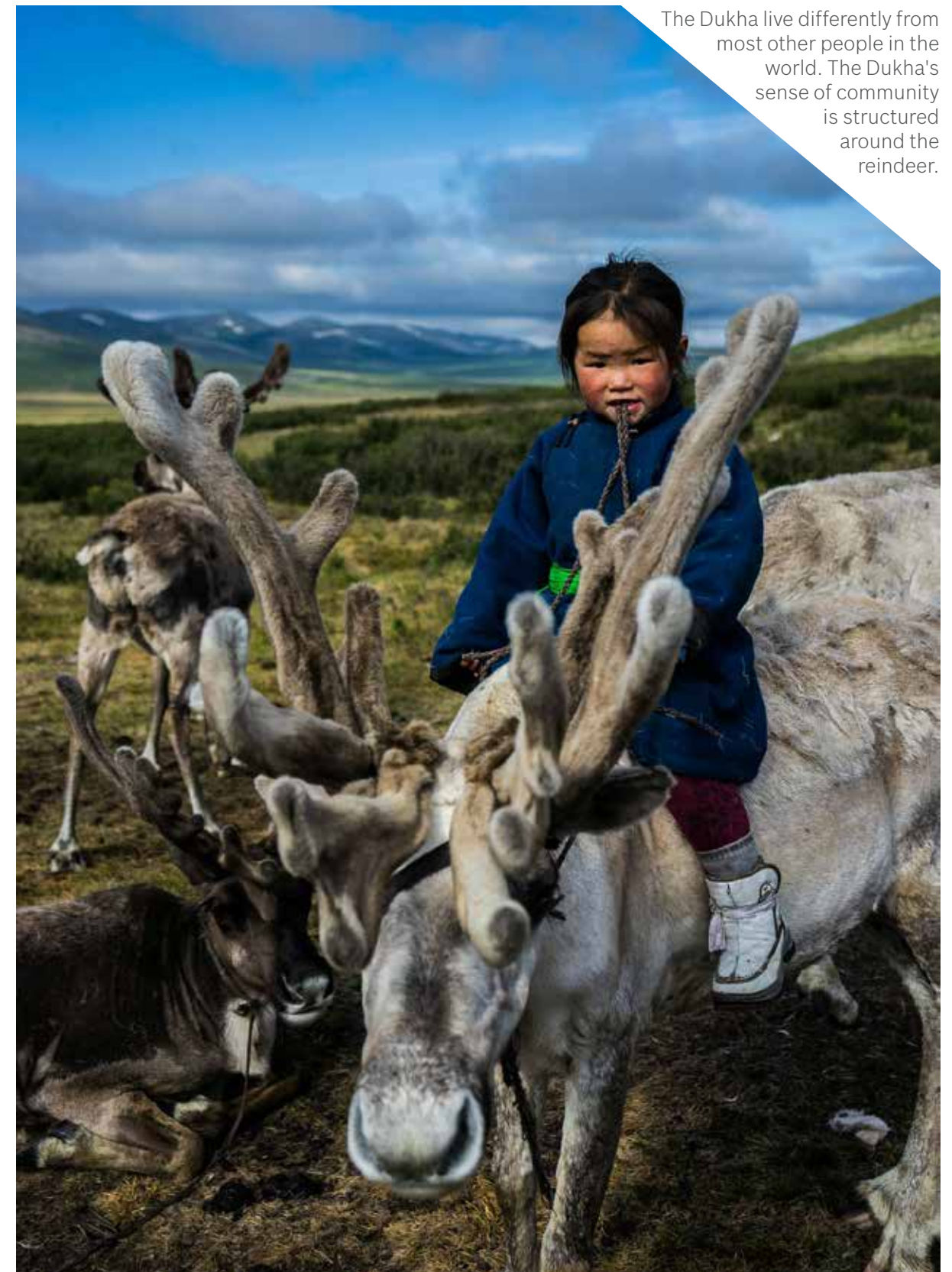


Dukha dress is characterized by traditional hats and wide Mongolian-style overcoats. They wear strong, warm boots made of hides and sinew of their reindeer. These boots are known for their quality of workmanship and are very expensive to purchase.

