



The year of being grateful

When we reflect on the past few years, we see changes in the world and changes in the way we live and work. We've all had powerful learnings and become more resilient as a result. We're grateful for that, and grateful for our land and the life we have here.

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Our unique land of diversity

South Africa is enriched by its multiple cultures and languages. This amazing diversity has created a kaleidoscope of colour, dance, art, food, music and more, making our country truly dynamic.

You will see beautiful patterns on the back of each calendar page, showcasing a variety of cultures in South Africa. Use them as gift wrap, placemats, book covers, or even frame them as pictures. Whenever you look at them, they will remind you to feel proud of being part of this unique and special land.

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Grateful for mother nature

As a result of prolonged lockdowns, many of us have experienced what it's like to work from home.

And what it's like to be exposed to nature on our front doorstep. Think about birds. Be grateful for these beautiful little creatures that play such an important part in nature's ecosystem. Encourage them to come to your garden or local park by feeding them nourishing bird food.

2022

January

Get to know your little visitors



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY REFLECTIONS

WEEK 1
WEEK 2
WEEK 3
WEEK 4
WEEK 5
WEEK 6

01							01	Do you have a landscape that inspires you?
							NEW YEAR'S DAY	
02	03	04	05	06	07	08	02	When was the last time you walked under a tree canopy? How did it feel?
09	10	11	12	13	14	15	03	What is your favourite spot outside? How does it make you feel?
		Feathered environmental warriors assist farmers by eating tons of agricultural pests. This reduces the need for pesticides.						
16	17	18	19	20	21	22	04	What was the weather like this week and what was one good thing about that?
23	24	25	26	27	28	29	05	What's the most beautiful thing you saw this week?
30	31	<p>▶▶ The best collaboration is HUMANS AND NATURE WORKING TOGETHER</p>						
Birds are messengers about the health of our planet. They are our early-warning system for environmental concerns like climate change.	INTERNATIONAL ZEBRA DAY							

At the end of each week, cut out your reflections, fold them, and place them in your grateful jar.

Public Holidays

1 January	New Year's Day	16 June	Youth Day
21 March	Human Rights Day	9 August	National Women's Day
15 April	Good Friday	24 September	Heritage Day
18 April	Family Day	16 December	Day of Reconciliation
27 April	Freedom Day	25 December	Christmas Day
1 May	Workers' Day	26 December	Day of Good Will
2 May	Public Holiday		

FEBRUARY	MARCH	APRIL
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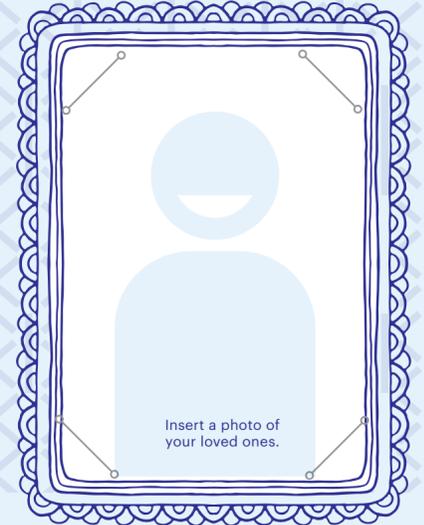
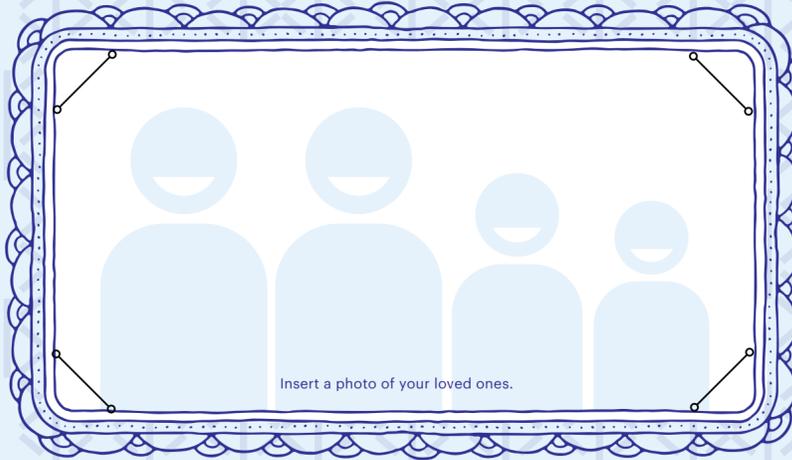
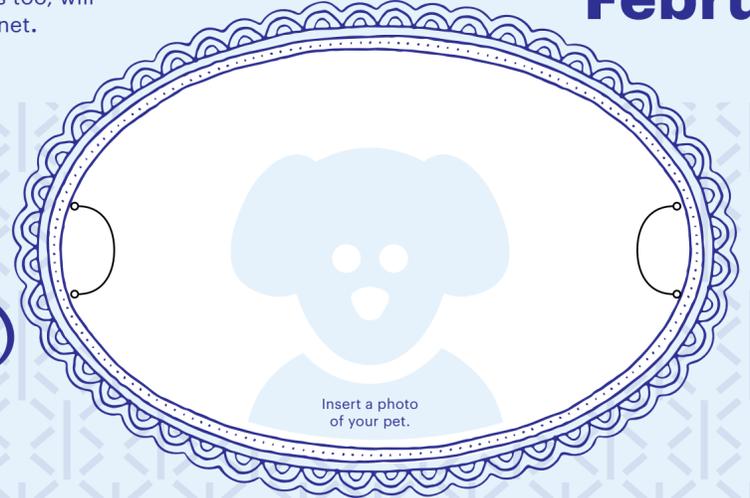
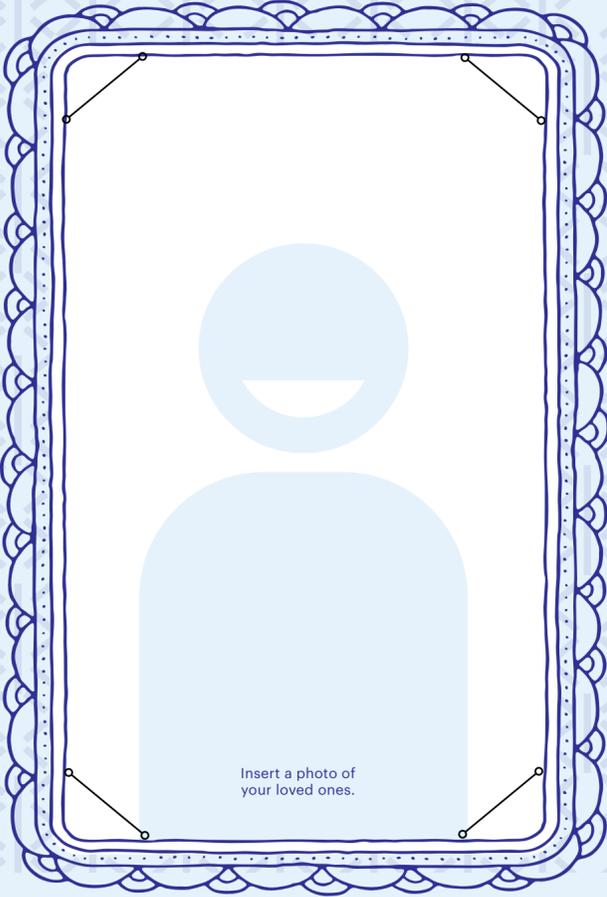
The Month of Love is the time to show sharing and caring.

It's about having a heart full of love and being grateful for quality time spent with loved ones, grateful for their health and happiness. By reducing our carbon footprint, each of us can ensure that not only our families, but future generations too, will thrive in a cleaner, greener planet.

2022

February

Hearts full of love



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY REFLECTIONS

WEEK 6 WEEK 7 WEEK 8 WEEK 9 WEEK 10

01	02	03	04	05	06
	WORLD WETLANDS DAY		Be ecologically aware. Have a video chat with a friend rather than driving to see them.		
06	07	08	09	10	11
				Satellites are bright and will soon obscure the stars. Pick a dark night and enjoy stargazing.	
13	14	15	16	17	18
	VALENTINE'S DAY	Supermarket herbs come in plastic packaging. Rather grow your own indoors. Fresher and more fun.			
20	21	22	23	24	25
WORLD WHALE DAY				Go for a morning family walk. Take bags with you to collect plenty of litter.	
27	28				
INTERNATIONAL POLAR BEAR DAY	Enjoy a picnic in the park. Pack food in reusable containers, use reusable cutlery and ceramic plates.				

