

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



'A lake is the landscape's most beautiful and expressive feature. It is earth's eye; looking into which the beholder measures the depth of his own nature.'

Henry David Thoreau

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What's new?

Links –

<http://www.womensnook.com>

Workshops / Events–

M.A.D breakfast 10th
November

Business Chicks Lunch
and Learn 18th
November

Wonderful Water – November Edition 09

"You don't know what you've got til its gone". How apt as I sit here desperately hoping it will rain soon! We have had to buy water in and short of going out and doing a rain dance, we are at the mercy of Mother Earth and Father Sky just hoping that they will grace us with some rain. Now, when I haven't got the water I am doing all the 'right' things – short showers, bigger loads in the washing machine and dishwasher, leaving the car coated in dust. It is a reminder not to get complacent with our precious commodities and water is certainly one of them. Respecting the water needs to become an everyday occurrence and a long term one. It is no fun being caught out with shampoo in my hair and no water in the tap!

Natalie

Water, Water Everywhere and Not A Drop To Drink

By Dave Vower

Water is probably one of the oldest resources of our planet and as believed by legend as well as scientific research it was the medium in which the first seed of life was unfolded to multiply and evolve eventually to resemble the diverse flora and fauna which inhabits our planet today.

Water is the most essential constituent of our body since 70% of the human body consists of water in the medium of blood, brain, muscles and bones. Since water is required by the body to dispense with its daily functions as well as to conduct all the important chemical reactions, all human beings must maintain a sufficient intake of water on a daily basis.

The quantity of intake of water as well as the loss of water from the human body varies from one individual to another and depends on a number of factors. The various factors which determine the water intake of an individual are body weight, dietary habits, daily exercise routine as well as the general health condition.

Likewise, water loss in the human body occurs due to urination, sweating, while passing stool as well as through our breath in form of water vapour.

The first step towards maintaining good health is to be aware of the loss of water occurring in our body so that it can be replenished through various means. In order to enjoy the fruits of good health, an individual should adhere to the following guidelines as regards the intake of water on a daily basis:

It is a general rule that every person should drink a minimum of eight glasses of water every day. The only exception to this school of thought is that for every two pounds of body weight one must drink at least one ounce of water.

Since an individual is prone to dehydration while sitting in a air-conditioned room or while travelling by flight, the water intake should be increased in such situations.

Intakes of beverages like tea, coffee and aerated drinks should always be accompanied by intake of more than normal quantity of water in order to maintain a good balance.

In addition, one must distribute the intake of water throughout the day so as to ensure proper even consumption without the load falling on a particular time. A glass of clean and fresh water has its own importance which remains unmatched in the world to this day and who else can verify this better than a group of sea-

Discipline from the Inside
Out 18th November

"The Connection" at 4 star
eco retreat in glasshouse
20th November

Mastering the art of
bouncing back 25th
November

Terry Oldfield Sound
Journey Concert 28th
November

High Fashion Clothes Swap
- Shop for FREE for Charity!
28th November

For information click on the
events calendar!

This Month's Recipe

Deep Fried Watermelon

Watermelon is dipped into a
light batter, fried, and
topped with powdered sugar
for a unique dessert or
snack. Like most fried
foods, this is best served
immediately while crisp.

Prep Time: :15

Cook Time: :45

Ingredients:

- 1 (6 to 8 pounds) seedless
watermelon
- 3 cups vegetable or canola
oil for deep-frying
- 1/2 cup cornstarch
(cornflour)
- 2 egg whites, beaten
- 2 teaspoons water
- 3/4 cup flour
- Powdered confectioners'
sugar for garnish

Preparation:

Cut watermelon in half
lengthwise. Cut each half
again lengthwise into 2. You
should have 4 long
triangular-shaped pieces.
Remove the rinds, cut into
1-inch thick slices, then cut
the flesh into about 1-inch
triangles. Heat oil in a deep-
fryer or wok to 350 F.
Whisk cornstarch with egg
whites and water until

faring men?

Dave has been writing articles online for nearly 3 years now. Not only does this author specialize in health, fitness and relationships you can also check out his latest website on 8 foot trampolines which reviews and lists Trampoline Safety Nets as well, for safe summer fun and enjoyment.

Eco Tips About Saving Water

By Matthew Sorrow

Saving water might be pretty easy and not only a money saving task but also friendly to the environment. If you are aware of water saving problem and have a lot of information about it take a look at the bullet point below and make sure that you know and have done everything to make usage of water as much efficient as it can be.