Dukha people practise Shamanism, a religion based on nature worship. They believe that their ancestors never die, instead their soul migrates to the forest and takes an animal form. Shamanistic practice performed by Dukha is one of the oldest variant of Shamanism. They call their shaman, 'Boo', but they have many mystical holy books as well, and use many different treatises in their daily live, including those for hunting and for calling or banishing the rain.



The Dukha live differently from most other people in the world. The Dukha's sense of community is structured around the reindeer.



The reindeers are domesticated and belong to the household. In many ways they are treated like family members and treated respectfully. The community's chores and activities are centered around the care and feeding of their reindeers.



Dukha Community Nowadays



Household, generally, consists of residential groups. A residential group has several families under its roof and is called "olal-lal", meaning 'them' in the Tuva language. Families of the same olal-lal set up tents close to one another and collaborate in livestock herding.

Dukha lives in yurts made primarily of bark. A large yurt may take the bark from up to 32 trees to be built. A bag, that houses the guardian spirits of a shaman, rests in the rear of the yurt. On the right side, the Dukha family keeps its hunting equipment, saddles and tools. A traditional Dukha yurt has no bed, but rather skins covering the ground, upon which the family sleeps. A stove can be found in the middle of the yurt. In the community tasks are shared among the camp with children to teach them from the childhood how to care for the reindeer and keep them safe.

The girls and younger women do the milking and make yogurt, cheese, and milk tea. It is youngsters and elders, who help with herding. A few of the men stay with the reindeer in the winter months, living in the open air with their herds to protect them from wolves and other predators. The men also make and repair their hunting tools and reindeer's saddles and

carts. Since Dukha rarely kill reindeers, they supplement their diet of reindeer's milk products by hunting wild animals in the forest.



Health Benefits Of Cold Water

Cold water gives you a natural dose of energy for the day.



Exposing your body to freezing cold water whether by winter swimming or simply by taking a cold shower, regardless the season, provides surprising health benefits.

Feeling cold water pour down over your body seems more horrifying than soothing. However, breathing deep in response to your body's shock helps you keep warm, as it increases your overall oxygen intake. In its turn, heart rate will increase, releasing a rush of blood through the entire body.

Hair&Skin: When it comes to hair and skin, hot water has the tendency to dry out the skin. One of the most natural ways to maintain your appearance is with cold water. So it's best to use cold water to tighten your cuticles and pores, which will prevent them from getting clogged. Cold water can seal the pores in the skin and scalp too, preventing dirt from getting in and make hair appear shinier, stronger, and healthier by flattening hair follicles, and increasing their ability to grip the scalp.

Blood&Heart: Cold water can improve circulation by encouraging blood to surround our organs, which can then help combat some problems of the skin and heart. As cold water hits the body, it's ability to get blood circulating leads the arteries to more efficiently pump blood, therefore boosting overall heart health. It can also lower blood pressure, clear blocked arteries, and improve your immune system.



Weight Loss: Cold water can also aid weight loss. The human body contains two types of fat tissue: white fat and brown fat. White fat is accumulated when we consume more calories than our body needs to function, and we don't burn these calories throughout the day. Brown fat is the fat, which generates heat to keep your body warm, and is activated when exposed to extreme cold, meaning you could lose up to five kilograms just by taking a cold shower.

Stress Resistance: Jumping into the shower without letting it heat up or going into the ocean without slowly acclimating to it can help promote hardening increasing tolerance to stress and even disease. A 1994 study found a drastic decrease in uric acid levels during and following exposure

to a cold stimulus. There was also an increase in glutathione, an antioxidant that keeps all other antioxidants performing at their optimal levels. The participants, who were 10 healthy people who swam regularly in ice-cold water during the winter, adapted to repeated oxidative stress.

Depression Relief: Cold showers have been shown to relieve depression symptoms due to the intense impact of cold receptors in the skin, which send an overwhelming amount of electrical impulses to the brain. Thus, it produces an antidepressive effect. A 2008 study found that cold hydrotherapy has an analgesic effect. This treatment includes a cold shower of around zero degree, two to three minutes long, followed by a five-minute gradual adaptation to make the procedure less shocking.





