

life in balance

inspiring a sustainable culture

June 2013

Nature Watch



This exquisite image of a hummingbird was taken by Yehudi Hernandez. [More-](#)

Planting Guide July 2013



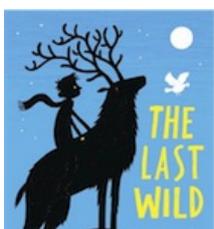
With winter's bite taking hold, July is a time to focus on growing hardy plants that resist the cold. [More-](#)

Winter Warmth



The winter equinox has passed and the days are slowly getting longer, but there are plenty of cold days ahead. Here's our list of cheap, safe and fun ways to keep warm until spring arrives. [More-](#)

Book review The Last Wild Piers Torday



June has given us the winter solstice and with it, the dawn of a new cycle, punctuated by a super moon and the extraordinary events happening within politics and resistance movements around the world. I was in Istanbul attending the Climate Reality Project and was witness to some of the protests erupting off Taksim square. To be present during such a time of radical crack down and see first-hand the violence metered out on the peaceful protestors was something I won't easily forget. In South Africa violent protests are part of a monthly news reel and all too part of our history and I am wondering if we will not see more clashes as a result of people losing patience with incompetent leaders who say one thing and do another. It is easy to despair but that can be overcome by action and it really does rest with each individual to be the change they wish to see in the world. It is an often overused quote from Ghandi but it is absolutely relevant. By acting within your sphere, with what you have and doing what you can, you can make a difference. Be it in the growing of a food garden, the feeding of a hungry person, the cleaning up of your environment and recycling (or upcycling) of your rubbish. But even topping that check list is spending more time loving what you do and enjoying your life. I came back with those intentions and will do what I can to bring you a newsletter that inspires you and adds value to your day. Enjoy June's offering, enter the give-away, laugh at the random happy facts, find inspiration in the planting guidelines, cook up a storm and get your head around issues that do matter. The old Life in Balance website has been laid to rest and our new site is up, please visit it www.lifeinbalance.co.za and if you like what you see, share it.

Thank you and blessed be
Mel

Mtunzini threatened by mineral mining

Mtunzini, a small coastal town 25km South of Richards bay in Kwazulu Natal, is a popular destination and a mecca for a large diversity of bird and plant life. Now, the town's main source of income is under threat due to a proposal by Tronox for large scale Titanium mining. The town needs our help. [More-](#)



32 Happy Facts



Did you know that rats giggle when you tickle them? Their voices are so high pitched that you need special equipment to hear it, but giggle they do. Sometimes you gotta do things just for fun and that's what this list, compiled by Joe Martino of Collective Evolution, is all about. [More-](#)

Spicy Eggs with Rotis

Packed with flavour from herbs and spices like cumin and curry, this dish, with its spicy onion and tomato base is a deliciously different way to serve the humble egg. Eat them on a toasted roti for a warming break-fast, quick and easy lunch or light supper. [More-](#)





Fantasy... with a pause for thought. What would the world be like without animals? Piers Torday tackles this tragic concept with a fantastical tale aimed at children aged nine and over. This fable will also appeal to adults who like fantasy and sci-fi. **More-**

July workshop for teens



If you're between 15 and 18 and interested in our environment, get involved with an awesome skills development workshop at Oranjezicht City Farm. **More-**

Recycling Rewards via SMS



Wecyclers is a Nigerian project that aims to incentivize recycling through text message points that can be exchanged for everyday items. **More-**

Food & Trees for Africa - Arbor Month challenge



Food and Trees For Africa is launching a national arbor month challenge for schools, communities, business, government and you and I: plant and look after as many trees as possible in a single month - September. **More-**

The Journey



Game fish with vanilla, lemon and granadilla butter



Game fish like dorado, tuna or yellowtail is transformed in an at-home fine dining experience with the light and fluffy vanilla, lemon and granadilla butter; and with one simple change - replacing the vanilla with orange - you get a completely new dish and taste experience. **More-**

Zolabar - delicious new snack to keep you on the go

Zolabar is McNab's delightful new high energy snack, the name of which stems from our minibus taxis; in other words it will keep you moving (no hooting required)! It is made with 20% protein, energy rich peanuts, Ghanaian vanilla and Kalahari rock salt, with no artificial additives. **More-**



Fairtrade bumper giveaway

Fairtrade is the most recognised and trusted ethical certification system in the world and three lucky readers can each win a hamper of Fairtrade products: a box of EspressoEco Coffee capsules, four boxes of locally grown TopQuali Tea and a bottle of red and white De Bos wine. **More-**



Birke Baehr: What's wrong with our food system



Take time out to watch this inspiring video by 11-year-old Birke Baehr. His TEDtalk focuses on the source of our food and outlines the case for green, how keeping farms out of sight promotes a rosy picture of big-box agriculture and why green and localised food production is the way to go. **More-**

The limitations of "half" and "whole"

Alexander Opper discusses the multifaceted work of Quinten Williams and the artist's fascinating exhibition at the Substation in Gauteng, where he unfolded one 'half' of what is required for the MA in Fine Arts at the University of the Witwatersrand. **More-**



Recycling of plastics

A special system of identifying plastics is used to identify plastics worldwide. Plastics South Africa has created an





Take time out to watch this stunning video produced by Green Renaissance to thank all the organisations and people who have worked, collaborated and supported them.
More-

easy to follow chart with the classifications, what types of plastics fall under each and what these plastics can be recycled into.
More-



May winners - African Tree Essence

Congratulations to Lindy Taylor, Utunzelana, and Adela Sheik. We will be in touch soon.

Thought for the month

Of a certainty the man who can see all creatures in himself, himself in all creatures, knows no sorrow. - *Eesha Upanishad*

[Like us on Facebook](#)

[Follow us on twitter](#)

[Join Our Mailing List!](#)



Try it FREE today.