



LIFT



日本語版

Life, Information, Fun, Times



On June 7, French painter Paul Gauguin (1848-1903) was born in Paris. He worked as a stockbroker, then became a painter in middle age. He left Paris and moved to Tahiti where he developed an interest in primitive art.

On June 12, the Philippines declared their independence from Spain. The islands were named after King Philip II. Once freed from Spain, the islands were then invaded and occupied by U.S. forces. They became an American colony and remained so until after World War II.

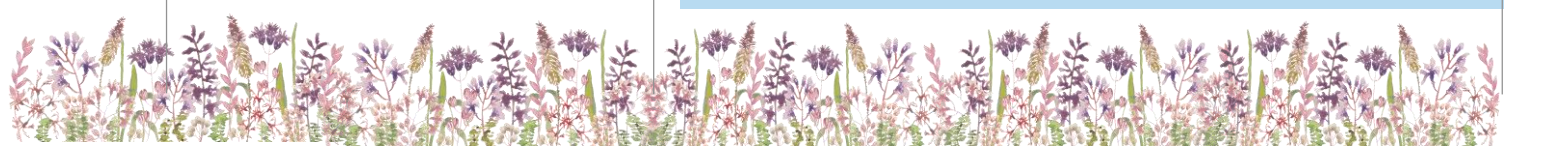
On June 14, German psychiatrist and pathologist Alois Alzheimer (1864-1915) was born in Markbreit am Mainz, Germany. In 1907, he published an article first describing 'Alzheimers,' a degenerative disease, usually beginning at age 40-60, affecting nerve cells of the brain and leading to severe memory impairment and progressive loss of mental faculties.

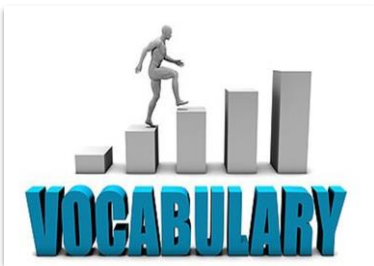


**“TO READ A POEM IN JANUARY IS AS LOVELY AS TO GO FOR A WALK IN JUNE”  
- JEAN PAUL SARTRE.**

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

1	Lleithder	Welsh	6	Humidade	Portuguese
2	Humedad	Spanish	7	rutuba	Arabic
3	Umiditate	Romanian	8	Humidade	French
4	Nedvesség	Hungarian	9	nem	Turkish
5	Umidita	Italian	10	vlazhnost	Russian





**like watching grass grow**

Something that is boring and painstakingly slow

The elementary school piano recital was like watching grass grow.

**head in the clouds**

To be daydreaming, absentminded

The teacher caught Sarah with her head in the clouds in class today.

**soak up some sun**

To lie in the sun

I can't wait to soak up some sun on the beach next week!

**full of hot air**

To be full of nonsense

Politicians are so full of hot air, it's hard to believe anything they say.

**June events**



**June 5, Global Running Day** – held annually on the 1<sup>st</sup> Wednesday of June to celebrate the sport of running. Participants of all ages and abilities pledge to take part in some type of running activity by submitting their names through the Global Running Day website.

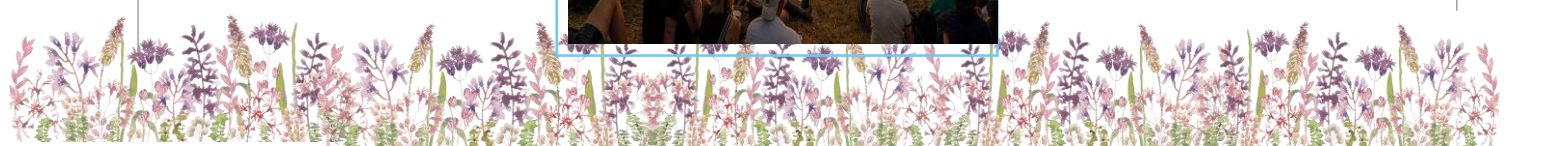


**June 24, Inti Raymi, Cusco, Peru -** a traditional religious ceremony where Peruvians in Cusco reenact ancient Inca rituals in honor of Inti Raymi, the Festival of Sun. The celebrations start at 8am in the main plaza of Cusco although it no longer lasts 9 days like in ancient times.