MYSTERIOUS APPEARANCE
Impress the audience with carnival mask decorated with silver&black ornament.



There is always something very cohesive, rounded, soft, subtle, ethereal about a woman who is elegant. Effortless and perfectly gentle. Long grey capron mesh dress embroidered with rhinestones. Snow queen melting hearts.



CASUAL LOOK
Grey knitted blouse with leather patch for every-day wear.



PLATINUM SENSATION
Embrace your wrist with this platinum bracelet on a tiny pearl snap.



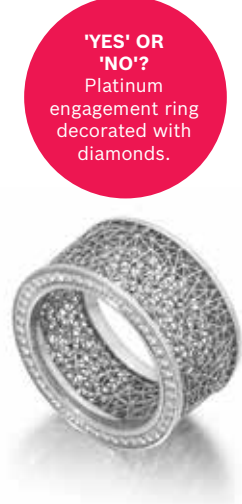
TIMELESS SIMPLICITY
Short stylish open neck fleece coat.



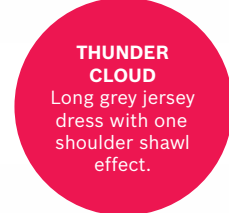
CRYSTAL SUNSET
This collar crystal necklace is the best match for your evening dress.



STEP FORWARD...
High heel grey suede shoes to complete your winter look!



'YES' OR 'NO'?
Platinum engagement ring decorated with diamonds.



THUNDER CLOUD
Long grey jersey dress with one shoulder shawl effect.



ICE SKATES FOR WINNERS
These glittering ice skates will 'melt' any ice you step on.



DIAMOND CURLICUES
When no words are needed...



GOLD&SILVER
Pleated gold and silver mix brocade miniskirt.



METALLIC CAPSULE
Exclusive bag done in silver Saffiano leather.



TIMEPIECE FOR LADIES!
Silver extant leather strap wrist watch.



EMERALD AND SILVER
Antique sterling silver overlay emerald perfume bottle.

Ever-Bright Star In The North: Naarden



Naarden is a city and former municipality in the province of North Holland in the Netherlands. Shaped in the form of a star, this small town is a textbook example of a popular style of fortification that evolved in Europe during the 16th century.

The star fort of Naarden is the most ancient town in Gooi region and also one of Holland's most precious cultural monuments, complete with fortified walls and a moat.

Traces of the turbulent history of Naarden can be found in Dutch Fortress Museum. Other attractions worth visiting are The Grand Church and Saint Vitus Church, which is known not only for its impressive ceiling paintings, but also for its yearly performance of the Matthäus Passion. The town hall built in 1601 is a typical example of Dutch Renaissance building.

Naarden is known as the town, where Czech philosopher, pedagogue and theologian Jan Amos Komensky was buried, and visitors can see his grave in mausoleum devoted to him.

Naarden also has the Naardermeer, one of Holland's first nature reserves. Naarden plays host to the bi-annual Naarden Photo Festival and, on Good Friday, Bach's St Matthews Passion is performed in the Saint Vitus church.



Depiction of Siege of Naarden,
1572, by Flemish painter
Frans Hogenberg.



The town is well known for its many antique shops, cozy & welcoming restaurants and national events, which have labelled Naarden as a lively and antique town.



History Of Naarden



In the 13th century, Naarden was a small fortified, a stretch of dry ground between the sea and the marshes of the river Vecht. This stretch of land was the only route from the east to Amsterdam and its surrounding lands, making Naarden a strategic fortress.

In the 17th century, when the French King Louis XIV with the help of his allies England, Cologne and Munster, invaded the Netherlands, Naarden was taken over. At this time the Netherlands were an important economic and political power in western Europe. They captured Utrecht and made it a base from which they invaded the rest of the country. However, the rest of the invasion was a disaster; the Dutch flooded the land between the rivers and the sea making it impossible for the French to move forward. In 1673 Naarden was back in Dutch hands. After this recapture the fortifications were updated to modern standards.

