

# life in balance

inspiring a sustainable culture

April 2013

## Remind me; how many planets do we have again?



This short (1:39) thought provoking video by WWF is worth watching. **More-**

## Innovation breeds change



Innovations are tackling society's massive list of problems with creative, functional, approaches that improve livelihoods, health, education and environmental management. **More-**

## One Million Acts of Green



The problem is big, but there are many small ways that can make a difference in the journey towards a sustainable future. Pick n Pay's One Million Acts of Green Campaign calls on consumers to make these small changes and share with others on Facebook. **More-**

## May Planting Guide



On the 22nd April Earth Day celebrated its 43rd birthday and around the world there were over one billion acts of 'green' pledged and acted upon by people who want to see environmental and social change. I have always been a bit sceptical about days set aside for causes because if something matters enough it should be a part of everyday life. It seems a bit like going to church on Sundays to compensate for being a nasty person the rest of the week. It got me thinking about what I was doing: I am growing a vegetable garden that is defying the odds on a wind-swept balcony, I recycle and re-purpose wherever I can and choose brands that avoid chemicals and have a level of responsibility towards their environmental and social impact. As soon as the bus is up and running in my neighbourhood I'll be getting on it. Is this enough for now? And can one person make a difference? Life in Balance was founded on that very principle and collectively we can make a shift towards taking better care of our only home and provider. The founder of Earth Day - Gaylord Nelson said that: "The economy is a wholly owned subsidiary of the ecology - not the other way around." This is worth remembering. Enjoy your latest newsletter and note the website will re-launch before the end of the month. Please also follow the daily updates and tips on Facebook. You can find us under Life in Balance magazine.

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## Blimey! Horse in my wots and kangaroo in my kebab?

A month ago we were smugly reading about horse meat in supermarket food in Europe, then discovered we were just as bad, with water buffalo, donkey, kangaroo, goat, mountain zebra (on the endangered list) found in supermarket products. What does the Consumer Protection Act have to say? **More-**



## Responsible travel: what is it all about?



Everyone's talking about it and it is fast becoming a global trend, but what is responsible travel? What does it really mean for us as travelers and what is it all about? Open Africa's Claire Allison explores just what this global trend is, the long term effects and how to be a responsible traveler. **More-**

## The essential ingredient: Love

"...commonly shared are the quality of the memories of a meal cooked and served with love evokes." Melissa Baird ponders one of the natural wonders of the world; the sense of taste and what it means to put love first in all things - starting with food. **More-**



## Mussels in Weiss Beer with Cheese Bread



These two dishes may seem time-consuming, but you could have this delicious, cheesy bread - which uses self raising



With winter just around the corner, its time to sow quickly harvestable crops like lettuces, and cold resistant hardy plants like cabbage, beetroot, leeks and onions.

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### StreetSmart SA reaches Pretoria



StreetSmart SA, a non-profit dedicated to social integration and upliftment of street children has recently launched in Pretoria and is rallying restaurants to become involved in helping to rebuild the lives of children at risk in the city.

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### Africa-tough portable charger: business in a box



Making phone charging easier is something that numerous projects have set out to achieve. Catering for the African market, the eChaja is a solar-powered portable charger that helps users make money by offering charging facilities in remote locations.

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### Masmi Feminine Hygiene products Product review



Masmi feminine hygiene & maternity products offer a safe alternative to the more commonly



flour, so there's no kneading and proofing involved - and Mussels in Weiss Beer on the table in less than an hour from start to finish. Bon appetit!

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### Spinach & Feta Cannelloni



Nothing beats a simple, freshly made pasta, except, of course, when it's cannelloni with a delicious spinach and feta filling. Don't be intimidated by making your own pasta. It really is easy and you don't need any fancy, expensive pasta making machine to achieve excellent results.

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### Bright Young Things



After a six-year absence, award winning and highly acclaimed performance artist, costume designer, choreographer and "theatre maker" Gavin Krastin has returned to Cape Town. He chatted to Genna Gardini about art, satirical fruit and, of course, homecomings. **More-**

### Giveaway: McNabs SuperGuard immune booster

Prevention is better than cure and there are ways to help your immune system fight off the inevitable winter cold and flu viruses. SuperGuard is a single-dose immune booster with that delivers all the vital vitamins to support your body's immune system. Win one of two hampers valued at R500 each. **More-**



### Giveaway: Civvio Hemp T-shirts



Hemp is a renewable, reusable and recyclable resource, produces excellent biomass and the oil has wonderful skin healing properties. Civvio are so excited about their range of T-shirts that they would love to give two away. And, no, you can't smoke your t-shirt. **More-**

### March winners - Vondi's giveaway

The winners of yummy treats for their companion animals are: Amiena Davids | Joanna Purchase | Lauren Klugkist | Rosemary Burt | Marina Laurova  
Congrats! We will be in touch soon.

### Thought for the month

*It is a very great thing to be able to think as you like; but after*

available bleached products. **More-**

*all, an important question remains: what you think.*  
- Matthew Arnold

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