06 What did you learn from your family?

07 Whose love has helped to make you who you are?

08 Who made you smile this week?

09 How do your family members show they care about you?

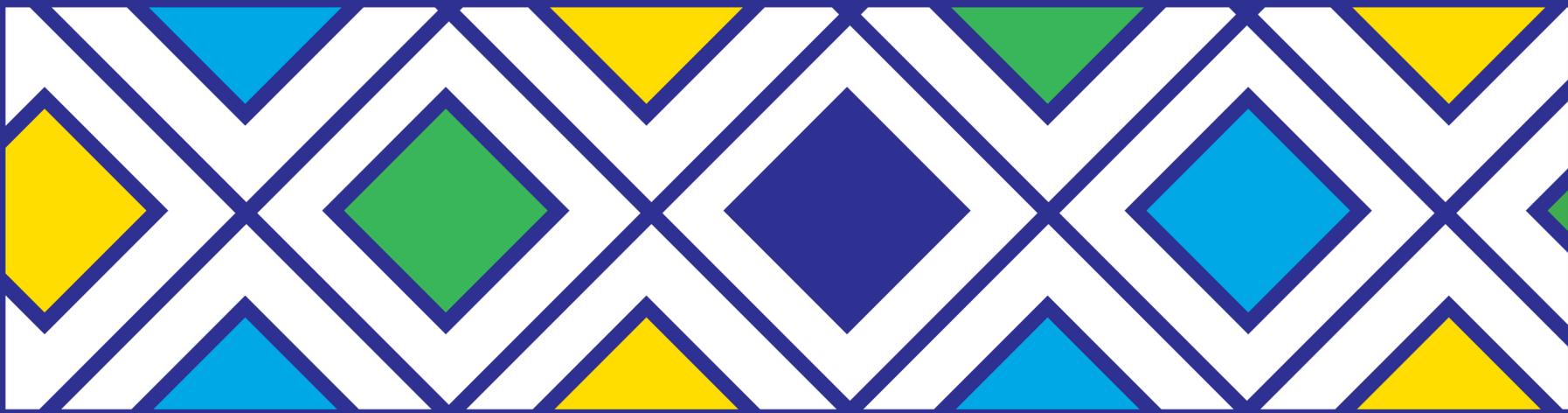
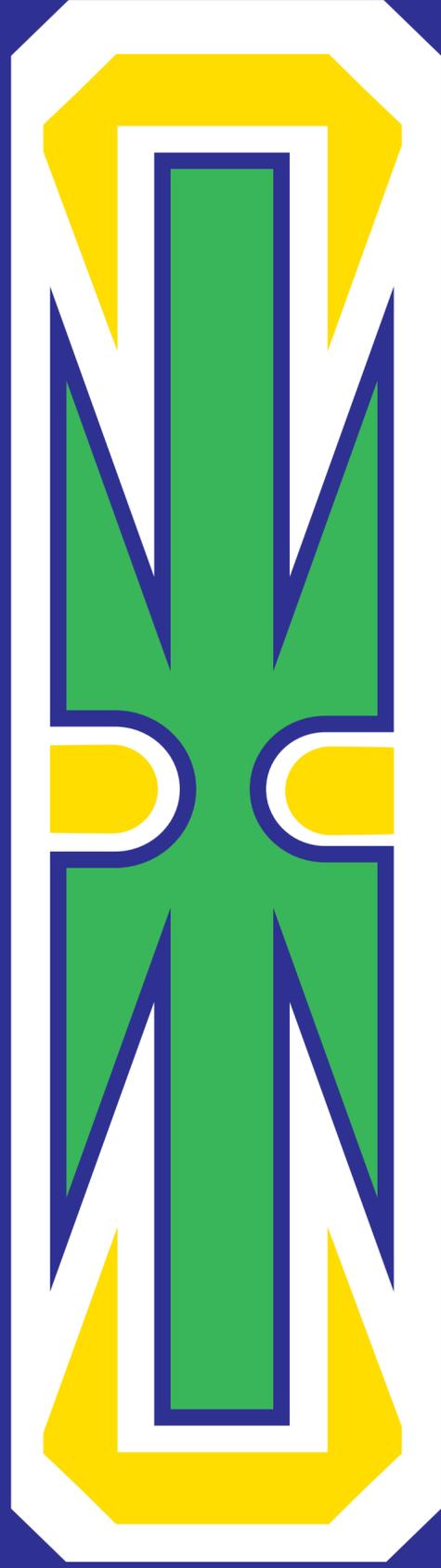
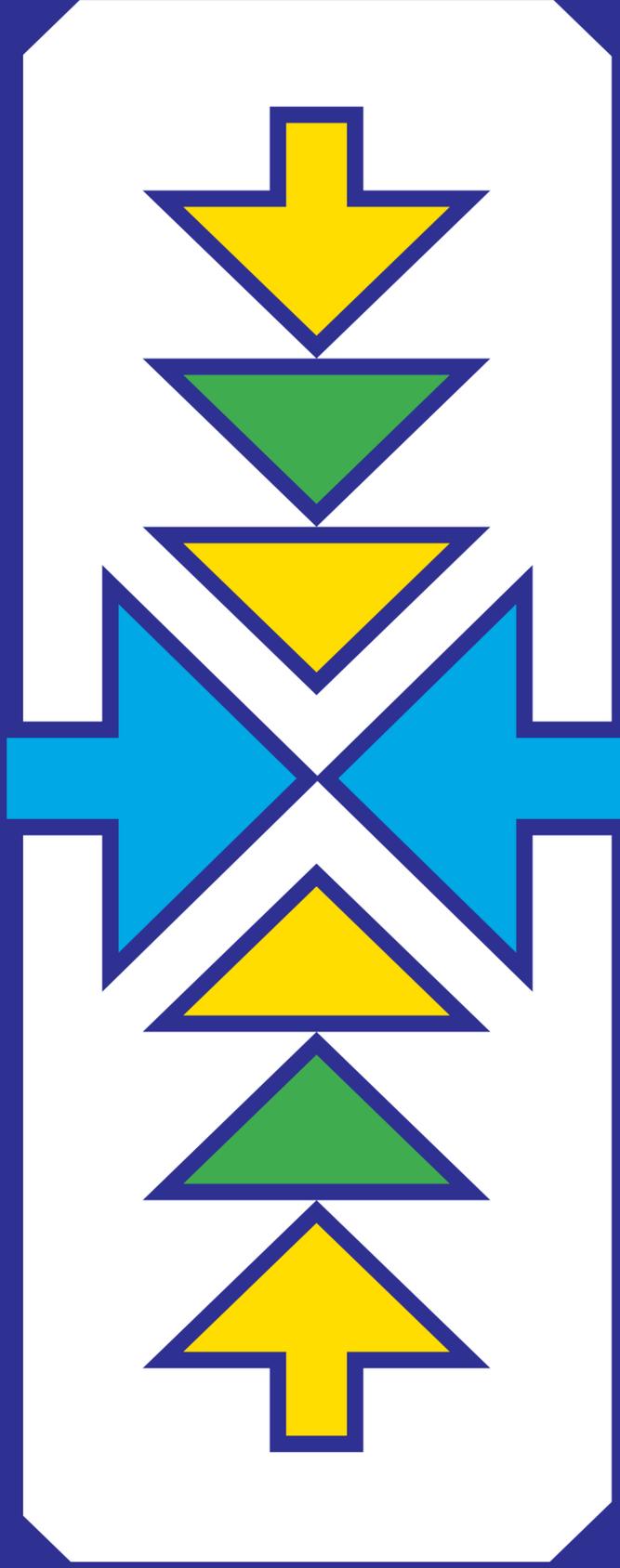
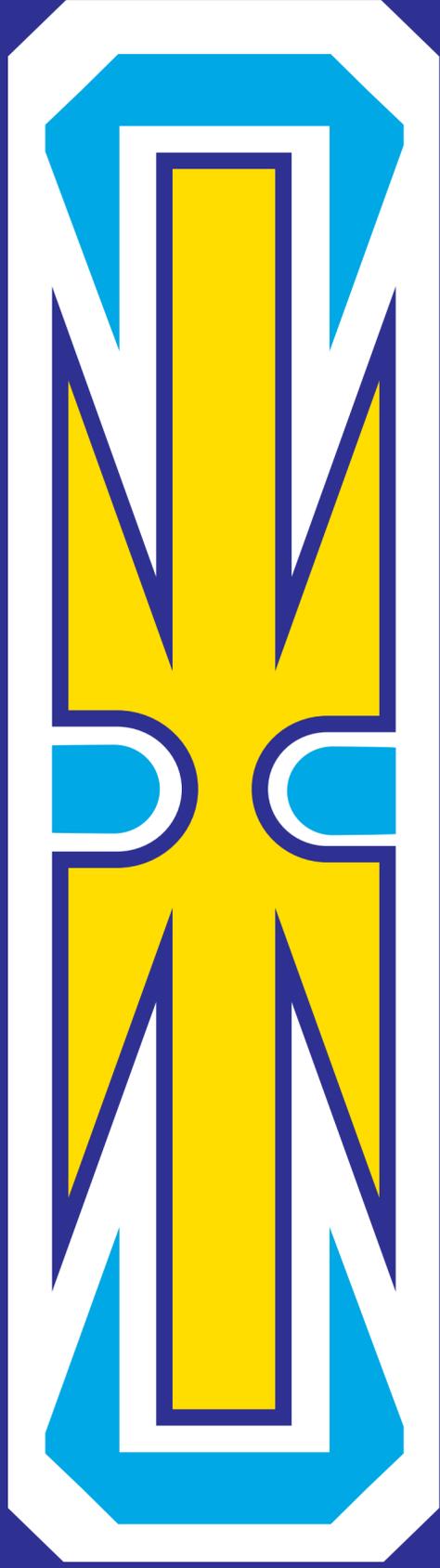
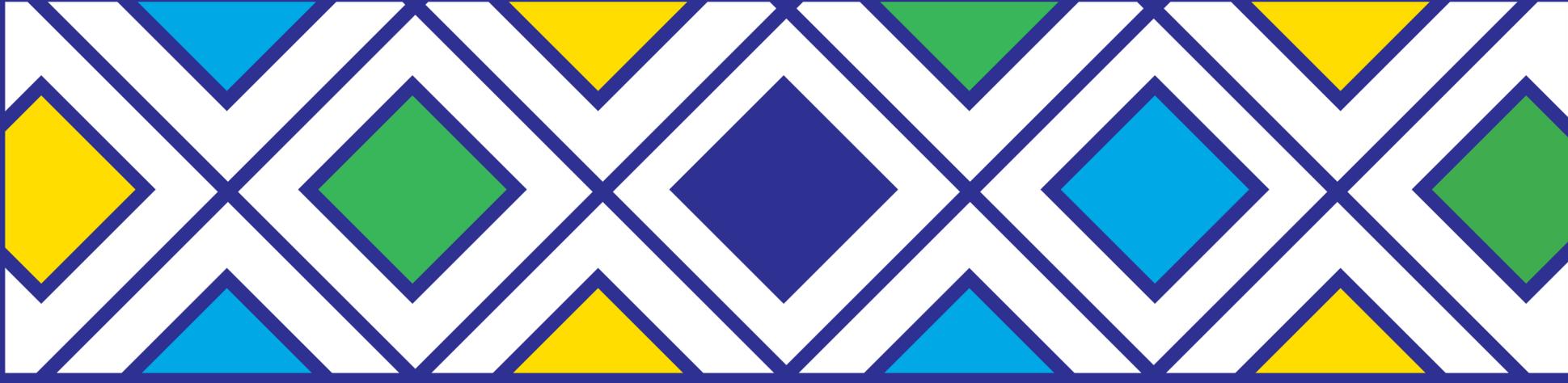
GRATITUDE transforms what we have into ENOUGH

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MARCH							APRIL							MAY						
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Games are a great way to learn while having fun. Enjoy connecting with little ones and sharing good times.

This unique game of Ups and Downs is the perfect way to bring laughter and learning to a weekend. It follows a simple snakes and ladders format – use a dice and tokens of your choice as markers.

2022

March

Laughter & learning

FINISH (Square 34)

START (Square 1)

Challenges:

- 34: OH NO! You threw oil down the drain
- 26: There is glass in your refuse bags. Broken glass is cutting your bags open
- 22: You've bought rechargeable batteries
- 15: You are using recycled shopping bags
- 10: WELL DONE! You separated your waste for recycling
- 9: You are not supporting your local recycling programme

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY REFLECTIONS

WEEK 10
WEEK 11
WEEK 12
WEEK 13
WEEK 14

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10 What good deed have you done this week?

