

life in balance

inspiring a sustainable culture

October 2013

Nature Watch



The late rain in Cape Town has the frogs in my hood still singing their hearts out. This image reminds us how they begin. Frogs as a species are extraordinary, they act as indicator species for our waterways and create music in the quest for a pairing and DNA transfer.

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Manu the Frog



Here is a true story about a remarkable event involving a cat, a frog and a perplexed vet...

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Planting Guide November



Summer is making its presence felt and weather conditions are anything but predictable. Here's what to plant in November in South Africa, along with a few tips to protect your plants.

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Book Review



Trying to get anything published during this time of year is a Herculean task. Or should I say one that can be Mercurial. For those of you who follow the journeying of the planets and how they affect life cycles, you will know I am referring to the current Mercury retrograde cycle. It is not a great time for communication or travel; I know of a person who had their entire hard drive and home security system database wiped out by lightening, one who missed an international flight to an off the chart destination because of a printing error on the boarding card, and another whose car broke down and gave-up altogether. On a more material level, the end of the year is drawing close and everyone is feeling the need for a holiday. So consider this newsletter communication a small miracle. It made its way through the most 'mercurial' data channels of South African connectivity and hopefully it will inspire you and offer you a brief respite from the 'sturm und drang' of the day to day routine.

What inspires you? Write to me and let me know.
Melissa

Ripples for Good: inspired social renovation



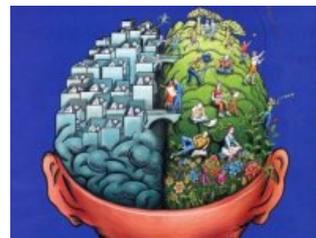
Taking the road less travelled has turned Maria Botha's world into a day to day adventure in which she and her two faithful Jack Russells traverse the country renovating schools in need and educating and inspiring young learners to connect with their environment.

[More-](#)

Five surprising facts about how your brain works

Did you know multitasking is impossible, napping is great, and you are more creative when tired? The brain is amazing. It is the single most fundamentally evolved part of our body, but it works in very mysterious ways, too - ways one may never really anticipate.

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Furniture design with a conscience



The first product made by Eco Furniture Design was a baby changing table. Three years later, you will still find it in owners Tameron and Peter Grahn's home. They've come a long way since then, but their design ethos and commitment to quality remains unchanged.

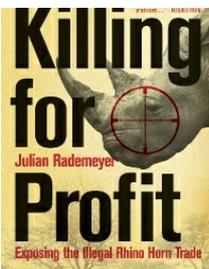
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Turning used batteries into blossoming light

Despite alkaline batteries being bad for the environment, we still tend to use them. However, those so called dead batteries have enough power left to power LEDs. Energy Seed is an alkaline battery powered collection station that sheds new light on battery recycling.

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Killing for Profit tells the story behind the stories about the Rhino horn trade, which thrives on the fact that rhino horn is worth more than gold, heroin or cocaine in some areas of Southeast Asia. [More-](#)

The Galileo Open Air Theatre is back



For the second year running the Galileo Open Air Theater is screening great movies under a magical blanket of stars at three different venues across the greater Cape Town Area. [More-](#)

Orgasmic Organic



We shop carefully, buy organic, avoid products with toxins and recycle. There is no reason why it should be different with personal hygiene and intimate products. [More-](#)

Polystyrene recycling 1-2-3



Polystyrene is found in more everyday products than we think. The good news is that it is as easily recycled as paper, plastic, glass and tin. [More-](#)

Codex

Smoked Salmon, Capser and Leek Tart



Our first recipe this month is a uperly delicious tart, bound to blow your taste buds away. This salmon, caper and leek tart is perfect to serve at a dinner party. Use smoked mackerel or snoek for a cheaper option and serve with a salad for a tasty lunch or light meal. [More-](#)



Vegetarian Makhanlawa

Our second Pick n Pay Fresh Living recipe is rich and creamy and packed with the flavours of India. Makhanlawa is easy to make, won't break the bank and is a quick and tasty one-pot meal. Serve it with rotis for a hearty and filling vegetarian meal. [More-](#)



Build your own cheap and effective solar oven



Solar power is often seen as too expensive and beyond the reach of normal citizens. However, with a few simple, cheap and easy to come by materials, you can build your own solar oven that harnesses the power of the sun and enables you to cook for no cost at all. [More-](#)

Bank on your rights

We live in a global economy run by international organisations that partner with governments in structuring how our lives play out, and we are tied to these complex, often devious systems like components in some unimaginably large and faceless machine. [More-](#)



Quick & easy home made body scrubs



Summer or winter, soft, smooth skin is an instant pick me up. The best way to achieve this is exfoliation. And there's no need to spend a fortune. All you need are a few kitchen staples like salt, sugar, lemon, oil, vanilla and coffee - and a few minutes out of your day. [More-](#)

Bionic washing - giveaway

Biowashball® is an effective alternative to washing powder and washes loads of laundry before it needs to be replaced.



Seraphinianus



Take a trip to an "unknown, parallel world". Illustrator and designer Luigi Serafini's book may be dubbed "the strangest book on earth" but, written in an unknown language using an unknown alphabet, it is a masterpiece of the imagination. **[More-](#)**

It works using 100% natural rock minerals, which contain micro organisms that cleans laundry through its natural solvent properties. Here's your chance to win one. **[More-](#)**



September winners: Greenenergy batteries

Congrats to Mickey Herd and Maliga Naidoo who each won a hamper of Greenenergy batteries. Thank you to all entrants.

Thought for the month

"The belief that unhappiness is selfless and happiness is selfish is misguided. It's more selfless to act happy. It takes energy, generosity, and discipline to be unfailingly lighthearted, yet everyone takes the happy person for granted. No one is careful of his feelings or tries to keep his spirits high. He seems self-sufficient; he becomes a cushion for others. And because happiness seems unforced, that person usually gets no credit."
~ Gretchen Rubin, *The Happiness Project: Or Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun*

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