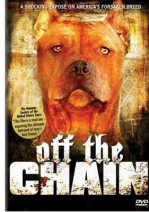


life in balance

inspiring a sustainable culture

January 2014

Nature Watch



Off the Chain is the result of Bobby J Brown's research into pit bull fighting in the US. It offers an unprecedented look at an abusive subculture including views from the dog fighters themselves. Please note that this full length movie includes graphic footage that many viewers will find disturbing. [More-](#)

Hello 2014. We have been quiet as December and January have sped by. I thought time may slow down a little but it just seems to have sped up. Despite the faster pace, you have in your inbox a newsletter meant to be savoured and enjoyed. It is, as ever, peppered with provocations, good ideas, different shopping options and yummy books and recipes. We mention a bee keeping initiative to encourage people to learn how to work with, and care for, these extraordinary power house creatures. The honey bee is responsible for pollination of around 80 % of our world's food and wine crops and, amongst extraordinary flying ability and dogged determination to do the job; they dance to communicate the location of the nectar they find on their long flights from the hive. About three months ago a wild swarm of Cape honey bees have taken up residence in a hole in the far exterior wall of the block of flats I live in. I keep my garden directly below this wall and, as a result, I have been watching them, with caution and now with awe as they perform their daily business in harmony and with purpose. And their 'product' is a sweetness we crave for and seek out. Like life I suppose. So if resolutions and celebrating new beginnings are your thing; consider where to grow sweetness, and where you can dance in harmony during the days that drive you on to the next one. Enjoy the read, write to us and, seriously, have a bee - u - ti - full 2014.

Read more about the 'Wisdom of Bees' [here](#).

Melissa
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Organic Wear Mascara



Now you can bat your eyelashes with every confidence that not only do your eyes look their best, your mascara is 100% natural and the Eco-Brush can be recycled. [More-](#)

Design that clicks: Raw Studios



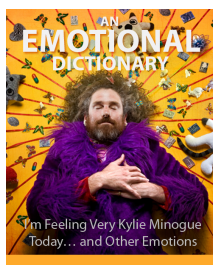
We love the environmentally friendly and locally produced furniture by Raw Studios, and are particularly impressed by their modular storage system. It has hundreds of possibilities, from shelving to cupboards and can easily be refigured as your requirements change. [More-](#)

From human to tree: using our bodies for good

I've always wanted, on my death, to be cremated and my ashes used to plant a tree. Cremation is less expensive and more practical than burial and a living legacy that benefits the earth appeals to me. Now, there is a new product, Bios Urn, that will allow me to do just that. [More-](#)



I'm Feeling Very Kylie Minoque Today... And Other Emotions



Greenpop is busily preparing for the 3rd annual Trees for Zambia reforestation and eco education festival in Livingstone, Zambia, which has seen rampant deforestation in recent decades. To reward planters, there are also the Friday night concert and Earthfest celebration to look forward to. [More-](#)



Butter Lettuce and Calamari Salad with Caper Dressing



The serving suggestion for this fresh and colourful salad is

John Bauer

This playful guide to common - and even not so common - emotions, by Cape Town based artist John Bauer, is a must read. [More-](#)



crusty bread, always a great accompaniment. But I have plans to enjoy this tasty combination calamari, lemon, chilli, lettuce and onion in a wrap for a light and summery lunch and afternoon energy. [More-](#)

Toys & Trinkets



We love the range of gorgeous goodies on offer at Kisma, from greeting cards to jewellery to toys, as well as their upcycled range. [More-](#)

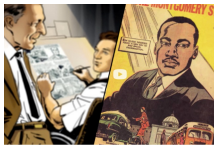


Chilled Pea, Lettuce and Yoghurt Soup

Baby gem lettuce is one of my favourite salad leaves and a main ingredient in this summer soup. Fresh, light, colourful and delicious, it is quick and easy to prepare and looks stunning, so works so is as perfect for entertaining as it is as a light lunch or starter. [More-](#)



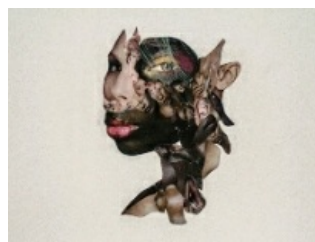
Superheroes of Peace



It's all too easy to dismiss comics and graphic novels as somehow 'less' than traditional literature, but as the team behind this amazing Indiegogo project reminds us, "Comics and graphic novels are important tools to plant seeds of mindfulness, hope and nonviolence in today's youth. Read more about and get involved in this 128-page "augmented reality" Graphic Novel "the true story of Thich Nhat Hanh, Alfred Hassler, Sister Chan Kong and Martin Luther King Jr. [More](#)

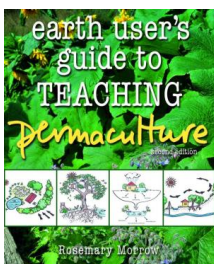


A take on three portraits



Writer, editor and academic Ashraf Jamal analyses three extraordinary approaches to portraiture by artists Kilmany-Jo Liversage, Vitshois Bondo and Dion Cupido, all of whom are making the connections that matter in styles re-treaded, remixed, retro, now: post-produced. [More-](#)

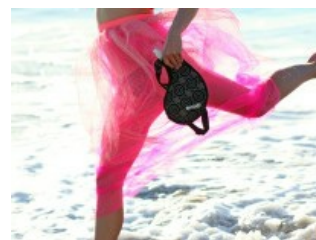
The Earth User's Guide to Teaching Permaculture



Rosemary Morrow's fully revised and updated 'Earth User's Guide to Teaching Permaculture' is a must have for those

MAJUWATER Aquasac giveaway

The MAJUWATER Aquasac is, quite simply, the most gorgeous way to carry water - tap or bottled - that we have seen. It comes in a range of fabrics and styles and some include handy pockets for keys and phones. Three lucky Life in Balance readers can win one. [More-](#)



November winners: African Extracts

Winners of the African Extracts Rooibos Herbal Shampoos and Conditioner are: Ailsa Tudhope, Heine de Waal and Gwenneth Chavoos. Enjoy your prize and thank you for entering.

Thoughts for the month

Instead of just one, here are two - opposing opposites - in

teaching everything from architecture to agroforestry. [More-](#)

Beekeeping for Beginners



Readers in the Pretoria area now have a chance to make their own honey - working with one of nature's most industrious little creatures, of course - by signing up for an accredited beekeeping course by Honeybadger Beekeeping at a mere R400. [More-](#)

balance - for you to ponder:

Good resolutions are like crying babies in church. They should be carried out immediately. - **Charles M Sheldon**

Resolutions are most often empty promises for those who have an abundance of dreams, but refuse to wake up and live them. - **Steve Maraboli - Unapologetically You: Reflections on Life and the Human Experience**

Letters we love

We love receiving your feedback and just had to share this wonderful email from reader Helen Wrangmore:

*Hi Melissa and all at Life in Balance,
I have only just opened the November issue, however it is most inspirational and I shall be reading, contemplating, absorbing and meditating on the content.
Thank you for the wonderful newsletters over the past months - every issue is eye opening (and at time eye popping!) mind awakening and inspirational.
May you and all at Life in Balance have a beautiful, peaceful Festive Season.
May South Africa & the World be inspired and educated by the life of Madiba.
With love
Helen Wrangmore*

Thank you, Helen, and thank you to all our readers. Your continued support is truly appreciated.

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