11 How many times did you say 'thank you' this week?

12 Who are the three people you feel most connected to and why?

13 How has technology enhanced your life and your connections recently?

▶ Have a conversation with someone who has **DIFFERENT BELIEFS** and **OPINIONS** to you

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APRIL

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MAY

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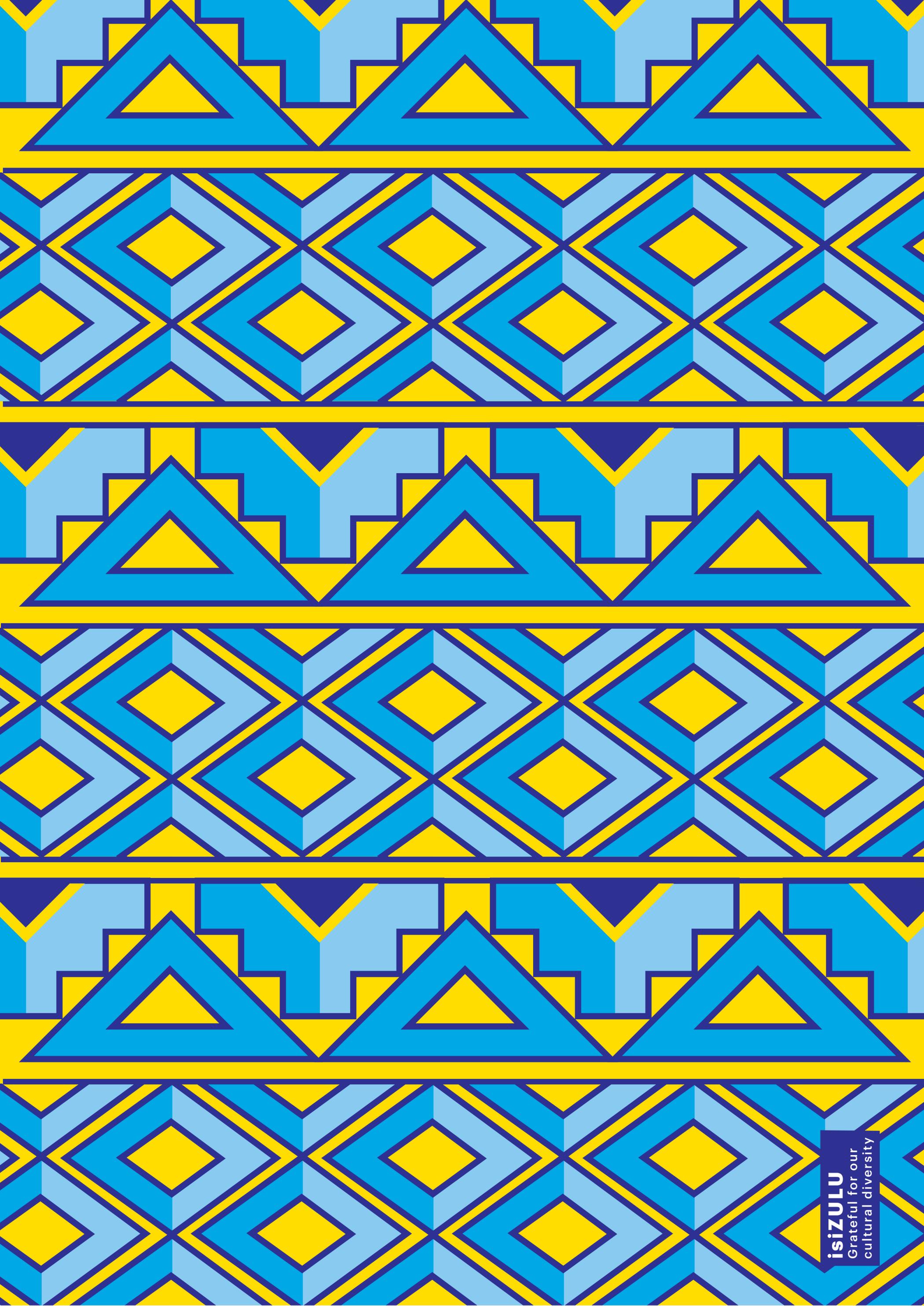
JUNE

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isiZULU
Grateful for our
cultural diversity



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Minimising the environmental impact of industrial activity and products.

We can be grateful that innovators and businesses around the globe are stepping up to the plate to build a greener future. Eco innovation will change the world as we know it, and pave the way for a more sustainable way of living.

2022

April

New ways for an old planet

START



Fairphone created a long-lasting smartphone that can easily be repaired. If part of it breaks, you simply replace the broken element. Everything from the battery to the audio jack can be replaced, which means fewer phones will end up in landfills.

The Vegan bottle could replace plastic bottles forever. Everything in the Veganbottle, from cap to wrapper, is made from 100% biodegradable materials. The bottle is made from sugar cane extracts. Sugar cane requires far less water than other crops.

Café transforms coffee grounds into wearable textiles. The patented yarn dries 200% faster than cotton and can be produced with low temperatures and little energy. Thanks to its unique micro-pores, the yarn naturally absorbs odours and reflects UV rays.

B-Droid's robotic bees can pollinate crops as effectively as the real thing. These robotic bees are designed to help boost the natural bee population by giving low-nutritional and high-labour pollination tasks to robotic bees.

The Seabin is an ocean trash bin that can filter out plastic, detergents, and oil, allowing clean water to flow back out. The Seabin only needs to be emptied once a month and can make a big impact on water pollution in ports and harbours worldwide.

END

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SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY REFLECTIONS

Start something new and trust the MAGIC OF BEGINNINGS

WEEK 14 WEEK 15 WEEK 16 WEEK 17 WEEK 18

					01	02	14	What innovation or invention did you learn about this week?
03	04	05	06	07	08	09	15	What is something new you learnt this week?
10	11	12	13	14	15	16	16	Who inspires you and why?
17	18	19	20	21	22	23	17	What is your Earth Day commitment?
24	25	26	27	28	29	30	18	Which invention or innovation has positively impacted your life this week?

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MAY

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JUNE

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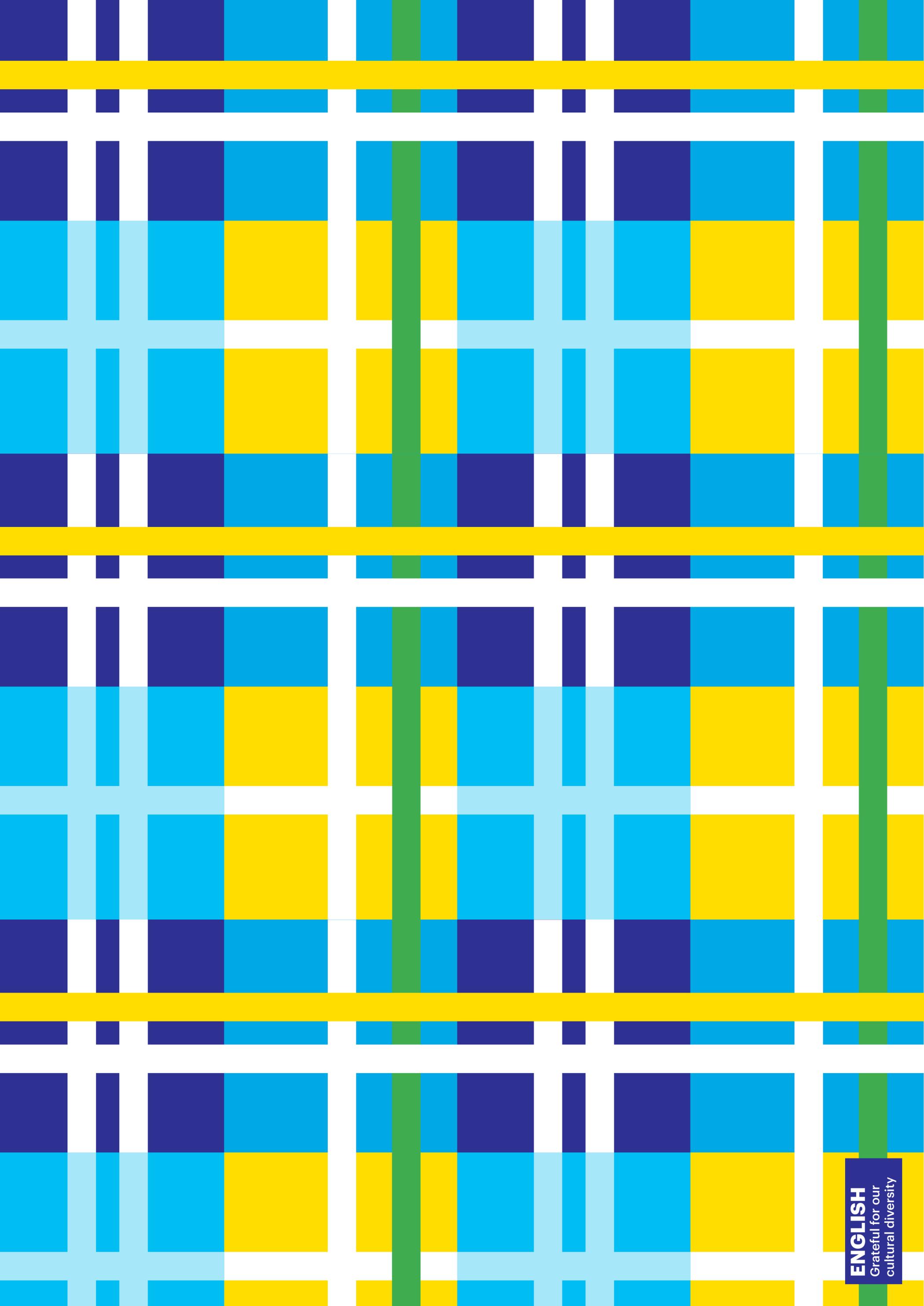
JULY

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South Africa is a world biodiversity hot spot when it comes to species that are found nowhere else.

But it's the things we might consider insignificant that play a key role in maintaining the world's ecosystems. Every day, huge numbers of microscopic lifeforms are busy acting as efficient decomposers, oxygen producers, recyclers and crucial nutrient suppliers.

