

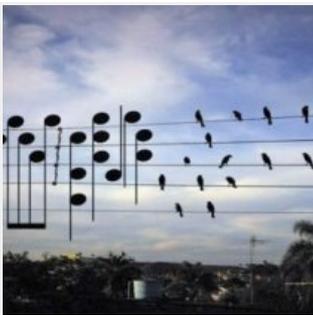
# life in balance

inspiring a sustainable culture

March 2014

Greetings for the Life in Balance team. How balanced have things been for you of late? March brought us Earth Hour commitments across the globe although in South Africa I think for many Earth Hour is a given in that there is just no electricity to switch off, even for an hour or so. Global water awareness has been a highlight of the past month and with the rains in the north of the country, water has surely shown its power and its effect on daily life; for those without, those with too much and those living in proximity of water that desperately needs to be cleaned up. However your month has panned out we hope the newsletter will inspire and inform and give you a much needed balancing break to your day. Enjoy the read and do write to us if you have any suggestions, causes or articles you wish to see discussed and published.

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## Nature watch

Jarbas Agnelli wondered what sounds birds on a wire would make, so he swapped the birds for musical notes and brought this exquisite melody to life.

[read more](#)



## The emerging pig farmer

Going the whole hog for the environment... The hormone-free pork you've been eating may come from an emerging farmer.

[read more](#)



## Buy a house, give a house

We love this initiative and can't help wondering if something similar could be set up in South Africa, where far too many still live in horrendous conditions.

[read more](#)



## April planting guidelines

The days are shorter and cooler as autumn makes its presence felt. April is the ideal time to plant winter crops for an array of colourful winter veggies.

[read more](#)



## Guide to consumer labels

Part Three of our guide to consumer labels, to support the growth of conscious consumers, focuses on the fish, the forest and the farmer.

[read more](#)



## Happiness & Love

Did you miss the International Day of Happiness on March 20? Well, here's your chance to celebrate love instead, with the Secret Love Project.

[read more](#)





### Divine vines

Meet Johan Reyneke, creator of succulent wines consistently lauded by international and local judges, philosopher, surfer and inspiration to farmers.

[read more](#)



### Chill out

Yoga Nidra is a meditation technique that is said to have a remarkable affect on those who suffer from anxiety, heightened stress and PTSD.

[read more](#)



### Spinning the news

Dutch artist Greetje van Tiem has elevated newspaper recycling into an art by hand spinning old papers into surprisingly strong yarn.

[read more](#)



### Coconut juice smoothie

Coconut juice is loaded with potassium, magnesium and calcium. It's rehydrating, low in sugar and nearly 99% fat free. Try this refreshing smoothie.

[read more](#)



### Baobab Oil - giveaway

Three readers can each win a bottle of Ecoproducts Baobab Oil, a fantastic moisturiser that alleviates dry skin and related ailments.

[read more](#)



### Make your own soap

Here are two quick and easy recipes for making your own soaps; the first, soap nuts, the second to tackle tough dirt and grease.

[read more](#)



### Think! Eat! Act!

Ever wondered what kind of food the Sea Shepherd crew eats on board the ships during their campaigns? A planned cook book is set to reveal all.

[read more](#)



### A Glass Act

Laura Twiggs visited Red Hot Glass, a Venetian-inspired glass blowing studio and gallery at the magnificent Spice Route estate in Paarl.

[read more](#)



### Where, what, Wwoof!

Looking for an alternative way to travel that is in the interests of both the environment and the eager traveler? You need to Wwoof.

[read more](#)

## Winners - Pure Beginnings hampers

Congratulations to Cherylene Lottering, Laura Lancaster and Thamara Ray. We will be in touch soon.

## Thought for the month

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world. ~ Archbishop Desmond Tutu

