

life in balance

inspiring a sustainable culture

July 2013

Nature Watch



It's nature of the sky... a gazillion stars hang in The Milky Way as seen over Sutherland in the Karoo; a place famous for its observatories, ghost story full moon walks and avid star gazers. **More-**

Planting Guide August 2013



The touch of spring may just begin to be felt in August, with days warming and lengthening slowly. Be cautious of cold snaps, though; they can damage summer crops if planted too early. **More-**

I was once given a gift of two little ceramic star gazers, with the attendant call to action: "Remember to Look Up". When you see this month's choice of natural wonder to celebrate; the staggering Milky Way, you can understand why. But for us city dwellers, the night sky is less awesome simply because it is not dark at all, rather a sort of greyish haze diluted by blazing megawatts of electricity. The lights are on, particularly if we are not at home. South Africa's electricity comes from coal. It requires huge amounts of fresh water to mine coal and to keep the coal fired power stations operating. When you turn on a light you basically open a tap. I think of the huge office buildings that blaze their brand names throughout the night to an absent audience; they not only waste electricity, but water too. As domestic electricity consumers it is just too expensive to be wasteful and very soon the connection between the water that is needed to produce our electricity and the actual value of that water may see water itself become as expensive as electricity. I attended the Sustainability Week conference where water, energy, food security and Youth and the Green Economy were topics of debate. Next month I will report on the perspective coming out of the South African Water and Energy Forum. Whilst in Johannesburg I was shown how an old tennis court was dug up and transformed into an urban farm that now produces enough organic vegetables to feed twenty people. I had to host a panel discussion on food gardening and when I explained all the abundance on my balcony garden and how easy it is to get growing the audience was astonished. I am too actually; if growing your own food is like printing your own money then I have started my very own little abundance patch. What is even more valuable to me though is how good it feels to watch what you plant grow; it is like the lost pleasure of star gazing and a reminder of how little we value the magic that is on offer every day because we have in part forgotten to pause, to observe and then look up. It redefines perspective. And while you at it, remember to turn off the lights.

Mel

Waka Waka



This really cool solar powered lamp will work indoors and out and is designed to be tough enough to withstand the extremes of Africa. **More-**

Walking in Circles

Rolling hills, brown and fire blackened grasslands, stunted and gnarled trees in seemingly random clusters surrounded by low, curved circles of stacked rocks. Matthew Koehorst takes us on a fascinating journey to explore the mysterious rock structures of Mpumalanga. **More-**



Skin-loving cocoa



We love Esse Organic skincare range and two favourites, Esse

Getting to the bottom of our complex world



Everywhere we look, we can see our world's precious, complex and interconnected systems under pressure, strain and change. But how can we create change in these systems? Systems Thinking may provide some of the solutions to this puzzle.

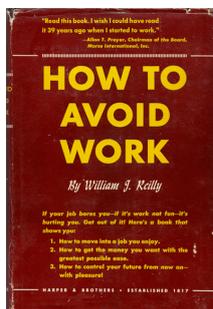
Organic Cocoa Exfoliator and Deep Moisturiser, mean soft and smooth skin from the very first application. **More-**

Books: Tablet style



Publishing embraces a new technology that can help bring to life scientific exploration and guide books. **More-**

Books: How To Avoid Work



This excellent article by Maria Popova about William J Reilly's 1949 work is well worth a read. Maria writes: "Though cultural shifts in the six decades since its publication have rendered How To Avoid Work less relevant as a practical guide to career success, it remains a timeless and ever-timely reminder of the broader essence of creative satisfaction and the life of purpose." **More-**

GIVEAWAY!
Still Pure: body products with a conscience



Still Pure's gorgeous natural, botanical essential oils and body products are made using local ingredients and with a deep love and respect for the

More-

Beautiful loser

Ricky Lee Gordon of /A Word of Art talks to Genna Gardini about creative communities and the business of street art. Since its birth, AWOA has facilitated and hosted community art projects, exhibitions, interventions and parties and is well known for its international residency program. **More-**



Wildlife Film: Reflections from Wild Talk Africa 2013



Can wildlife films get past the need to pander to their audience and make a real impact in society, or does the system force film makers to create only what people want to see? Matthew Koehorst spends three days immersed in the profession of wildlife film creation. **More-**

Salmon with warm tomato salad

You wouldn't think so, but this delicious salmon with warm tomato salad is a great dish to cook in advance and serve at room temperature. The roasted salmon with its hint of chili and honey pairs beautifully with the fresh, colourful and flavourful warm tomato salad. **More-**



Marinated feta with lentils



Lentils have never tasted this good! This nourishing and yummy recipe uses just 200 gr of feta, but makes enough for a second salad. As the flavour of the dish improves the longer it is marinated, this is the perfect make-ahead recipe - it lasts that long, that is. **More-**

Message in a bottle: recycling glass

Excellent work by the Glass Recycling Company has seen year on year growth of glass recycling. In the 2011/2012 fiscal year 2.4 million tons, equating to 2.8 million bottles per day, were recovered. Even so, there is much more we can do to make it even more successful. **More-**



June winners: Fairtrade hampers

Congrats to Alex Main, Wayne Kent and Dheshree Chetty. We will be in touch soon.

earth. They truly are body products with a conscience, which we believe makes their beautiful products that much more beautiful. One lucky reader can win a wonderful Still Pure hamper with a selection of products. **More**

Thoughts from within

"This is an awesome video made by Woody Harrelson sharing some powerful thoughts from within. The video contains a message that touches us all and is riddled with truth throughout. Have a look and spread the word!" Head to collective-evolution.com to view.



More-

Did you know?

To produce 1 kWh of electricity, we burn 1 kg of coal and evaporate 1.5 litres of water using current technologies.

Like us on **Facebook** 

Follow us on **twitter**

Join Our Mailing List!



Try it FREE today.