2022

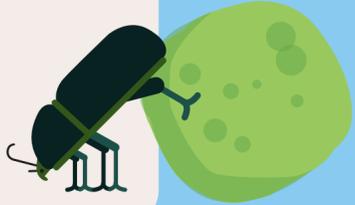
May

Little things make a big difference

Biodiversity Heroes

Dung beetles

Dung beetles are **efficient environmental clean-up crews**. They bury balls of dung in the ground where they decompose, aerating and fertilising the soil.

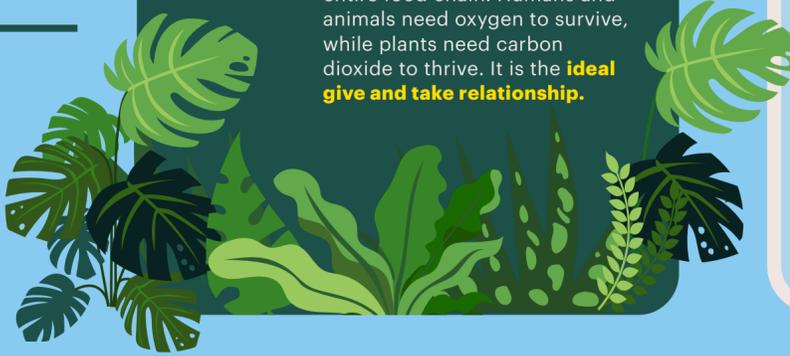


Fungi

Hundreds of millions of years ago, **the earliest complex organisms on land were fungi**. Fungi are nature's decomposers – without them, dead plant and animal matter would pile up. **Fungi are essential** for processing dead material, fostering **healthy plant growth**, and recycling nutrients.

Plants

Plants filter out and **eliminate some toxins, release oxygen** into the air and take in carbon dioxide from the air. They also **provide nourishment** for the entire food chain. Humans and animals need oxygen to survive, while plants need carbon dioxide to thrive. It is the **ideal give and take relationship**.



Squirrels

Squirrels are nature's tree planters. These little creatures gather nuts and store them, often forgetting about them. The forgotten nut stashes take root and grow into the trees and forests that **sustain our ecosystem**.



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	REFLECTIONS
WEEK 19	01 WORKERS' DAY	02 PUBLIC HOLIDAY	03	04	05	06 Incorporate renewable energy and/or energy efficiency into your home.	07	19 What is it about planet Earth that inspires you most? _____ _____
WEEK 20	08 MOTHER'S DAY	09	10	11 Get involved with ecological restoration in your area. Educate yourself and those around you.	12	13	14	20 What is your favourite animal and why? _____ _____
WEEK 21	15	16	17 Reduce the use of pesticides and fertilisers in lawn care.	18	19	20	21	21 What's the most precious thing in your life? _____ _____
WEEK 22	22 INTERNATIONAL DAY FOR BIODIVERSITY	23	24	25	26 Buy organic foods. This helps reduce inputs of fertilisers and pesticides into the environment.	27	28	22 Describe the feeling of connecting with nature in 4 words. _____ _____
WEEK 23	29	30 WATER A FLOWER DAY	31	<p>▶▶ Let's do WHAT'S RIGHT for the world Let's GIVE MORE and TAKE LESS</p>				<p>At the end of each week, cut out your reflections, fold them, and place them in your grateful jar.</p>

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JUNE

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JULY

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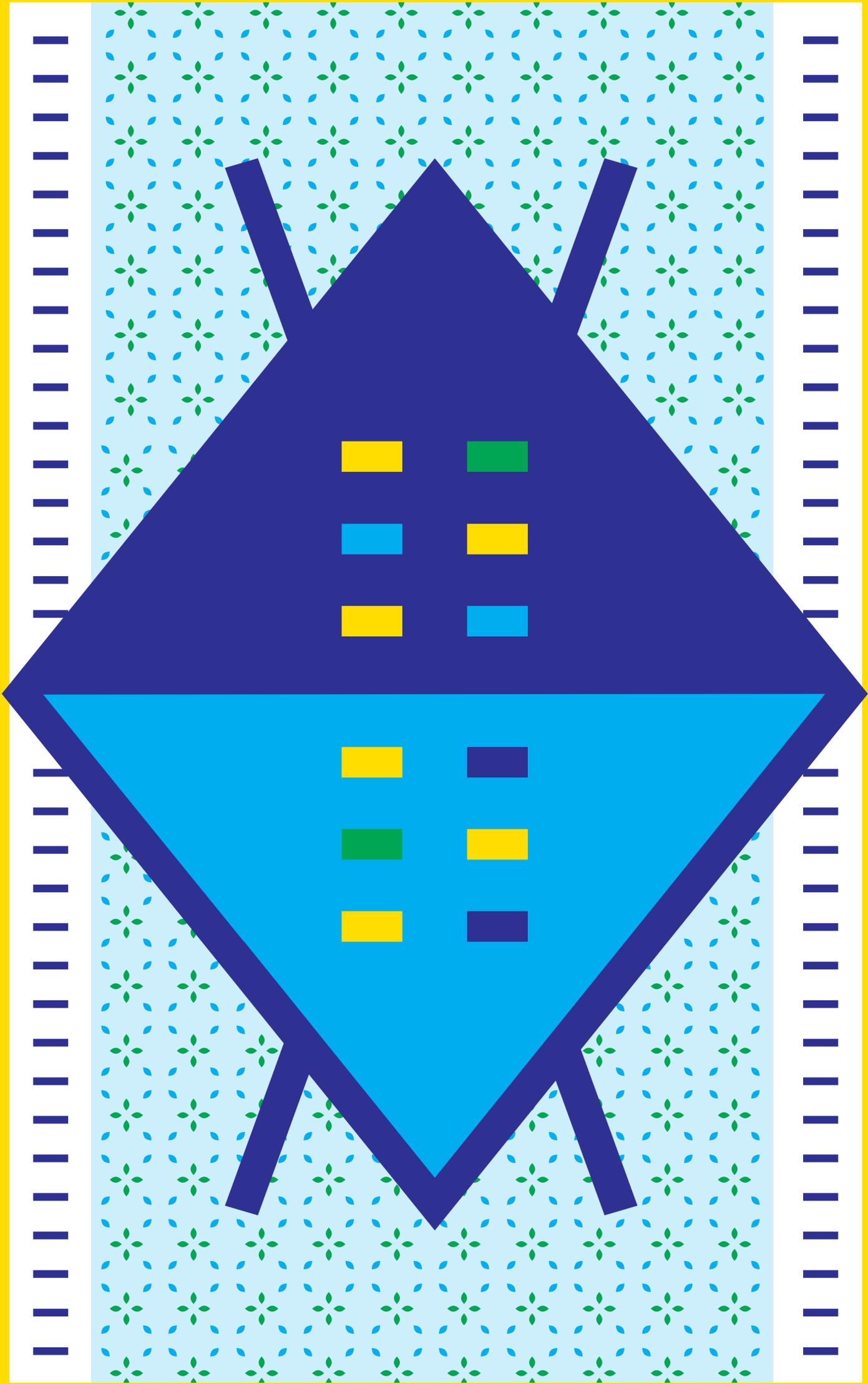
AUGUST

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Liquid life

Whether salty or fresh, hot or cold, plenty or almost none at all – every organism uses water.

A true shape-shifter, water can be liquid, gas or solid, moving inside the Earth, on its surface and in the atmosphere above. It not only shapes our Earth, but also almost every aspect of our lives.

2022

June

How to Make a Terrarium Step-by-Step

What is a terrarium?

A terrarium is an enclosed, transparent vessel used for growing small, decorative plants. It has an opening that's big enough to allow access to the plants. It only takes about 30 minutes to make a terrarium that will give you months, if not years, of delight.

What you need

- A glass vessel
- Small stones or pebbles
- Activated charcoal
- Potting soil
- Your favourite pint-sized plants
- A spoon

TIP

Clean out an old hand sanitiser spray bottle, fill it with water and use it to keep your terrarium moist and nourished.



Step 1

Cover the bottom of your terrarium with a 1½ inch-thick layer of small stones or gravel. These act as drainage.

Step 2

Add a very thin layer of activated charcoal. This prevents bacterial growth and keeps the water fresh.

Step 3

Add a layer of potting soil deep enough for your plants to take root – about 2½ inches. If you plant succulents or cacti, choose a specialised potting soil mix.

Step 4

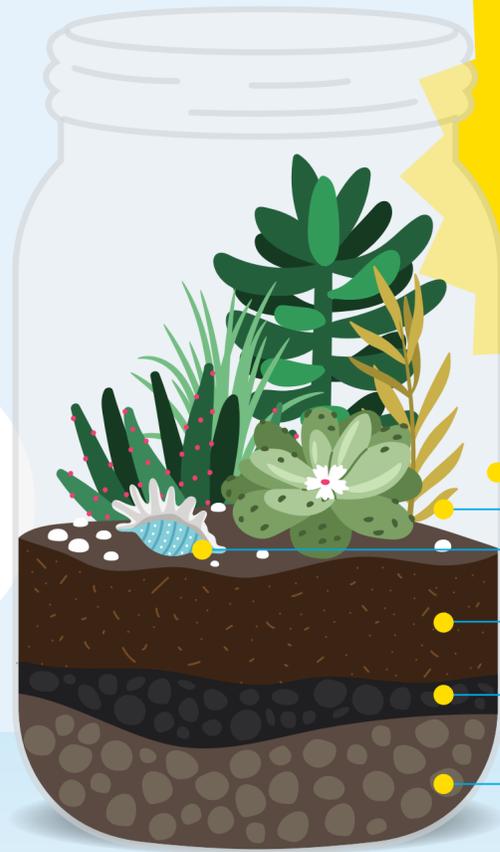
Plant your largest plant first. Remove the plant from its container then make a hole in the soil large enough to fit the plants' roots. Next, settle the plant into the soil.

Step 5

When all your plants are arranged in your glass vessel, add pebbles or small trinkets to decorate.

Remember

Don't cram too many plants in – leaves should not touch the sides of the terrarium. Sunlight and water are essential, so display your terrarium in an area that gets a lot of bright, indirect sunlight. Lightly water the base every two weeks or when the soil looks like it has dried out.



- Glass Jar
- Plants
- Decorative Items
- Potting Soil
- Activated Charcoal
- Pebbles/Gravel

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY REFLECTIONS

Plants and people grow best with NURTURING and NOURISHMENT

If you use a low-flow showerhead, you can save up to 50 litres of water during a 10-minute shower.