Most of the fortifications that exist today date from this period. During the 19th century the fortifications underwent a reorganization, which resulted in the

construction of many new bomb shelters and other army-related buildings like barracks. At the end of the 19th century the increased firepower and range of the artillery made the defenses at Naarden useless. Instead, emphasis was placed on bomb shelters most of which still exist.

After the First World War the need for Naarden as a fortress was over. The army left and it was turned into a monument and preserved just in time to prevent it from being demolished. One of the bastions holds a museum, in which the history of the town is being presented to the audience. A curious tourist can also access all the tunnels and casemates, which were used in the war times. Tourists may also go for a boat tour around the lake and enjoy the maleficent view both on the town and the fortress itself.

Today, Naarden is one of the remaining bastions in the Netherlands and is the only fortification in Europe that has unique double walls and moats.

Healthy Life Style by Bosch



Nowadays when the life tempo exits all speed limits and it is hard to keep up with the life-work balance, healthy life style becomes the priority for each and every human being. Eating healthy is one of the actions which should be taken in the first instance to stay energetic and healthy.

Willing to keep up with the world's trends and simply to promote and support the healthy way of living, Bosch, on November 6, with its partner in Georgia, Elit Electronics, invited actors and actresses from famous Georgian soup opera - "My wife's friends" - to the LiveKitchen event, which main idea was to show how to stay healthy by eating healthy.

Culinary specialist Maya showed guests how to cook warm salad, baked fish, green smoothie & orange, apple and carrot fresh. The event was not only informative, but also very entertaining as guests had a chance to participate in the cooking process. During the event MUM kitchen machine, Bosch oven, blender and juicer were use.

After the preparations, guests took their places at the table and tasted delicious and healthy food.

Guests were presented with brand gifts by Bosch. Entertaining programs and delightful food made the evening of the famous participants at the LifeKitchen unforgettable at LiveKitchen unforgettable.



«Back to School» event in Georgia

In the begining of autumn, most colorful of all seasons, schools open their doors and children with their backpacks hurried to the classes to learn new things, to gain new skills and to meet their friends after the long summer holidays. The transition «holiday-school» is not an easy one for children, that is why Bosch decided to prolong fun time a bit by hosting a «Back to school» LiveKitchen event, which was held on the 6th of September.

Culinary specialist Maya taught guests on how to prepare meat and potato balls, fruit salad

and lemonade. Children had an opportunity to participate in the process of cooking. During the event the MUM kitchen machine, oven and blender were used. After all the dishes were ready the dinner was served. All the guests were pleasantly surprised by how easy cooking process could be and how tasty the results were with the usage of Bosch appliances.

At the end of the event, guests were presented with gifts by Bosch.



Grey in nature



An elephant's skin is very sensitive, it can feel a fly land on its back. It is also sensitive to the sun, and baby elephants are even known to sunburn. The species' notorious love for mud and baths helps alleviate both of these problems.

Grey in silver

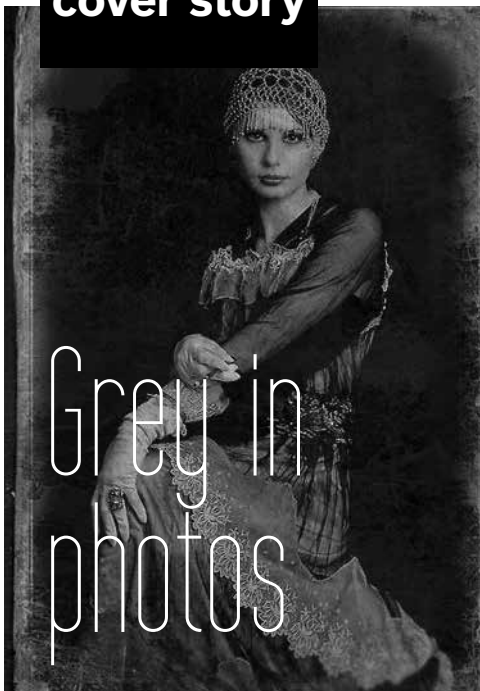


Silver has been used for thousands of years for ornaments, utensils, and trade, and as the basis for many monetary systems.

