

Recycle Craft : Rainbow colored string-covered vase



What you'll need:

- * Glass bottle
- * Rainbow colored string
- * White craft glue
- * Strip of green felt
- * Toothpick
- * Scissors

How to make it:

- Be sure glass bottle is clean and dry. Apply white craft glue all around the bottom part of the bottle, one inch high.
- Start wrapping string around the bottom of the bottle. Continue wrapping, keeping the string close together, gently pushing down with a toothpick if needed. Add more glue and continue wrapping string until you reach the top of the bottle.
- Cut a piece of felt wide enough to cover the lip of the bottle and long enough to wrap around it once. Glue in place. Allow everything to dry completely. (See photo.)

Tips:

- This project can be done all in one sitting or in several steps.
- Look for rainbow colored string at your local craft store. String is sold in large spools.
- Save glass bottle from condiments, sauces, or juice to use for projects such as this.

Photo of the Month

A Rainbow decorating the sky just after a rain shower



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The summers are over and it's back to back to school time again!

Why not help children to be prepared to return to the world of academia? Kids can easily shift into the right gear for learning, even before they head back-to-school. Here's a handy top-ten list to get prepared:

1. Start the morning right. Begin by waking kids up at their regular morning wake-up time. If they don't have an alarm clock, why not get them their own and let them take responsibility for waking up in the morning?
2. Have a good breakfast. A nutritious breakfast can give kids the energy they need to be mentally alert all day. Put away the sugary cereals and make a healthy breakfast part of your daily habit.
3. Choose clothing the night before. Avoid those last-minute searches for her green socks, or his favorite cap. They'll feel more in-charge of the process when they think that they are making the decisions.
4. Pack a healthy lunch. Kids feel at ease having their lunch ready in hand rather than running to the canteen or cafeteria during break times.
5. Eat at the right time. Start eating lunch at home at the same time as the school does. The child's stomach gets on a schedule so that their little bellies don't grumble while they are in a classroom. They must be focused on learning, not on their hunger.
6. Turn off the TV. Start creating a homework routine now by turning off the TV during the after-school hours. Why not sit at the table together and discuss what you did during the day?
7. Play board or word games. Strategies used during game play can help young minds stay focused. Discuss strategies to verbalize internal thought processes.
8. Bedtimes. Just as important as a regular morning routine is a reliable bedtime. Kids are often too busy playing to recognize that they are tired. This will also help them to wake up on time!
9. Read. Help them develop a love a reading during the weekends that will pay-off during the school year.
10. Take them shopping for back-to-school supplies. New school supplies like backpacks, binders, and pencil cases do hold a certain magic for getting kids excited about hearing the school bell ring again.

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For every ton of paper produced, 17 trees and 7000 gallons of water are used.

Do rethink before using paper.

BFI uses recycled paper for this newsletter, thereby saving trees and conserving water.

What is the correct way of eating fruits?

Fruits play a major role in detoxifying your system, supplying you with a great deal of energy for weight loss and other life activities. We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

You must have heard people complaining - "Every time I eat watermelon I burp." or "When I eat a banana I feel like running to the toilet." etc.

Actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat! The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil. Gray-ing hair, balding, nervous outburst, and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach. Other points to remember are :

- Eating a whole fruit is better than drinking the juice.
- When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans.
- Don't drink juice that has been heated up.
- Let the juice mix with your saliva before swallowing it.
- Don't eat cooked fruits because you don't get the nutrients at all. You only get taste. Cooking destroys all the vitamins.
- You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH.



Did you know ?

The oldest living tree is the Sequoia [Californian Red Tree] which has survived more than 12,000 years.



Did you know ?

To make 1 kg of honey, bees have to visit four million flowers by traveling a distance equal to four times around the earth.



How to reduce our use of plastic ?

Each year, an estimated 500 billion to 1 trillion plastic bags are consumed worldwide. Billion tons of plastic end up as litter each year or in landfills and almost 3 million tons of plastic are used to bottle water each year worldwide. Nearly 80% of all water bottles are not recycled and wind up in landfills. We are drowning in plastic.



Recent studies have shown that there's more plastic than plankton in some of the remote parts of our oceans. There are increasing reports on the human health effects due to the chemicals used in plastic products. Let's also not forget that plastic is made from petroleum, which is a non-renewable resource and a major contributor to global warming. Here are some guidelines to reduce its use in our daily life.

- Don't use garbage bags—just empty your trash into the garbage bin. If you don't like that approach, get yourself some recycled or biodegradable, compostable garbage bags.
- Request that your daily newspaper not be wrapped in plastic when delivered.
- Ask your favorite dry-cleaners to eliminate the plastic wrap on your clothes. Don't forget to choose an eco-friendly, non-toxic dry cleaner too.
- Take your reusable coffee tumbler with you if you go to a coffee shop.
- Skip the plastic lid for your soft drink. this way you won't be needing a plastic straw either.
- Bring your own bags when you shop at the grocery store, or mall. Try to keep reusable bags in your car or handbags too.
- Use stainless steel safe bottles as an alternative to plastic water bottles.
- Ditch those plastic boxes and use glass containers that come in endless shapes and sizes to use them for packing lunches and leftovers for storage.
- Become an eco-wise consumer whenever you shop. Choose products that contain less packaging for example get a huge box of laundry detergent rather than three smaller ones.

Just as recycling has become second nature, these simple ways to reduce our consumption of plastic will make a world of difference! And don't be afraid to speak up about these ideas. The more the retailers and restaurants hear about alternatives, the better the chance is that they'll make changes in the way they do business. That way we'll multiply our individual actions.