23 What's your favourite childhood memory involving water?

24 What delights you most about water?

25 Go outside, sit in silence and connect to nature. What did you hear, see and feel?

26 Take a look at the sky on a cloudy day, what shapes or things do you see?

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JULY
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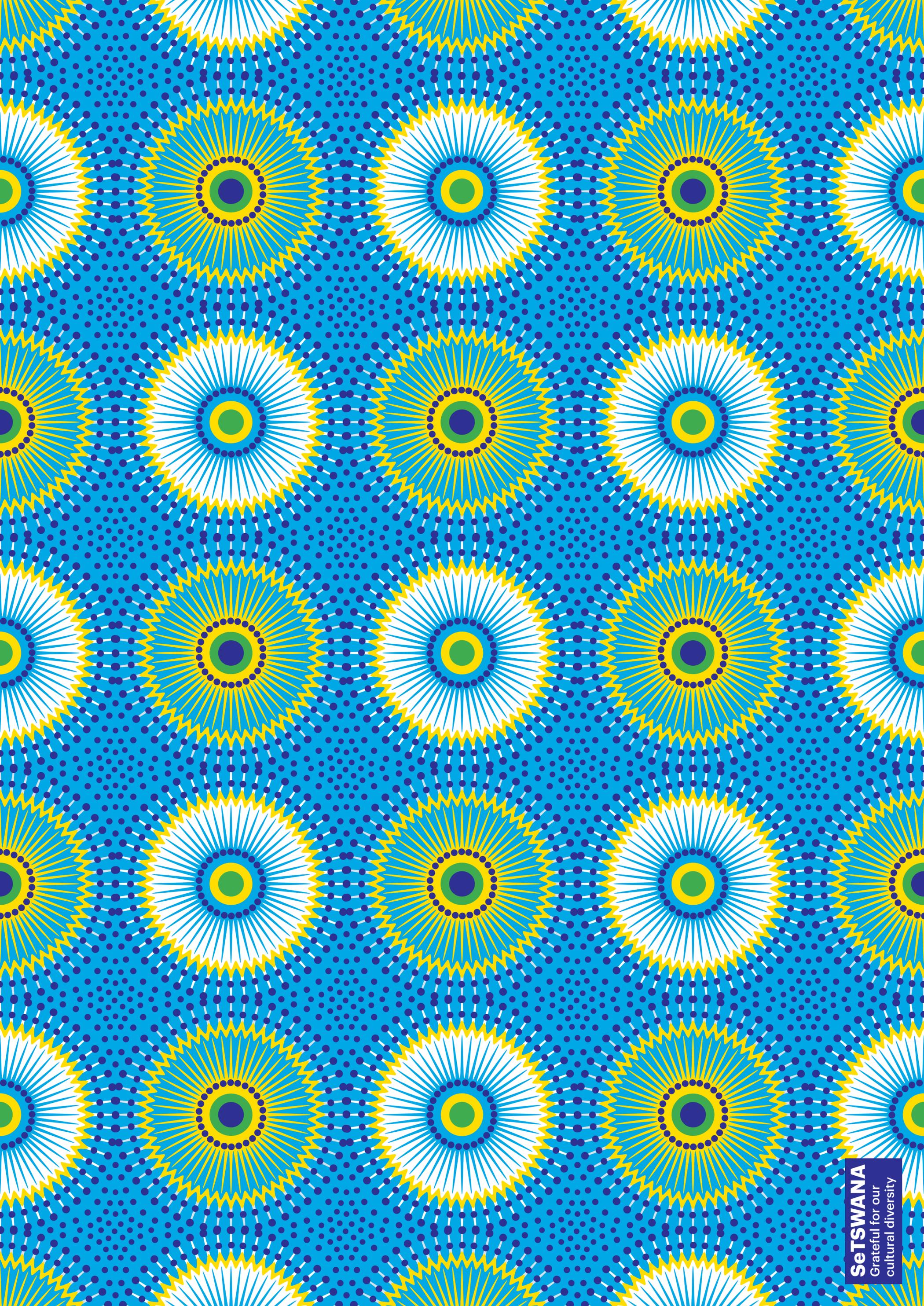
AUGUST
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SEPTEMBER
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There are ways to combat living in a fast-paced, often stressful time.

Taking care of yourself enables you to see life through a lens of clarity and balance and take practical steps in the present and the future. Look after your body and your mind – and be grateful for them.

2022

July

A matter of balance

Relax your mind Stay present

Staying present can help you create a calm state of mind when you feel your thoughts racing and anxiety building. To bring yourself outside your thoughts into the present, follow these steps.

1

Find a quiet and comfortable place to sit and close your eyes.

2

Notice how your breathing and body feel.

3

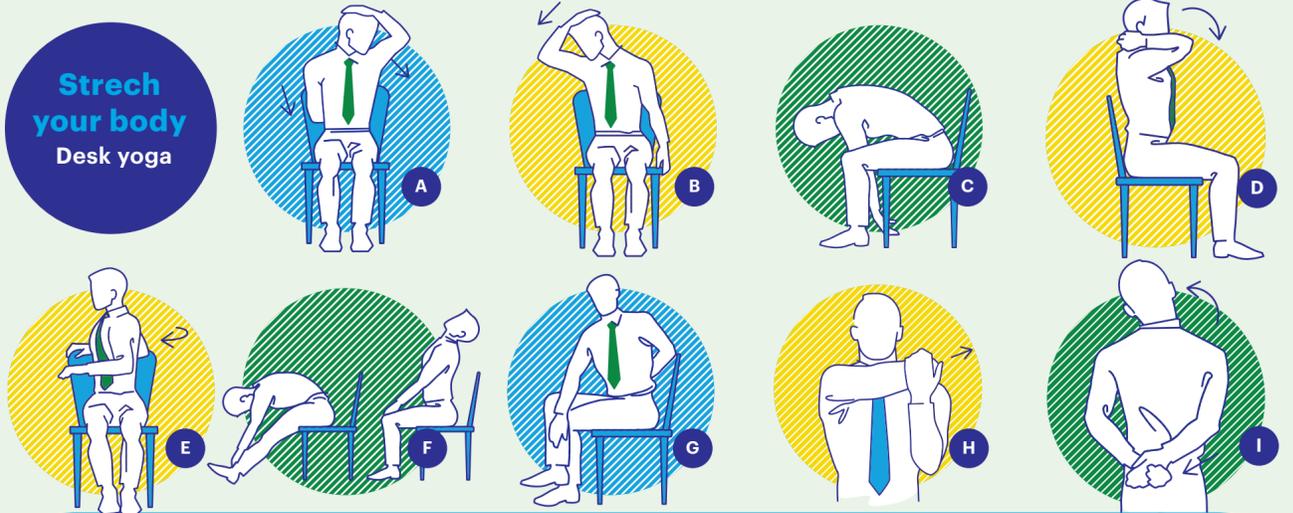
Shift your awareness to what you hear, smell, and feel in your environment.

4

Change your awareness several times from your body to your environment until your anxiety starts to fade.



Stretch your body Desk yoga



A Stretch Levator scapulae; arm behind
B Stretch Levator scapulae; arm down
C Stretch lumbar; sit

D Stretch lumbar/thoracic; sit
E Stretch lumbar/thoracic rotate; sit
F Stretch trunk rotate; sit

G Stretch upper cerv; sit
H Stretch Rhomboids; stand
I Stretch Trapezius upper; stand

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

REFLECTIONS

WEEK 27

WEEK 28

WEEK 29

WEEK 30

WEEK 31

WEEK 32

01

02

27

How many times did you allocate 10 minutes of quiet time this week?

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What were you most grateful for this week?

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Who is your support network when you are feeling stressed?

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What did you prioritise this week?

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How has practicing reflection enhanced your life?

31

BALANCE is not something you find, it's something you CREATE

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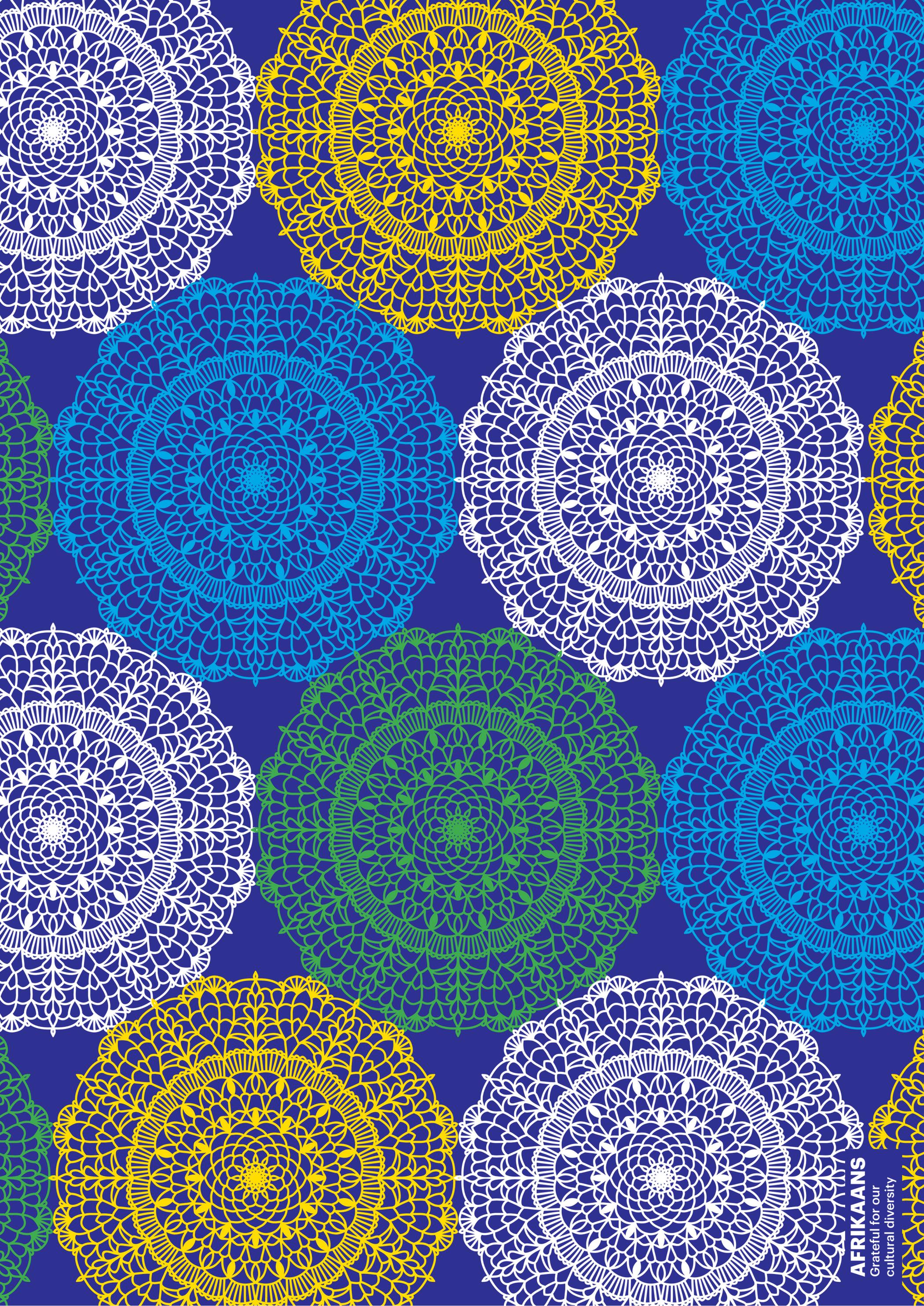
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INTERWASTE