Grey in ashes

In Greek mythology, a phoenix is a bird that obtains new life by arising from the ashes of its predecessor. According to some texts, the phoenix could live over 1400 years before rebirth.

Grey in photos



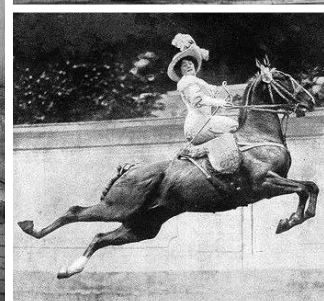
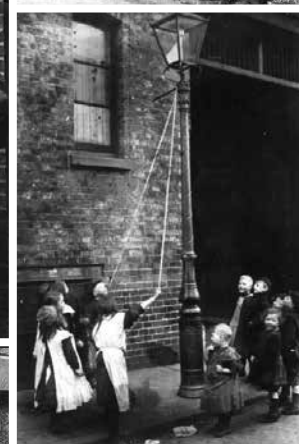
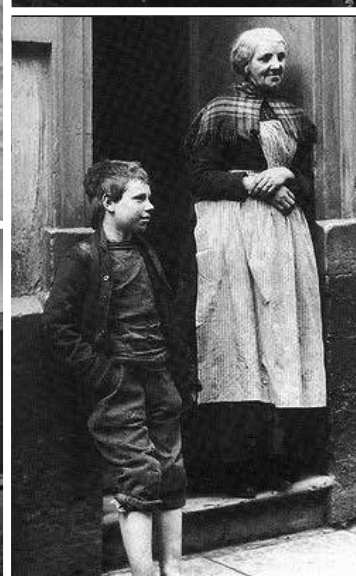
Black and white photography had been around for a very long time before the introduction of colour film and still persists nowadays. Even in this era of digital technology, when photo can be enriched with any colour within and beyond ones imagination, people do still prefer their wedding pictures to be in B&W. Why?

The matter of no choice in the past, black and white photos have become the most preferred way of communicating beauty of the world these days.



The main purpose of photos is to capture a precious moment. But black and white pictures do a way more than just remind us of the past. They speak to our heart and soul with their deepness, and teach us to concentrate on a certain object, feel or state of mind, without distracting on colors; we suddenly stop and stare and it seems, we see the pictured from the perspective of the photographer, we see, what he or she was trying to say... That is priceless

In addition, monochrome pictures make us feel nostalgic, they have some timeless spirit. Having no color on the photo makes it almost impossible to put an exact date on it, which adds a note of mystery to the picture, provoking the sense of curiosity in ourselves. With B&W picture we see a pure beauty without distracting on small things.



May your dream kitchen come true in New Year.

Uncompromising performance, technical perfection
and maximum reliability... Bosch home appliances
offer everything you dream of.



Prepare Yourself For The Most Thrilling Experience!

Tubing is one of the fastest growing sports. It is a recreational activity where an individual rides on top of a tube, either on water or snow. Both water and snow tubing includes towed and free-floating forms.

According to Time Magazine, tubing was purportedly invented in Thailand by Princess Chumbhot of Nagar Svarga sometime in the middle of the 20th century, but examples of the practice were published as early as 1916, when the popularization of the automobile meant a large supply of rubber, inner tubes was available to the general public.

The tubes used in Tubing are inflatable, made of a thin, flexible, synthetic material such as rubber or PVC plastic and are commonly referred to as "donuts" or "biscuits" due to their shape.

There are lots of kinds of tubing available nowadays. Towed tubing usually takes place on a body of water such as a lake or river. Tube riders tether their tubes to a watercraft such as a motor boat or a personal watercraft. The riders are then towed through the water by the watercraft. When it comes to competition, the main goal for the participants is to avoid being dropped into the waters. As the boat goes on a high speed, and changing its path every now and then, staying on the tube becomes truly challenging.