1. Don't let the water flow when shaving, washing face or teeth. It's simple but people usually do this without thinking.
2. Try not to use the water only once - you can use it again to cleaning, watering garden or flushing the toilets. Sometimes you can even use your water from the bath.
3. Check your pipes and taps - one drop per second can bring you even 12 thousands litres of wasted water per year. Leaks will surely be expensive for you.
4. Avoid unnecessary flushing toilet - there is no need to put everything in there. For some things with have a bin.
5. Replace a long bath with fast shower. This can be nice too and if you don't want to forget about taking a bath you can make it a wonderful weekly habit and every weekend have a little bit of pleasure for yourself.
6. Make sure that dishwasher and washing machine are full before you turn them on. It's the only way to make those appliances efficient and worth working.
7. Wash your car with a brush - this can save a lot of water. Stop flushing it all over. The water won't flow constantly.
8. If you do not have a closed-loop water, avoid installing a fountain. This won't be a good idea for your garden and for your pocket.
9. Irrigate your lawn in the morning. The wind speed is the lowest at this time of the day and water won't be lost on the street.

Easy things - aren't they? So don't hesitate and make those points real.

Everything depends on you!

You can find interesting articles at home improvement blog - you can find something about water and water treatment there

Feng Shui Placement Of Water Features

By David Goldfarb

Would you like to use the water element in Feng Shui to create balance, harmony and health in your environment? Feng Shui is the study, understanding and manipulation of wind and water energy. Placing a water feature indoors is very much a modern day practice with ancient principals.

There are some important factors to consider when placing your water features around your space. The front door is important in Feng Shui. It is the main entrance a house and whatever energy comes through effects the rest of the house, the people in it, and your fortune. To protect the front door from being hurt by bad external energy, have a water feature positioned nearby. When placed on the left near to your front door the water feature can bring good luck. Never have a water feature facing out of your home or office or have water on both sides of your main door.

There are three directions which can benefit from water, the east, southeast and north. To enhance luck position your water feature in the southeast area of your

combined.

Dredge watermelon chunks in the flour, then coat with the cornstarch batter. Deep-fry in batches, leaving room in between pieces to properly brown, until watermelon chunks are golden.

Remove from oil and drain well. Sprinkle deep-fried watermelon with a dusting of powdered confectioners' sugar to serve.

This Month's Poem

Last Night the Rain Spoke to Me

by Mary Oliver

Last night the rain spoke to me slowly, saying, what joy to come falling out of the brisk cloud, to be happy again in a new way on the earth! That's what it said as it dropped, smelling of iron, and vanished like a dream of the ocean into the branches and the grass below. Then it was over. The sky cleared. I was standing under a tree. The tree was a tree with happy leaves, and I was myself, and there were stars in the sky that were also themselves at the moment at which moment my right hand was holding my left hand which was holding the tree which was filled with stars and the soft rain – imagine! imagine! the long and wondrous journeys still to be ours.

home or office. Make sure that your water, river, ponds, or drains are in full view of the front door as much as possible. Try to keep the positive Chi created from fountains, ponds or bodies of water from escaping outwards from your house or yard. If you have a river or stream on your property water flowing past the back of the property suggests missed opportunities. Try to have the water follow a meandering course rather than flowing off your property like an arrow taking beneficial energy with it. It is not advisable to place a water fountain in the south which is connected to fame and reputation as well as the fire element. Moving water is more masculine Yang while still water is more feminine Yin. In general never put Yang water into an environment where there needs to be Yin energy, and vice versa, or it may cause problems.

Fast moving water has little place in the bedroom for sleeping. However near the front door Yang water attracts good luck, conversation and lively energy. A gazing bowl of still water makes little sense when used by a cash register if you are trying to create more activity and movement. These are general guidelines of fountain placement that can be used as springboards for your own cures. If you feel that a fountain would work well in a particular space your feelings on the matter are more important than any rules you may have read.

Water features can be very powerful cures when used appropriately in your home or business. With a little planning and forethought they will bring good luck, health and prosperity to the people and places near where they are placed.

Watery Words

Hidden Messages in Water

By Masaru Emoto

Water Gardens, Pools, Streams and Fountains: Ideas, Plans, Instructions

By Denny Schrock (Edited by)

Water and Salt: Your Healers from within

By F. Batmanghelidj