

The first Hallelujah practice was last week. It was wonderful. It always takes everyone a while to sit in the right seats, but it is always beautiful to hear the song. I don't know how many times I have heard Handel's Messiah, but I love it. It always makes me think that Christmas is close and, I'm sure you know, I love Christmas. And we lit the Christmas tree last Friday. That is always beautiful as well. It didn't snow as much as I expected<sup>1</sup>. I feel that there was more snow this time last year. I wonder if this winter will be mild<sup>2</sup> because the summer was so hot. What do you think? Life is much easier without snow, but if it doesn't snow it is more proof<sup>3</sup> that we have broken Earth.



10 differences

Last week's answer



### Something you didn't know about caviar

1. The Russian word for caviar is "ikra", but the English word caviar came from the Turkish word "havya", which came from the Persian word for egg, "khavyer".
2. Caviar was once used as a treatment for depression<sup>4</sup>. It can certainly help,
3. The best caviar can cost \$30,000 for 1 kg.
4. Caviar is healthy, in small quantities. It has a lot of protein and good fat, along with a lot of vitamins and nutrients<sup>5</sup>. You shouldn't eat too much, though.
5. July 18<sup>th</sup> is national caviar day. I don't know why.
6. Caviar should be eaten with a mother of pearl<sup>6</sup> spoon because silver or stainless steel will change the taste of the caviar. Do you have one? I don't.

### No-kill Caviar

Do you like caviar? The most famous caviar in the world is the black type with small eggs and it can be very expensive. Caviar is made from the eggs of the sturgeon fish. In Japan, ikura is very famous and it is a type of caviar, even though it comes from salmon. In fact, the word ikura comes from the Russian word ikra, which means caviar. To make caviar and ikura, you have to kill the fish to get the eggs out. There is no way of knowing how good the eggs will be and many fish are killed too soon or too late for the eggs to become caviar. There has been a shortage of<sup>7</sup> caviar recently because the sturgeon has been fished to danger levels. However, a German scientist called Angela Kohler has come up with a way to take the eggs from fish without having to kill them. Sturgeon lay eggs when they are 8 years old. She uses ultrasound<sup>8</sup> to monitor the fish and when they are ready, they gently massage the fish until they release the eggs naturally. Because it is natural, an enzyme<sup>9</sup> is activated that stabilizes<sup>10</sup> the eggs, which means they don't need to use preservatives to store the eggs. They can stay the same for up to 9 months. They are also very clean because there is no blood or other cells stuck to the eggs. All of this is very good, but the best thing is that they don't have to kill the fish.



- 1.as expected 予想していたより
- 2.mild 温暖な
- 3.proof 証拠
- 4.depression うつ病
- 5.nutrient 栄養物
- 6.mother of pearl 真珠層
- 7.shortage of ~不足
- 8.ultrasound 超音波
- 9.enzyme 酵素
- 10.stabilize 安定させる



### World record

I like to try and find records that I think we could beat and this week's record is certainly possible. The world record for the greatest distance to throw a grape and catch it in the mouth is 106 m. What do you think? An American called Paul E. Lyday managed to get this world record in 2009 and it hasn't been beaten since then. Maybe we can try when the weather gets a bit nicer. I need to make a list of all these records we are going to try to break. The problem with this record is throwing the grape far enough. I know that I could not throw a grape over 100 m. I would dislocate<sup>1</sup> both my shoulders again. Looking at the world record video, they used a catapult<sup>2</sup> to fire the grape at Paul. What do you think? When the snow melts and the weather warms up, you can try firing grapes at me. Or, do you think you should be the ones to try and catch the grape while I fire it? We can think about the logistics<sup>3</sup> when we get a bit closer.



A goal is not always meant to be reached. It often serves simply as something to aim at.

- Bruce Lee

### One thing we can do to help the environment

#### #9 Switch off heaters at night

This is something that I already do, but it is one way that we can help the environment. Up here, in Hokkaido, it gets pretty cold and we need to use our heaters. That is obvious<sup>4</sup>. However, we don't need to use them at night. We can use more blankets on our beds to keep warm that way and switch the heaters off. It depends on the type of heater you have because more modern ones can be more economical<sup>5</sup>, but they still use about 84 kilowatt-hours of electricity per week if you use them at night. For comparison, a washing machine uses about 1.5 kilowatt-hours. If everybody in Hokkaido uses their heaters overnight, that amount of electricity starts to add up. Right now, the majority of the electricity produced in Japan comes from burning oil, coal, and natural gas, which all releases carbon dioxide into the atmosphere. If we can use more blankets on our beds and switch off the heater, we will cut the amount of CO2 released because of us.



1.dislocate 打球する 2.catapult 射出機 3.logistics 物流 4.obvious 明らかに 5.economical 効率的な