In free-floating tubing, the tube riders are untethered and often conveyed by the current of a waterway. Tubers paddle with their hands and often use webbed gloves to steer. Tubes can be outfitted with tube covers or 'skins'. These covers are fabric, and cover the bottom of the tube, the sides, and have a skirt that covers the inner diameter, while leaving room for the tuber to sit. It is strongly discouraged to tie anything to the tube or use ropes of any kind as a tuber can get bound or wrapped in them and potentially drown.

Snow tubing is rumored to have begun as far back as the 1820s in the Alpine Mountains. Tubing on snow is a wintertime activity that is similar to sledding. This kind of tubing is almost always performed on a hill or slope, using gravity to propel the rider to the bottom of the grade.. In order to win just staying on the tube is no longer sufficient. Here, the one, who reaches the bottom of the hill first, wins. It is also possible to tow a tube through the snow behind a snowmobile. This is similar to towed tubing on water, only the watercraft is replaced by a snowmobile and the water with snow-covered ground.

"Tubing is a great group and family activity since there is no age restriction for it."

The size and the shape of the tube allow tubers to ride river or snow in an unhindered manner. That's the reason why Tubing is so much fun.

LA SOURCE DES FEMMES

The Source

Genre: Comedy, Drama
Director: Radu Mihaileanu
Stars: Leila Bekhti, Hafsia Herzi, Hiam Abbass
Language: Arabic
Release date: 2011
Runtime: 135 min.

The Source is dolled-up as a bright, musical fable of female independence.

filmblerg.com, 2012

Romanian-born filmmaker, Radu Mihaileanu, offers another certifiably crowd-pleasing slice of world cinema in *The Source*, a modern-day fable exploring female empowerment in the Arab world. Never one for subtlety, the writer-director tosses everything he can into this two-hour-plus humanist couscous, stirring in a mix of songs, sentiments and socio-religious questions set beneath breathtaking North African landscapes, and carried by a strong central performance from actress Leila Bekhti.

When it concentrates on solid acting from a talented cast toplined by rising star Bekhti (*All that Glitters*), the film presents a universally simplistic parable set in an unnamed contemporary Maghreb village, whose women decide they no longer want to fetch water from a nearby well while their men sit around and watch.

Plot

In a remote and patriarchal village between the North of Africa and the Middle East, the men force the women to do much of the labor, when they're not busy taking care of the homes or looking after the children. Leila, a newcomer to the community, is appalled with this division of labor, especially when it comes to water; custom dictates the women carry water back from a distant well each day. After seeing pregnant women miscarry under the backbreaking labor of fetching the water, Leila demands the men either do their share of the work, or preferably run plumbing lines from the well to the village. The men balk at Leila's demands, so she organizes the women and they lay down the law, declaring that they will withhold sex from their husbands until their demands are met. While the men are angered, and political and religious leaders speak out against the strike, the women stand firm, embracing their rights for the first time, though some discover the strike is harder to live with than expected.

The Source was premiered at the 2011 Cannes Film Festival and was well received.

Mute Button In Real Life

If someone told you that you could have a mute button in real life, surely, you wouldn't believe it—no one would. Well now, believe Muzo. Because it is quite real!

Whether it's your office, home, or any restaurant, it's full of noise. Sound pollution is a problem we all suffer from everyday, such that it often hinders us from putting our minds to what we're doing. All of us want that comfy zone of silence for a while to give ourselves a soothing feeling. That was a dream... till now. Celestial Tribe, a startup company, brings Muzo, a smart device that creates your personal zone of silence.

Muzo is a first-of-its-kind device that uses Anti-Vibration technology for a smooth surface that impedes any objects from vibrating, thus minimizing any noise. Also, it can create dynamic realistic sounds. So, it's possible for you to enjoy tranquility by silence or a peaceful sound of nature.

The best thing about Muzo is that the device is portable and versatile enough to create silence pretty much everywhere you take it.



You can stick Muzo and reattach it to any surface. There are also some preset modes to optimize it for different types of noise pollution, which you can toggle in Muzo's phone app. There's a Sleep mode that lets you create scenes and choose your preferred sound field level, Serenity mode for general noise-blocking needs, and Secret mode, which will work in reverse to mask your private conversations in public.