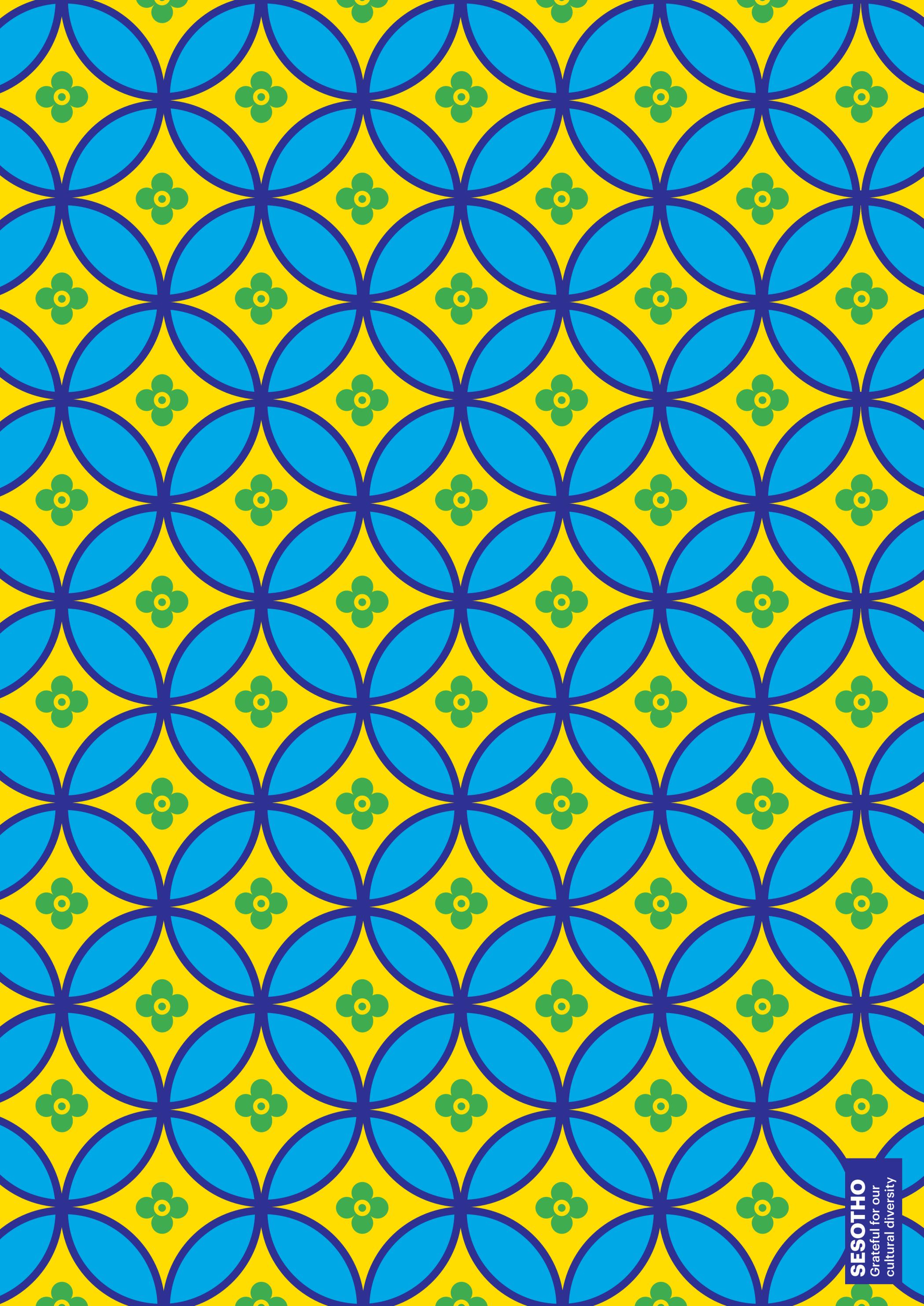
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AFRIKAANS

Grateful for our
cultural diversity





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We celebrate our continent and its rich history of storytelling.

Life enhancing tales are passed down from generation to generation, enriching our lives and appreciation for nature. We tell tales of animals that play important roles, are given human qualities and make good and bad decisions. As we listen, we learn.

2022

September

Once upon a time in Africa

How stories were born

Many, many moons ago, there lived a woman named Nothando and her husband Siyabonga. In the evenings, the family would sit around the fire. "Mama," the children would cry, "Tell us some stories!" But Nothando and Siyabonga had no stories to tell. They asked their neighbours, but none of them knew any.

One day Siyabonga asked his wife to go and look for stories. He promised to look after the home and care for the children if she would bring back stories for the people. So Nothando kissed her husband and children goodbye and set off in search of stories. She asked every creature she passed if they had stories to share. She asked the hare, the baboon and the owl – but they had no stories. Then Nothando found a dolphin. He offered to take her to the bottom of the ocean where the Water People dwell. The dolphin took her to the King and Queen.

"What do you wish for, woman from the dry lands?"
"Do you have stories that I could take to my people?"

So Nothando climbed onto the dolphin's back and he took her back to the shore. She thanked him and asked him to return with the next full moon to collect her. She told Siyabonga about her promise and he immediately set about carving the picture. Soon the community heard about Nothando's journey and the promised stories and came to watch Siyabonga's picture taking shape.

"Indeed" they said, "we have many stories. But in exchange for those stories, we ask that you bring us a picture of your home and your people, because we can never go to the dry lands and see what is there."

When the next full moon arrived, Nothando, with the picture tied to her back, climbed on the dolphin's back and away they went to the Water Kingdom. When they saw the picture the King and Queen of the Water People praised Siyabonga's talent and said, "For you and your people, we give the gift of stories." And they handed her a large, beautiful shell. "Whenever you want a story," they said, "hold this shell to your ear." Nothando thanked them and headed back to her own world.

When she arrived at the shore, there to meet her was her own family and all the people of her village. They sat around a huge fire and called out, "Tell us a story, Nothando! Tell us a story!" So she sat down, put the shell to her ear, and began, "Once upon a time, when the earth was young...."

And that is how stories came to our world.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY REFLECTIONS

▶▶ **Be the hero of your own story**

WEEK 36
WEEK 37
WEEK 38
WEEK 39
WEEK 40

				01	02	03	36	What was your favourite story as a child?
04	05	06	07	08	09	10	37	If you could become a storybook character, who would it be?
11	12	13	14	15	16	17	38	Whose voice do you love to hear most?
18	19	20	21	22	23	24	39	What would be a good title for the story of your life?
25	26	27	28	29	30			

At the end of each week, cut out your reflections, fold them, and place them in your grateful jar.

Public Holidays

1 January New Year's Day	16 June Youth Day	OCTOBER	NOVEMBER	DECEMBER
21 March Human Rights Day	9 August National Women's Day	S M T W T F S	S M T W T F S	S M T W T F S
15 April Good Friday	24 September Heritage Day			
18 April Family Day	16 December Day of Reconciliation	1	1 2 3 4 5	1 2 3
27 April Freedom Day	25 December Christmas Day	2 3 4 5 6 7 8	6 7 8 9 10 11 12	4 5 6 7 8 9 10
1 May Workers' Day	26 December Day of Good Will	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17
2 May Public Holiday		16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24
		23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31
		30 31		

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Everything is energy

Nature is an efficient energy producer.

Renewable energy sources such as solar, wind, geothermal, hydropower, ocean thermal, and biomass are sustainable and good to the environment. Non-renewable energy sources like coal, petroleum, hydrocarbon gas liquids, and natural gas have a limited supply, are generally bad for the environment and will eventually run out. Nuclear energy produces massive quantities of radioactive waste.

2022

October

Coal 324 kg
Did you know?
Coal is a fossil fuel – a non-renewable energy source that took millions of years to form. There are numerous damaging environmental impacts that occur through burning coal.

Nuclear 16 g
Nuclear energy is both complicated and controversial. Radioactive waste is one of the greatest concerns.

Natural gas 65 kg
Natural gas is a fossil fuel and is therefore a non-renewable energy source. The world has around 52 years of natural gas reserves left.

How much fuel does it take to power a lightbulb for a year?
How much energy – whether electric, coal, nuclear, or otherwise – is required for a 100-watt lightbulb to run for a year, 24 hours a day?

Solar power
100m² of solar panels for 8 days, 17h 14mins and 24s
Solar power is natural energy from the sun that is converted into energy. It is the cleanest and most abundant renewable energy source available.

Wind
1.5 MW turbine running at 25% capacity for 2h 20mins and 9sec
Wind power is a renewable and sustainable energy technology. Wind turbines convert kinetic energy in the wind into mechanical power.