June 21, La Fête de la Musique, Paris region - A celebration of the Summer Solstice since 1982, it urges residents to play music outside in their neighborhoods or public spaces and parks. Free concerts are also organized where musicians play for fun, not for payment.



**June 26-30, Glastonbury Music Festival** Held in Pilton, Somerset, England, this festival of contemporary performing arts hosts dance, comedy, theatre, circus, cabaret and many other forms of art and it is said to be getting bigger and better every year.





# Most humid places



**Alaska, USA**  
Average humidity level 77.1%



**Arizona, USA**  
Average humidity level 77.1%



**California, USA**  
Average humidity level 61%



**Jazan, Saudi Arabia**  
Average humidity level 70%+



**Mexicali, Mexico**  
Average humidity level 55%



**Las Vegas, USA**  
Highest humidity level 77%



**Melbourne, Australia**  
Average humidity level 70%



**Kuala Lumpur, Malaysia**  
Highest humidity level 85%



**Athens, Greece**  
Average humidity level 66%







## Long weekend

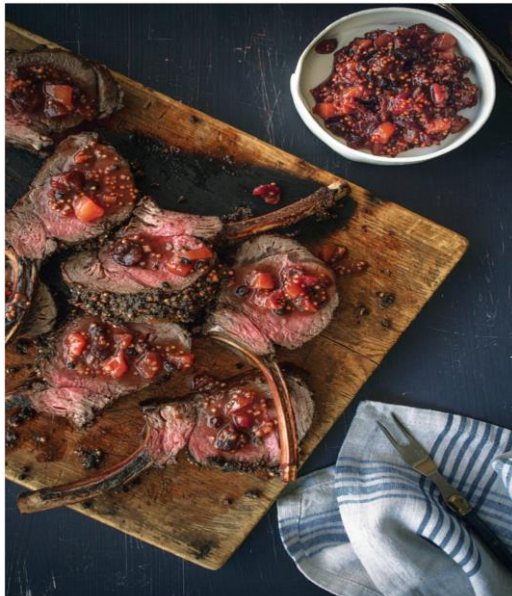


An American rom-com with an unexpected twist. The chance encounter of the main characters leads to a whirlwind weekend together. Their genuine connection, however, is overshadowed by both their secrets. The actors have an undeniable chemistry as they charm the viewers along their funny and delightful adventure together.

Critics have said that the biggest strength of this movie lies in its humanity as it challenges some unconventional social issues.



## June Juniper Berry-Crusted Venison with Mostarda



To make this decadent meal simply combine 1/3 of a cup of juniper berries, 50 ml of oil, 2 tbsp of salt, 2 tbsp of whole black peppercorns, 1 tbsp of caraway seeds and 1 tbsp of coriander seeds in a food processor; pulse them into a wet, gravel-like consistency. Set it aside and prepare the meat.

Add 60 ml of oil and 1 tbsp of unsalted butter to an oven-proof skillet and brown the seasoned venison in it over medium-high heat for 8-10 minutes, turning it as needed.

Then, coat with the juniper berry mixture and roast it in the oven at 250°C for about 30 minutes, until medium-rare. Let it rest for 5 minutes before carving.

Serve with a Mostarda: whisk together 250 grams of sugar, 1/2 of a cup of cider vinegar, 3 tbsp of ground mustard, 3 tbsp of yellow mustard seeds, 1 1/2 tsp of ground cinnamon and 2 cups of water in a saucepan. Stir in the zest of an orange, 1 tsp of grated ginger, 1/4 of a cup of dried cherries, 1 cup of cranberries (frozen or fresh), 1/4 of a cup of dried currants and 2 pears, peeled, seeded and diced. Boil this for about 45 minutes on medium heat until pears are tender and the liquid is thickened.

Let it cool before drizzling it on top of your venison.

*Bon Appétit*

