



LIFT



Life, Information, Fun, Times



April 2<sup>nd</sup>, 1513 – Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish crown after landing at the site of present day St. Augustine.

April 4, 1949 – Twelve nations signed the treaty creating NATO (North Atlantic Treaty Organization) for common military defense against the threat of expansion by Soviet Russia into Western Europe.

April 6, 1896 – After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.

April 15, 1817 – The first American school for the deaf was founded by Thomas H. Gallaudet and Laurent Clerc in Hartford, Connecticut.



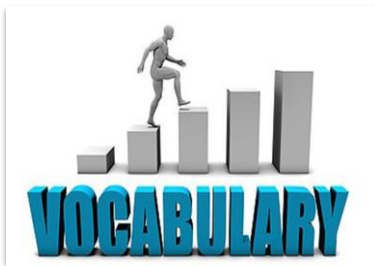
**“Be willing to be a beginner every single morning.”  
-Meister Eckhart.**



**‘Fresh` in the languages of our teachers**

1	Ffres	Welsh	6	Fresca	Portuguese
2	Fresco!	Spanish	7	Tazji طازج	Arabic
3	Proaspăt!	Romanian	8	Fraîche!	French
4	Friss!	Hungarian	9	Taze	Turkish





**`fresh as a daisy`**

Very clean and tidy

*After a day of deep cleaning, the house will be looking fresh as a daisy.*

**`fresh out (of something)`**

Having no stock of a certain item

*They've checked their inventory but apparently they're fresh out of the product.*

**`a breath of fresh air`**

Refreshingly new, different and pleasing

*With all the bad movies lately, it's a breath of fresh air to see a quality movie in the cinema.*

**`fresh blood`**

New members in an organization

*We are going to need some new blood if we want to remain a top company.*

## April events



**April 2<sup>nd</sup>, World Autism Awareness Day** encourages measures for improving the quality of life of those with autism so they can lead full lives as an integral part of society. The most important message is that no two Autistic people are the same and that autism may not be what you think it is.

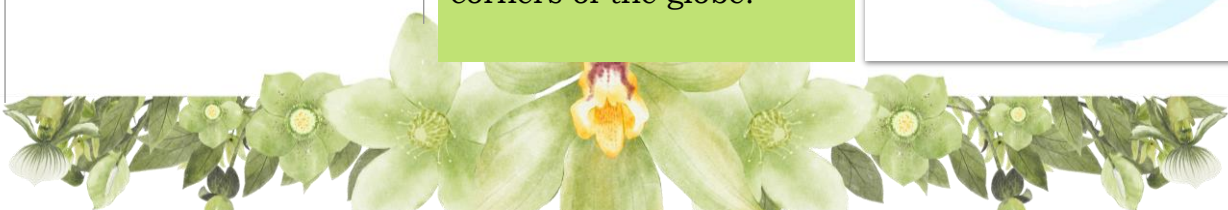
**April 7<sup>th</sup> World Health Day** is a global health awareness day celebrated yearly since 1950 under the sponsorship of the World Health Organization. It draws attention to a current world health issue – this year, on nurses and midwives and on-call workforce of the healthcare industry.



**April 23<sup>rd</sup> English Language Day** is the result of a 2010 initiative of the Department of Global Communications and it is celebrated on the day traditionally observed as both the birthday and death of William Shakespeare.

**April 30<sup>th</sup> International Jazz Day**

In November 2011, the UNESCO officially designated April 30<sup>th</sup>, as International Jazz Day in order to highlight jazz and its diplomatic role of uniting people in all corners of the globe.



# Fresh food Markets



**La Boqueria,  
La Rambla Barcelona, Spain**



**St. Lawrence Market  
Toronto, Canada**



**Borough Market,  
Southwark, London, UK**



**Lancaster Central Market  
Lancaster, Pennsylvania, USA**



**Marché Provençal  
Antibes, France**



**Tsukiji Fishmarket  
Tokyo, Japan**



**Union Square  
Farmer`s Market, NYC, USA**



**Or Tor Kor Market  
Bangkok, Thailand**



**Adelaide Central Market  
Adelaide, Australia**





## Movie Review



This 2023 Japanese drama is based on the manga Chihiro-san by Hiroyuki Yasuda.

It offers the viewers a slice of Chihiro's life, a former adult entertainment worker, trying to build herself a new life and forging connections with the people she meets along the way. The colorful characters are a perfect sampling of every fault and attribute of society today. It's a heartwarming picture about resilience and the kindness of strangers and it gently reminds the viewers of the importance of living life to the fullest.



## April Apricot-Glazed Chicken



An easy, one-skillet recipe for crispy chicken thighs coated in a deliciously sticky apricot glaze.

All you need to do is mix  $\frac{3}{4}$  cups of apricot preserve with  $\frac{1}{3}$  cup of rice vinegar, 2 tablespoons of soy sauce, 1 tablespoon of freshly grated ginger, 2 large cloves of garlic minced and a pinch of red pepper flakes before moving onto the chicken. You will need 900 grams of chicken thigh, patted dry and seasoned. Add the thighs to an oven-safe skillet and cook them skin side down in olive oil over medium-high heat, about 6-8 minutes. When the skin is crispy, flip them over, spoon the glaze over them and put them in the oven at 175 C for 10-12 minutes.

Once out of the oven, sprinkle with some fresh parsley and serve over rice. Enjoy!

