

# BrumLets Newsletter

## Welcome to the New BrumLets Newsletter - May 2011

**What a great start** to the first BrumLets news after the AGM. A recent newcomer has sent me this introduction about herself, especially for this Newsletter.

Happy Reading... Editor

### BrumLets' new members

Hi, My name is Claire Johnstone, I am 28 years old, my fiancé Carl Harris is 35 and we are getting married next June.



We both joined BrumLETS through information that we found on the Martin Lewis website. The main reason being is that I am disabled and have problems doing mundane things such as cleaning my bathroom and kitchen and as Carl not only works full time but also has his own mobile DJ business we struggle in this area but in exchange we both have a number of skills to offer to the community.

We have a variety of hobbies and interests from computer games to out of the ordinary boardgames, reading, general arts and crafts, cookery and loads more there isn't much one or the other of us won't try.

I am qualified in childcare, we are both extremely well trained in computer skills and programming. As stated before Carl runs his own mobile DJ company which he has ran for over 10 years. Carl has his own boardgames/ role-play club which members would be welcome to join. I can offer counselling, a friendly face, hopefully I can also offer some admin skills or events management.

We are not the most conventional of people but we are easy to get along with (especially if you like cats of which we have 3).

We are looking forward to what BrumLETS has to offer for us and what we can offer back.

Thanks Claire and Carl and it's wonderful to hear this ... editor

**Jeff Kessler 0787**

Massage I used to be a professional massage therapist. I'm offering to give occasional massages,

though possibly not more than half an hour per session as my wrists are a bit iffy - that's one of the reasons I stopped doing it for a living

Cranio-sacral therapy

Massage I need some massage, especially for my shoulders & neck, though full body would be great too!  
(Jeff Kessler – 0787)

### Sales and Wants

Maggie 0299 says

I have a glass-topped computer workstation for sale, and I need cat feeding between 30th May & 5th June this year. Also I have French & German DVDs to lend. DVDs are mostly thrillers or comedies, some have 12 or 15 rating. In German I have 'Downfall' and 'The Lives of Others', and a few more. The French selection is bigger. **If anyone has a VHS, I have 'Jean de Florette & Manon des Sources' on video tape.**

Hazel asks

Would anyone like a very large walnut schoolteacher style desk. Buyer collects (from FOE Warehouse) contact Hazel not FOE, 440 2205

[mugleston@hotmail.com](mailto:mugleston@hotmail.com)

Dorothy asks for some gardening help. She lives in Balsall Heath [dfcham@sky.com](mailto:dfcham@sky.com)

**BrumLets Garden Party** – we're negotiating with Martineau Gardens at the moment to see when we can put an event on.... more in the next Newsletter... Editor

Of course if you have any suggestions for other events, please get in touch.... Editor

### Other Lets' Groups

Some members of our LETS group in the South of Austria organised a film screening of "living without money". It's a movie about an 68 year old woman from germany who decided voluntarily to live without money - only in exchange.

<http://livingwithoutmoney.org/>

I think its interesting to share this experience. Love and Light, Sabine Jakosch

### Community News

Malcolm says

1<sup>st</sup> Tuesday of the month is GREEN DRINKS, talking local ECO initiatives that could involve companies as well as people

## **MEETING PLACE:**

LOCANTA RESTAURANT (Upstairs)  
31, LUDGATE HILL  
ST PAUL'S SQUARE, B3 1EH

food and drinks from 6.00p.m. - guests and main topic introduced at 7.00p.m.