Being able to block the existing noise in daily life is, of course, a dreamlike feature, given the fact that most of the devices that make our lives easier, generate noise. So, having silent devices in our living spaces also serves the same purpose. In this sense, Bosch is one of the manufacturers that value silent-operation the most. Bosch vacuum cleaners, for instance. From the very beginning, the entire development process for the Relaxx'x ProSilence is focused on just one goal: reduce operating noise yet still guaranteeing deep cleaning performance. Every component from the nozzle to the exhaust grid has been analyzed and constructed to reduce noise. Another whisper-quiet appliance is Bosch dishwasher. With revolutionary EcoSilence drive and just 38 decibels noise level, it finds itself amongst the quietest dishwashers in the world. EcoSilence drive is also featured in Bosch washing machines: As there is no friction from carbon brushes in the washing machine thanks to this feature, there is also no excessive motor noise.

Reducing The Burden With Exoskeletons

A powered exoskeleton is a wearable mobile machine that is powered by a system of electric motors, pneumatics, levers, hydraulics, or a combination of technologies that dramatically increases abilities of the humanbeing..

The earliest exoskeleton-like device was a set of walking, jumping and running assisted apparatus developed in 1890 by a Russian named Nicholas Yagn. The first true exoskeleton in the sense of being a mobile machine integrated with human movements was co-developed by General Electric and the United States Armed Forces in the 1960s. The suit was named Hardiman, and made lifting 110 kilograms feel like lifting 4.5 kilograms.

Since times, when exoskeletons were designed to be used solely in military applications, the technology went through a lot of improvements so latest projects, though having a futuristic design, are generally comfortable to wear.

Nowadays exoskeleton suits and devices are in use in various medical and research institutions,

some models being even available for consumers. Cyberdyne HAL, Rewalk, Suitx phoenix and Honda walking assist are among the products that aim to help people with lower body mobility disorders recover their abilities. Exoskeletons can also be used in the area of rehabilitation of stroke or spinal cord injury patients. An exoskeleton could reduce the number of therapists needed by allowing even the most impaired patient to be trained by one therapist, whereas several may be needed.

Other than medical applications, there are an increasing amount of military applications such as decreased fatigue and increased productivity whilst unloading supplies or enabling a soldier to carry heavy objects up to 80–300 kgs while running or climbing stairs. Not only could a soldier potentially carry more weight, but also could presumably wield heavier armor and weapons while lowering their metabolic rate or maintaining the same rate with more carry capacity.



London New Year Salad

Incredibly delicious & gluten free black bean sweet potato salad with sweet pineapple & corn salsa. Fresh. Flavorful. Unique. Protein & Fiber packed. Vegetarian. Gluten Free. All check!



INGREDIENTS

- 4 medium sweet potatoes, cut into 1 inch chunks
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- 1 tablespoon pure maple syrup
- 2 garlic cloves, minced
- 1/2 teaspoon chili powder
- Freshly ground salt and pepper, to taste
- 1 (15 oz) can black beans, rinsed, drained and patted

For the salsa:

- 1 cup fresh diced pineapple
- 3/4 cup sweet corn, preferably organic (canned is fine)
- 1/2 small red onion, diced
- 1/2 jalapeno, seeded and diced
- 1/4 cup finely chopped fresh cilantro
- Salt, to taste

INSTRUCTIONS

Preheat oven to 200 degrees. Add sweet potato cubes to a large bowl. In a small bowl, whisk together olive oil, lime juice, maple syrup, garlic and chili powder. Pour over sweet potatoes and toss evenly to distribute. Pour on a baking sheet and spread out evenly. Roast in oven for 25-35 minutes, flipping halfway through, until sweet potatoes are almost fork tender. Remove from oven, cool for a few minutes then immediately transfer to a large bowl or a serving platter. Toss sweet potatoes with black beans and top with salsa. While the sweet potatoes are roasting, make the salsa: In a large bowl, toss pineapple, corn, red onion, jalapeno, cilantro and salt together. Serve warm or cold. Salad can be made a day ahead of time.

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