Hydroelectric
339 kW turbine operating at 80% efficiency for 2h and 35mins
Hydropower or hydroelectric power, is a clean, renewable source of energy that harnesses the power of water falls, dams, streams and rivers to generate electricity.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	REFLECTIONS
WEEK 40							01	40 What gives you the most positive energy? _____ _____
WEEK 41	02	03 WORLD HABITAT DAY	04 WORLD ANIMAL DAY	05 ENERGY EFFICIENCY DAY	06	07 Get the oxygen pumping with a fun energy boost – play your favourite music and dance round the room while singing along.	08	41 How could you empower a friend or colleague? _____ _____
WEEK 42	09	10	11	12	13	14 INTERNATIONAL E-WASTE DAY	15	42 What is your favourite spot outside? How does it make you feel? _____ _____
WEEK 43	16	17	18 Enjoy a natural mood lift by hanging out with positive friends. Emotions are contagious, and people who are happy can make you feel that way too.	19	20	21	22	43 If you could change 1 thing right now, what would it be? _____ _____
WEEK 44	23	24 INTERNATIONAL DAY OF CLIMATE ACTION	25	26	27 Place a house plant in a stuffy office. It will help filter out pollutants that can cause energy-draining allergies and headaches.	28	29	44 What's your favourite way to spend a weekend? _____ _____
WEEK 45	30	31	<p>▶▶ GRATITUDE creates a vibrational shift, transforming negative energy into POSITIVE ENERGY</p>					<p>At the end of each week, cut out your reflections, fold them, and place them in your grateful jar.</p>

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NOVEMBER

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DECEMBER

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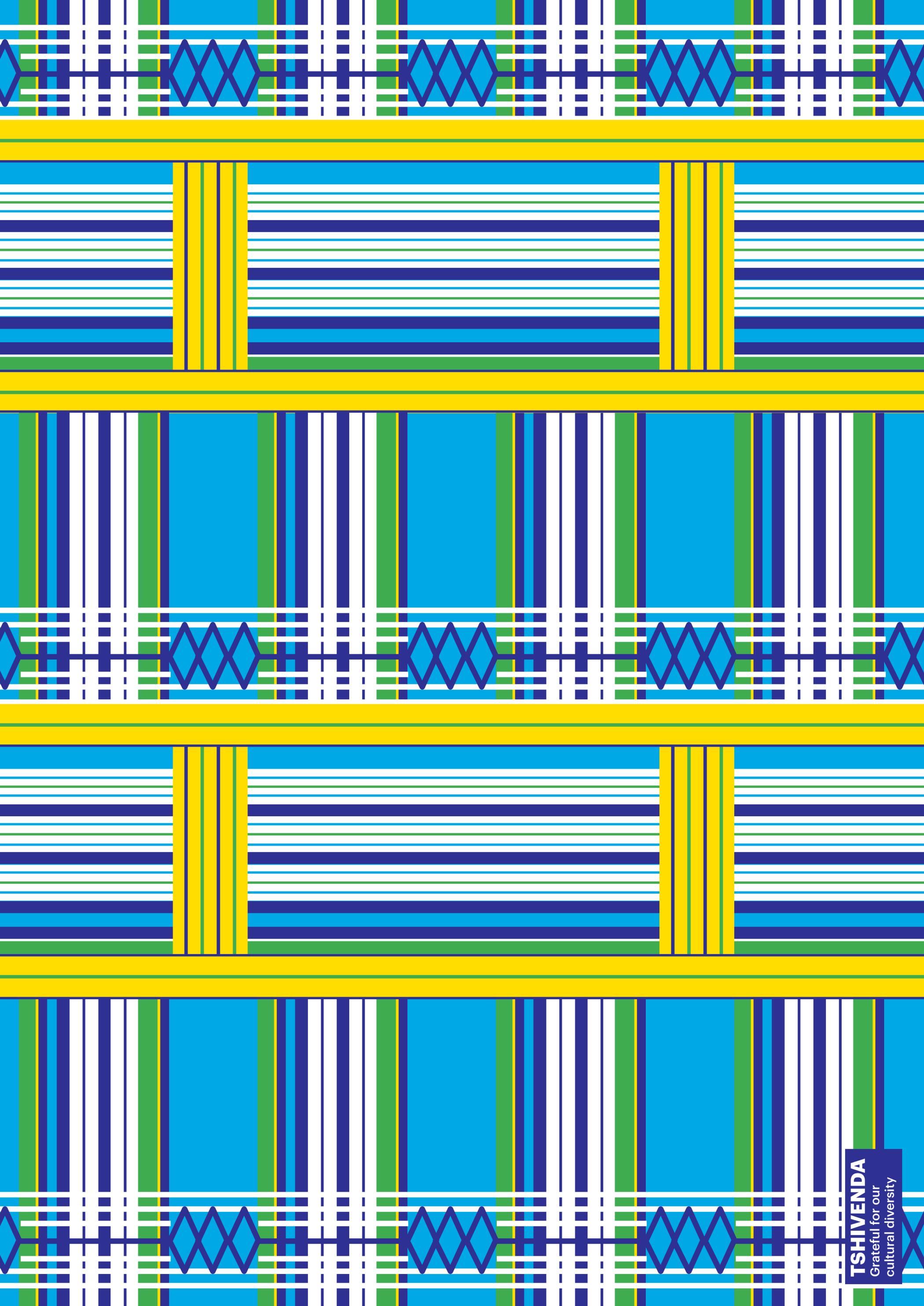
JANUARY 2023

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The imitation game

Nature's secrets serve mankind.

From paints, textiles and glass that mimic the lotus flower's ability to repel dirt and water, to wind turbines that mimic the silent fins of the humpback whale – scientists are increasingly turning to nature for inspiration when engineering new products. We can be grateful to nature and the field of biomimetics for making incredible contributions to the world.

2022

November

Solar power reflectors are now arranged to resemble the spiral of flower petals. Instead of taking up large areas of space, this design shrinks the area needed for panels by 20% while not affecting the power output.

The shape of the latest **wind turbine blades** is inspired by the fins of the Humpback whale. The ridges on the pectoral fins of these whales create an aerodynamic flow in water.

The profile of the **Falcon bird** inspired the shape, speed and stealth design features of the United States long range B-2 stealth bomber.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	REFLECTIONS
WEEK 45			01 WORLD VEGAN DAY	02 Life is always changing. Remember to innovate and adapt with each change.	03	04	05	45 Who has a style/character/presence that is worth imitating? _____ _____
WEEK 46	06	07	08	09	10	11 Think about which animal you would most like to imitate, and ways in which you could.	12	46 How do you feel when others copy you? _____ _____
WEEK 47	13	14	15 Walk barefoot outside. Ground yourself with the Earth – this can have many positive effects on your body and mind.	16	17	18	19	47 Name a quality you have that others could benefit from copying. _____ _____
WEEK 48	20	21 WORLD FISHERIES DAY	22	23	24	25	26	48 What's more important for happiness: kindness or courage? _____ _____
WEEK 49	27	28	29	30 Working from home? Set up your work station in front of a window so you can glance out every now and then and remember how big the world really is.	▶▶ NATURE is our GREATEST TEACHER			At the end of each week, cut out your reflections, fold them, and place them in your grateful jar.

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DECEMBER

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JANUARY 2023

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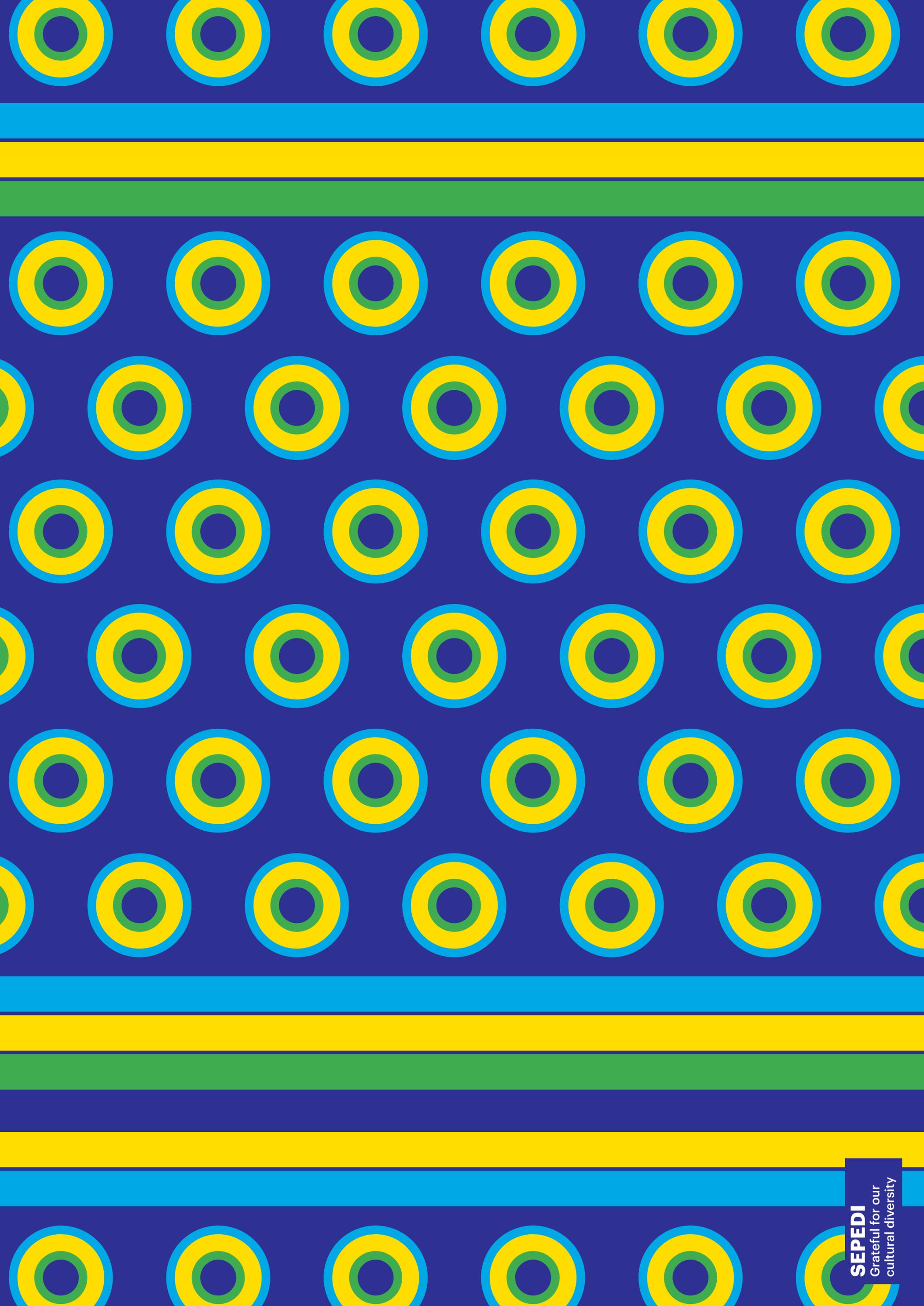
FEBRUARY 2023

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Dust is good

Start your veggie patch today



STEP 1
Identify the size on your verge you would like to start with. Start small, maybe a one-metre square area.