## **NEXT MEETING: Tuesday 7 June from 6pm**

Also *Making Connections*, building a community and economy, at Top Barn Farm, near Worcester on Saturday 21 May 10-4pm

*Launch of the*

*West Midlands Hub for*

*THE BIG GREEN BOOK*

*Rural Diversification*

*Sourcing our food*

*Linking small businesses and community*

*Testing the Co-operative mode /*

*Family Day Out*

**CONTACT:** Malcolm Currie- [info@globallylocal.net](mailto:info@globallylocal.net) and [www.globallylocal.net](http://www.globallylocal.net)

Glenys says

**Martineau Gardens** Spring Event, Sunday 15th May music, etc., 11-3pm, please come and join us and enjoy the gardens, scrumpous food  
0121 440 7430

There is also a summer programme:

Sun 15 May Spring Event

Sat 21 May Permaculture Gardening Course

Sat 4 June Beekeeping Course

Sat 11 June Forest Gardening Course

Sat 18 June Keeping Chickens Course

Sat 9 July Rag Rug Making Course

Sat 30/31 July Herbal Medicine Course\*

Sat 3 Sept Baking in an Earth Oven

\*All 1-day courses costs £60, organised by LILI [www.lowimpact.org.uk](http://www.lowimpact.org.uk), 01296 714 184 for Advanced bookings

Anky says

**Stirchley Community Market** is going to be on the 1st Tues every month - 7 June, 4 to 7 pm. It is in front of Stirchley United Working Men's Club, on the Pershore Rd, on the right hand side coming out of Town on the no. 45 / 47 bus. 27 bus stops nearby. Co-op supermarket not far away. There are stalls selling cheeses, bread, Bio-D washing powder, oats, lentils, fresh fruit, bards & crafts, also community info, a bike doctor, tea & coffee stall, Sitchley Co-operative as well. Have a look at [www.stirchleycommunitymarket.wordpress.com](http://www.stirchleycommunitymarket.wordpress.com)

for more info or e-mail

[stirchleycommunitymarket@yahoo.co.uk](mailto:stirchleycommunitymarket@yahoo.co.uk)

**New Skills** internet now available

<http://www.skillpages.com/Welcome>

**Friends of Cotteridge Park** are busy with community events

## **Boules in Cotteridge Park**

We've had several requests from people who would like to meet up with other FoCP members to play boules. Click on this link so we can find out the most popular times. <http://www.surveymonkey.com/s/boules>

**CoCoMAD Music Festival, 2 July – please get in touch to book Stalls and Activities** for any groups or individuals - can you please forward the forms on to anyone you think might be interested.

We are also always on the look out for interesting new activities for CoCoMAD - this year we've found "Hug a Huskie". If you have any ideas please let us know. [info@cotteridgepark.org.uk](mailto:info@cotteridgepark.org.uk)

Anky says

**Northfield Eco Centre Sat 4 June, 11 - 4 pm.**

**There's a Bring & Share lunch**

([www.thebiglunch.com](http://www.thebiglunch.com)) and a cookery demo ([www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)), an open garden & film screenings. And also a local food market, with Loaf Bakers, Frost & Snow Cupcakes, veggie food, the Barrow Boy & Change Kitchen. Should be a good day hope to see you there.

**Northfield Eco Centre, 53 Church Rd, Northfield, B31 2LB (behind Oulsnam's). tel: 448-0119**

[enquiries@northfieldecocentre.org](mailto:enquiries@northfieldecocentre.org) **Buses from Town 61, 63, X62 & inter-suburban buses 18 & 27, just 10 min. walk from Northfield Train Station.**

**A new cafe** is opening shortly in Fletcher's Walk (near to the Town Hall and Conservatoire. It will be called "Vegged Out" and will sell delicious veggie food at reasonable prices.

**A veggie cafe** in Inshops, bottom end of Kings Heath has opened... mm..mm

**Truthjuice**, a new political and health group has started in The New Billesley Pub, Brook Lane, Kings Heath. Every Tuesday evening 7.30 for 8pm start. Great people, tea and coffee

w/e of events in North Wales 19-24 May  
<http://www.truthjuice-birmingham.co.uk/>

## **Exciting Recipes**

Here we are looking at Healthy Eating as most BrumLets members are looking at Changing their lifestyle in some way. This month we are looking at QUINOA.

