



Real Estate News You Can Use

Brought to you by Brett Roderman

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Because we all need to be uplifted and enjoy a good laugh...

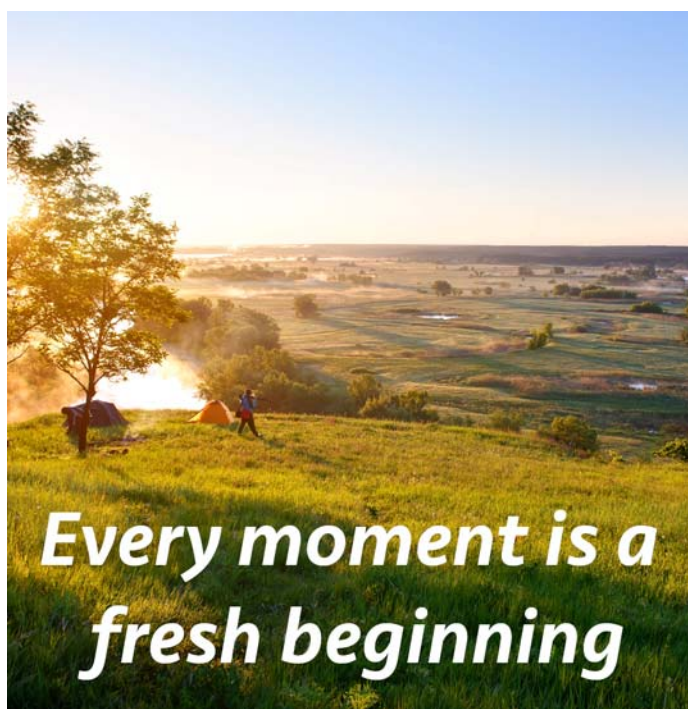
A PhD, delivered through interpretive dance. Since 2008, scores of top scientists have been finding a fun way to deliver their research in a way that's accessible to the general public: interpretive dance. The annual "Dance Your PhD" contest was started by John Bohannon, a former correspondent at Science, and invites PhD students to deliver their findings through inventive choreography. See some of this year's winners here. More: <https://tinyurl.com/uplift0622a>

Giant porcupine puppet may be the world's largest. Jim Henson's Creature Shop has cult-legend status around the world for its history in creating some of the world's most revered puppets. The Muppets creator's company is behind the puppetry for *Sesame Street*, *The Dark Crystal*, *Labyrinth* and more. Their latest creation, though, is potentially their largest ever. The two-story-tall porcupine puppet has a nose the size of a two-ton Volkswagen and has been submitted to the Guinness World Records. More: <https://tinyurl.com/uplift0622b>



Stunning pictures from the World Nature Photography Awards. This year's World Nature Photography Awards have yet again yielded some absolutely sublime pictures of life in the wild. The winning entries showed us the fascinating beauty of nature in all of its extremes, from the tranquility of an orangutan paddling in a lake to the tragic cruelty of nature taking its course with a penguin about to be eaten by a leopard seal. Take a look at the winning shots here. More: <https://tinyurl.com/uplift0422c>

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Links You Can Use Now

Edible gardens

With summer in full swing, here are some links to help you make the most of it and make your garden flourish.

Are you trying to create a wonderful garden in a small space? Use these handy tips to make your garden a tiny slice of heaven. More: <https://tinyurl.com/uplift6221>

It's not all about the herbs and vegetables. There are many edible flowers that not only look beautiful but taste it too! More: <https://tinyurl.com/uplift0222>

National Garden Week is the first week of June. Use this site for useful tips and information on events in your area. More: <https://tinyurl.com/uplift6223>

If you're a novice whose fingers are more blue than green, this article on gardening for beginners is just the read for you. Your skills will be flourishing in no time! More: <https://tinyurl.com/uplift6224>

Martha Stewart herself has some tips for the environmentally challenged in this guide to growing herbs on the windowsill. More: <https://tinyurl.com/uplift6225>



How Care Farming Helps People and Communities Thrive

Care farming, also known as social farming, is an innovative idea that's therapeutic and wholesome. Usually involving some sort of environmental or natural aspect, care farms are cropping up in many different countries. Care farms provide purpose for many people who need an activity-based structure. They provide farming-related activities for individuals with defined needs. The benefits of these farms are plenty. Not only do they give potentially vulnerable people a place to experience the benefits of nature, but they also help the community.

How do care farms operate?

Holland is a big advocate of care farms, boasting hundreds of models around the country. In a city not too far from Rotterdam lies Boerderij Op Aarde ("Farm on Earth"), a typical Dutch working farm with a twist: many of its workers have dementia. The philosophy behind the farm is simple: focus on what can be achieved, not what can no longer be done.

How does it help dementia sufferers?

Those who suffer from the disease are usually less active and tend to be more isolated. Care farm interactions help promote an active way of life without pushing them too far, not to mention the valuable social interaction they get from it. There is, of course, a focus on decreasing the level of risk. The farm's schedule is fixed, offering a sense of routine, and there are also games and movies that the workers can choose to participate in or not. Arguably the most important part of care farming is that it allows the workers to make decisions. The day starts with a meeting discussing the tasks that lie ahead, perhaps feeding the chickens, painting fences or making lunch. The participants are allowed to choose what they wish to do, which is the key factor. They're in control of their decisions. The smallest things sometimes have the biggest impacts, and that's what the farm has noticed. The joint responsibility helps.

Care farming is also cropping up in the US, with farms set up for an array of different people. Get involved and watch your community thrive.

If you know of any local families or organizations that are especially in need at this time, please give me a call at 404-229-7600 or email br@brettroderman.com. I will do my best to spread the word. If there is anything I can do to support you at this time, please let me know.

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Experimental Composer Makes Musical Pieces from Natural Items

Italian composer Diego Stocco has become respected in the world of experimental music for his unique use of natural and everyday objects to create musical works. While his day job is composing soundtracks and sound design for video games and films (his work has appeared in games such as *Assassins Creed* and films such as *Sherlock Holmes* and *Takers*), his cult status comes from his own works, which use things such as sand, a bonsai tree and a cup of coffee as musical instruments.

One of his most well-known works online is titled *Music from a Tree*. It involves Stocco taking a set of microphones to his backyard and using the different parts of a tree as if they're different instruments in a musical ensemble. The "drums" and rhythmic elements are created by knocking branches together and slapping boughs of leaves on the trunk; a loose flap of wood is plucked with a guitar pick to produce a sound similar in tone to a low bass note; rogue twigs and small branches are bowed like violins to create different tones that make up chords. The different elements are looped and layered on top of each other to create a fully produced piece of music.

Another piece, *Music from Sand*, uses a similar looping technique but instead uses sand in different creative ways. Sand is scrunched around in a bowl or shaken in a glass to create different rhythms and ambient textures, while other layers of music are made using directional microphones on Stocco's fingers as he pats down sand on the beach, creating various tones.

It's a novel approach to composition in an age when it can feel like everything has been done already. Creativity such as this proves that there's always a way to find new, groundbreaking niches within the arts.