STEP 2
Chop up the soil, spade it to one side and remove all the grass, stones and pieces of glass. Take out more soil and create a 30cm trench.



STEP 3
Pack a layer of manure (10cm high) from corner to corner in the trench.

STEP 4
Mix half a bag of light compost into the soil you removed to regenerate the soil. Then spade the soil back into the trench.

Humans are closely linked to the thin layer of soil that covers the Earth.

For thousands of years we humans understood our intimate bond with the soil and the rest of nature. We took care of the soils that took care of us. But, over time, we lost that connection. It's time to revive it!

STEP 5
Using a rake, pull the side soil up to the top to create a raised bed and at the same time create a (water catchment) ditch all around your bed. Then smooth over the top of the bed.

STEP 6
Pack a nice layer of manure all around the sides of the bed, pushing it in firmly on the sides (this creates a source of nutrients which will drain into the soil as you water, and stops the wind and sun from drying out the raised bed).

STEP 7
Sprinkle some light compost on the top of your raised bed. You can also mix some egg shell powder with any organic grow pellets and sprinkle on top. If you have straw or dried leaves, pack that on top to retain moisture.

STEP 8
Your bed is now ready for planting. With your hands, create an opening in the mulch. Make a hole in the soil, plant your seedlings or seeds and push the mulch back around your plant.

2022

December



STEP 9
Water once a day preferably before 9am or after 6pm at night. Morning watering is far more beneficial in preventing mould forming on the leaves. **Now watch your plants grow and enjoy the final harvest!**

Natural pest control companions



Chrysanthemums contain pyrethrum, which is a natural insect repellent. Plant them in your veggie garden to keep the bugs away.



Grow **basil** about a foot (30 centimetres) from tomato plants to increase the tomato yield. It will also improve the flavour of lettuce.



Marigolds help almost all vegetables. They are great for tomatoes and repel the nematodes that attack the roots of vegetables.



Plant **Rosemary** to repel the cabbage flies that attack broccoli.



Mint will keep ants and cabbage moths out of your garden.

At the end of each week, cut out your reflections, fold them, and place them in your grateful jar.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	REFLECTIONS
WEEK 49					01 Having your own veggie garden helps you eat more fruit and vegetables.	02	03	49 What does personal growth mean to you? _____ _____ _____
WEEK 50	04 WILDLIFE CONSERVATION DAY	05 WORLD SOIL DAY	06 Gardening is a natural stress reliever.	07	08	09	10	50 How many vegetables do you eat in a day? Is that enough? _____ _____ _____
WEEK 51	11 INTERNATIONAL MOUNTAIN DAY	12	13	14	15	16 DAY OF RECONCILIATION	17	51 If you ruled the world, how would you end starvation? _____ _____ _____
WEEK 52	18	19	20	21 Make your own compost. Turn your kitchen and garden waste into valuable (and free) compost.	22	23	24	52 What vegetable did you try to avoid eating when you were a child? _____ _____ _____
WEEK 53	25 CHRISTMAS DAY	26 DAY OF GOOD WILL	27	28	29	30	31	53 What do you think is the most beautiful flower in the world? _____ _____ _____

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FEBRUARY 2023

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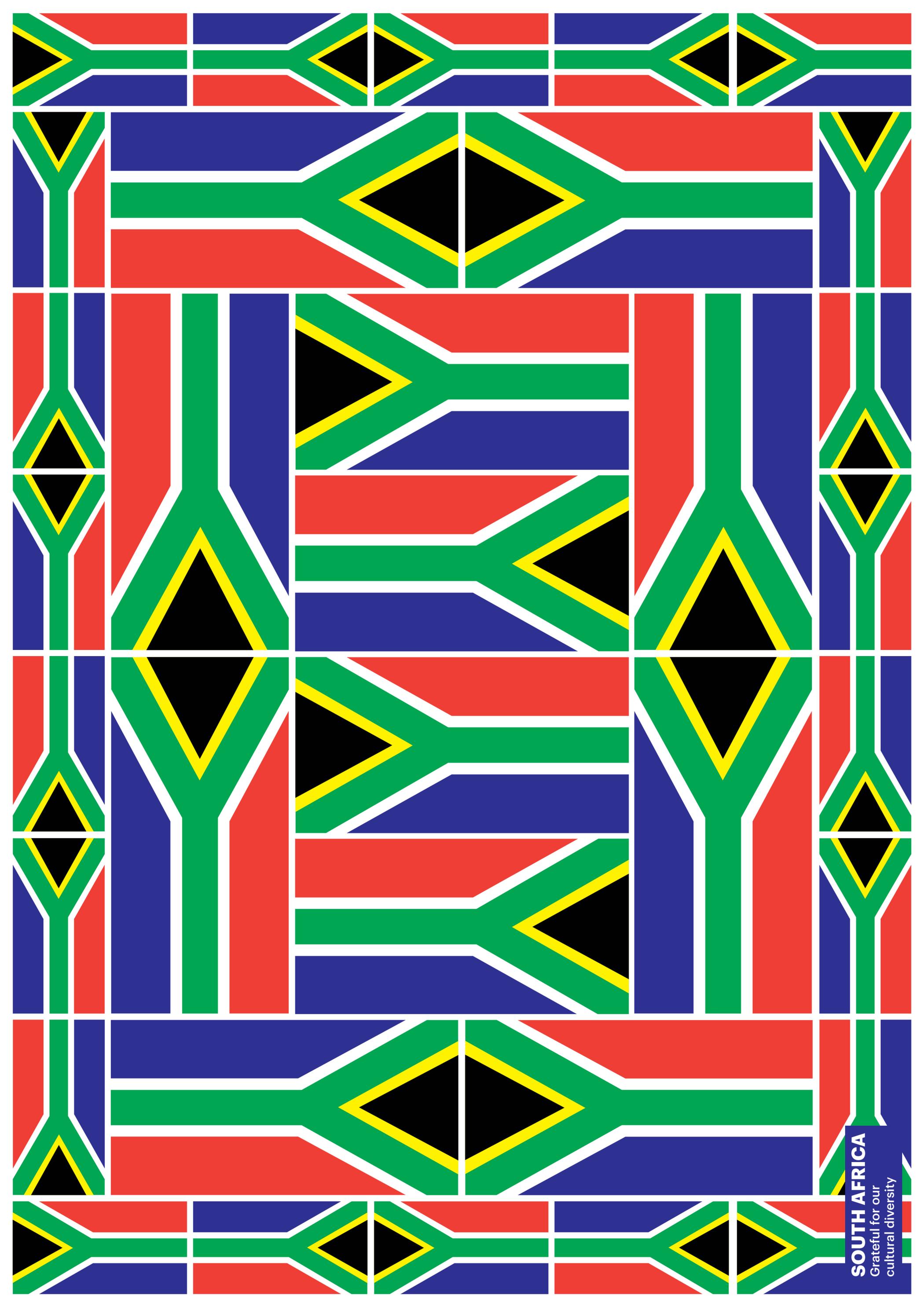
MARCH 2023

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SOUTH AFRICA
Grateful for our
cultural diversity



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Who let the bugs out?

Insects are the most common creatures on our planet.

More than 1.5 million species of insects have been named. That's three times the number of all other animals combined! Even so, the little critters that have been given names are only a tiny fraction of the insects in nature. Many are yet to be discovered.

Insects are a vital part of our ecosystem and deserve to live out their lives in a safe space in which they can lay their eggs, raise their young and hide from predators. One of the kindest things you can do for them is to build them their very own bug hotel.

It's fun and really easy!

INTERIOR DESIGN

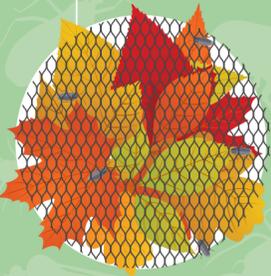
Reclaimed and repurposed materials like drilled logs, hollow bamboo poles, cardboard tubes, egg cartons, pieces of concrete and tile, pine cones, pieces of bark, twigs, and dead and rotting wood can all be used to create a bug hotel.



BAMBOO POLES
Cut bamboo poles into small but similar lengths to make nesting tubes. Secure with twine.

DRY LEAVES

Place bunches of leaves secured with chicken wire, leaving adequate room for insects to enter and exit.



DRILLED LOGS

Drill a variety of holes into wood, varying the sizes in diameter.



CARDBOARD ROLLS
Paper towel and toilet paper rolls make hiding areas for solitary bees and other insects. You can also make tubes from rolled newspaper. Glue or tie tubes together in a pattern that fits well and looks great!

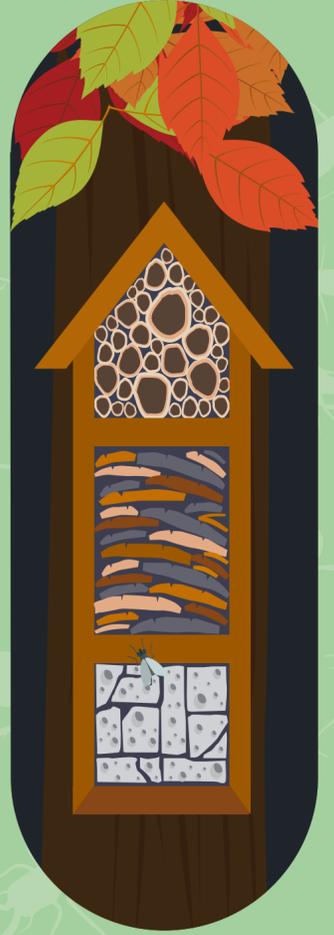


2023

January

HANGING YOUR HOTEL

- * Attach to a wall
- * Secure to a tree
- * Attach to a stake



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY REFLECTIONS

WEEK 1
WEEK 2
WEEK 3
WEEK 4
WEEK 5

01 NEW YEAR'S DAY	02 PUBLIC HOLIDAY	03	04 Set some eco-friendly goals for the year ahead.	05	06	07
08	09	10	11	12	13 Try a vegetable you've never eaten before.	14
15	16	17 Find hobbies that get you outside - like gardening, surfing, hiking, or biking.	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

54 What is the cutest/most beautiful insect you have ever seen?

55 What is an insect sound that you love to hear?

56 Do you truly demonstrate respect for all life, including insects?

57 Name 2 movies about insects.

▶▶ All life is IMPORTANT, no matter how small

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MARCH 2023

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APRIL 2023

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