




日本語版


LIFT




Life, Information, Fun, Times




On September 4, 1962, The Beatles started their first recording session at EMI's Abbey Road Studios in London. On the same occasion, they were also testing to see what the new drummer, Ringo Starr, could do.



On September 6, 1620, the Mayflower set sail from Plymouth, Devon, carrying 102 Pilgrim Fathers to America. It anchored on November 11, 1620 at what is now Provincetown Harbor, Cape Cod.



On September 23, 1848, chewing gum was produced commercially for the first time in Portland, Maine. The inventor, John Curtis had developed the spruce tree gum by boiling resin, then cutting it into strips and coating in cornstarch to prevent them from sticking to each other.



On September 25, 1818, the first human-to-human blood transfusion was performed at Guy's Hospital, London by obstetrician, James Blundell. Blood transfusion had been first attempted from dog-to-dog in 1665.



“Winter is an etching,  
spring a watercolor,  
summer an oil painting,  
and autumn a mosaic  
of them all.”  
— Stanley Horowitz

### Autumn' in the languages of our teachers.

1. Hydref– Welsh
2. Otoño – Spanish
3. Ősz – Hungarian
4. Outono -Portuguese
5. Automne -French
6. Sonbahar- Turkish
7. Kharif - خريف Arabic
8. Toamnă – Romanian
9. Jesień - Polish





**a hot potato**

A sensitive situation or controversial issue difficult to handle

**Tightening the gun laws is a political hot potato that everyone is avoiding.**

**a potato-head**

Slang for someone who acts stupidly

**John can be such a potato-head sometimes!**

**a couch potato**

A lazy person, addicted to watching TV

**Lisa is looking for an adventurous partner, not for a couch potato.**

**September events**



**September 5 – International Day of Charity**

Originally a Hungarian civil society initiative to commemorate Mother Teresa’s death, it took off worldwide in 2012, when the UN declared it an international holiday. It provides a platform for charitable deeds, to create more inclusive and resilient societies.

**September 26 - International Day for the Total Elimination of Nuclear Weapons.**

This Day provides an occasion for the world community to reaffirm its commitment to global nuclear disarmament as well as to educate the public – and their leaders – about the real benefits of eliminating such weapons.

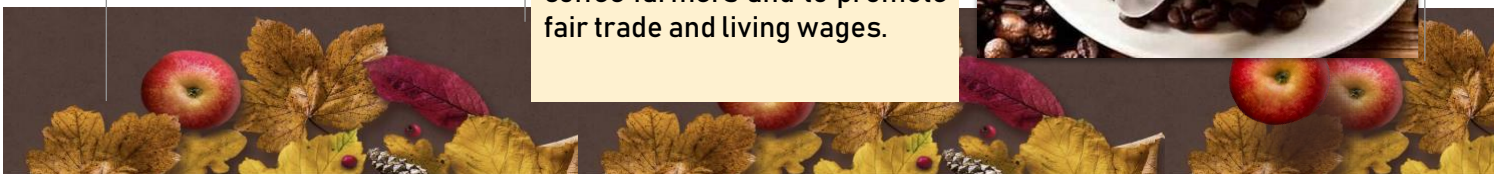


**September 29/October 1 International Coffee Day**

– may go as far back as 1983, when an event was held in Japan by The All Japan Coffee Association. It was acknowledged as a celebration in 2015 by the International Coffee Organization, launched in Milan, Italy to help raise awareness for the plight of coffee farmers and to promote fair trade and living wages.

**September 27 – World Tourism Day**

Marking the anniversary of the UN World Tourism Organization Constitution, a milestone in the global tourism industry, this day raises awareness of the role of tourism in the international community and shows how it affects the social, cultural, political, and economic values of the world.



# Autumn Potato types



**Turchesa Potato – Abruzzo, Italy**  
Easy to digest, versatile, with antioxidant properties



**Russian Banana Fingerling – Russia**  
Buttery, nutty flavour, soft flesh fluffy when boiled



**Andean Potato – Argentina**  
Great diversity of flavours and appearance, incredibly nutritious



**Sabanera Potato – Colombia**  
Grown in rainy and cold climate  
Best for frying - absorbs little fat



**Opperdoezer Ronde - Netherlands**  
Rich, creamy taste, full of vitamins (B1, B2, B6, B11, C)



**Licki Krumpir, Croatia**  
Contain vitamins, minerals and fibers, floury taste



**Chuno – Bolivia**  
Naturally freeze-dried  
Very long shelf life, needs to be soaked in water before eating



**Yukon Gold – Ontario, Canada**  
Buttery, earthy taste  
Medium starch content – incredibly versatile



**King Edwards Potato, UK**  
Fluffy texture, recommended for roasting and gnocchi





Sequel to the 2018 movie 'Book Club', 'The Next Chapter' follows the same four friends, as they explore their friendship and post-pandemic life on a long-overdue trip to Italy. The movie prides itself with an unlikely cocktail of super stars, from Fonda to Keaton, as they join forces to demonstrate that life not only continues to be great after a certain age but it might even be more surprising and more adventurous than expected!



## Au Gratin Hasselback Potatoes

Named after the restaurant where they were first introduced in the 1940s - Hasselbacken in Stockholm, Sweden.

Here is how you can make them:

Combine 85 grams of finely grated Gruyère or Comté cheese and 55 grams of finely grated parmesan in a large bowl. Transfer 1/3 of cheese mixture to a separate bowl and set aside. To the rest of the cheese, add 2 cups of heavy cream, 2 cloves of minced garlic and 1 tbsp of fresh thyme before seasoning generously with salt and pepper. Next, peel and slice 2 kg of russet potatoes and toss them in the mixture until every slice is coated with cream. Grease a casserole dish with 2 tbsp of unsalted butter and arrange the slices neatly, first around the perimeter of the dish and into the center, until all the potatoes are added. They should be very tightly packed so, if necessary, slice an additional potato, coat with cream mixture, and add to casserole. Pour the excess cream/cheese mixture evenly over the potatoes halfway up the sides of the casserole. Cover the dish tightly with foil and bake in the oven for 30 minutes at 200 C. Remove foil and continue baking until the top is pale golden brown, about 30 minutes longer. Carefully remove from oven, sprinkle with the cheese, and return to oven. Bake until deep golden brown and crisp on top, about 30 minutes longer.



*Bon Appétit*

