



The GBI Monthly Update

JANUARY 2008

Newsletter Highlights

[The Little Albino
Penguin That Could](#)

[How Green Are You?
Quiz](#)

[Carrot Pistachio
Cupcakes](#)

Bullied, mateless - life's tough when you're a beige penguin

A freak penguin that is bullied because of its unusual appearance has been found in Antarctica.

The Adelie penguin lacks pigmentation and is missing its trademark black "dinner jacket", which is instead a dirty beige.

The bird was spotted by a team of Australian researchers restoring the historic Mawson's Huts at Cape Denison.

It is not a full albino because it has some colouring, and is instead called a "leucistic" penguin.

It is rare to find an adult leucistic penguin as they stand out in the crowd and are usually gobbled up or attacked by predators - and there are no exceptions in this case.

On the Mawson's Huts expedition blog, photographer Brett Jarrett described the hapless bird getting picked on and harassed by other penguins.

"At least this individual reached adulthood, even though while being observed was quite regularly picked on and harassed by other 'normal' Adelies," Mr Jarrett said.

The penguin was first spotted by tourists on December 20 and by researchers on December 30.

Biologist Rhonda Wise said just one penguin with the genetic defect had been detected over many seasons in the 4000-strong Adelies population.

New Zealand penguin expert Chris Challies said little was known about leucistic penguins because they were so rare and therefore difficult to observe.

It was thought they had difficulty finding a mate because of their unusual colouring, and may be picked on for the same reason.

"But we really don't know," Dr Challies said.

He was the one who found the first recorded example of a leucistic little blue penguin last year.

How Green Are You?

Take the quiz to see where you fall on the Green-o-Meter!

<http://www.thedailygreen.com/environmental-news/how-green-are-you>

Carrot Pistachio Cupcakes



Buttercream will freeze without making the cupcakes soggy, but if you prefer egg-white-based or cream-cheese icings, freeze layers separately, make the icing fresh, and frost the layers after they thaw.

SERVINGS

12

INGREDIENTS

3 cups unbleached all-purpose flour
1 1/2 cups sugar
1/2 cup dark brown sugar
1 tablespoon baking soda
2 teaspoons baking powder
1 1/2 teaspoons salt
1 1/2 teaspoons cinnamon
1 teaspoon fresh-grated nutmeg
1/2 teaspoon allspice
3 cups grated carrots
1 1/2 cups chopped dried apricots
1 1/2 cups chopped pistachios
4 large organic eggs
1 1/2 cups olive oil

1/2 cup organic milk
2 tablespoons pure vanilla extract

PREPARATION

1. Make the batter: Heat oven to 350°F. Butter two 8-inch round cake pans and line an 8-cup muffin pan and set aside. Combine the flour, sugars, baking soda, baking powder, salt, cinnamon, nutmeg, and allspice in a large bowl. Toss the carrots, apricots, and nuts in the flour mixture and set aside. Whisk together the eggs, olive oil, milk, and vanilla in a medium bowl and add to the flour mixture. Stir until just combined. Transfer 3 cups of batter to each cake pan and 1/4 cup batter to each cupcake liner. Bake the cakes until a toothpick inserted in center comes out clean - about 40 minutes for cakes and 20 minutes for cupcakes. Cool cakes in the pans on a wire rack for 20 minutes. Release cakes from pans and cool completely on the rack. If freezing, skip to Step 2. Frost with your favorite icing.

2. To freeze: Double-wrap the cake layers in plastic wrap or place each one in a large resealable plastic bag, removing excess air. Place cupcakes in a plastic container with an airtight lid and freeze for up to 2 months.

NUTRITIONAL INFORMATION

(based on individual servings)

Calories: 488
Total Fat: 28 g
Saturated Fat: g
Cholesterol: 53 mg
Sodium: 524 mg
Carbohydrates: 54 g
Fiber: 4 g
Protein: 7 g

Cycle Toward Vacation



NORWAY: Here is a good place to work: For each week that an employee rides a bike - or walks - to and from the office, Norway's Roads Administration will compensate them

with four hours of vacation time.

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