Quinoa is a small off-white seed, grown in South

America. Highly nutritious, it contains more protein than other grains and all eight essential amino acids. It's also rich in iron, magnesium and Vitamin E, low in fat and mostly unsaturated essential fatty acids, and is regarded as a superfood. Quinoa is easily digested, having none of the bloating properties of wheat, and is a beneficial alternative to rice and pasta.

### Cooking

Quinoa increases its volume 3 - 4 times when cooked.

Always wash off the bitter saponin coating of the seeds before cooking.

Place 2 heaped tablespoonsful (50g) into a sieve and wash with boiling water.

Add to 200ml of water, bring to the boil, simmer for 20 mins, stirring a couple of times to prevent sticking. When cooked, the quinoa germinates and the seed becomes transparent.

Quinoa, in spite of being a superfood, has little flavour, but can be used in many ways:

### Breakfast or sweet

Heat a little olive oil, add lemon zest and washed and drained quinoa, sauté until the aroma of lemon is strong and the seeds have 'popped'. Add dried fruit (e.g. raisins, currants, cranberries, OR chopped pineapple, chopped mint and pine nuts) stirring to coat. Add orange OR pineapple juice and steep until all juice is absorbed. Serve for breakfast; add yoghurt or cream and serve for dessert.

### Savoury suggestions

Cook washed quinoa in vegetable stock. Add 1-2 tbs quinoa to soups and casseroles whilst cooking and it will absorb fluid and/or use it as a thickener.

Add previously cooked quinoa to soups that take less than 20 mins to cook.

Mix cooked quinoa with salad vegetables for a satisfying lunch.

Mix cooked quinoa with winter vegetables.

Spread cooked quinoa over the base of a small roasting tin, cover with a layer of sliced, chopped and blanched vegetables, drizzle with olive oil and roast.

### Health

Unlike wheat Quinoa does not leave a bloated feeling, so you can replace some of the wheat in your diet with quinoa and it will probably help you to lose weight too.

### Politics

"While demand for quinoa has given a lifeline to Bolivia's farmers, the native population, no longer able to afford a staple of the national diet, is facing the threat of malnutrition," writes Adam Sherwin in the Independent's i-paper (no.104).

The solution: it grows in cold climates, such as Britain's, and although more expensive than wheat, it could make a good diversification crop.

### JUICING

If you fancy a juice, here is a good one to try and if you have a juicer, it is so easy.

Just wash the fruit and vegetables, ideally, organic and in unfluoridated, or filtered water, slice into pieces suitable for your juicer:

- 2 carrots
- 1 large apple
- 1 celery stalk
- 1/2 cucumber
- 3 sprigs of broccoli
- 1 slice of ginger

It's best to have a juiced drink first thing, on an empty stomach and if you over-do the ginger, or add some leek, you'll feel it go to your head almost immediately. If it is too strong, just add another apple.

Juices are good for alkalining your body and pulling out toxins. I guarantee after a few days, you will feel so much more alive and full of energy.

Enjoy....

### Events

Sat 7 May Kings Heath Farmers Market 9-2pm  
Hemp Day, Cannon Hill Park 1pm

Sat 14 May Kings Norton Farmers Market

Sun 15 May Martineau Gardens 11-3pm

Sat 21 May Top Barn Farm, near Worcester 10-4pm

Sat 28 May Moseley Farmers Market 9-2pm

Sat 4 June Northfield Eco Centre 11-4pm

Kings Heath Farmers Market 9-2pm

Tues 7 June Green Drinks 6pm

Stirchley Market 4-7pm

Sat 2 July CoCoMAD music festival, Cott. Park 12-6pm

Kings Heath Farmers Market 9-2pm

Tues 5 July Green Drinks 6-8pm

### BrumLets Team

Anky - admin (retiring December 2011)

Caroline – mediator

Karen - £ treasurer (retiring December 2011)

Maggie - ♥ treasurer

Lynne - events, publicity and newsletter editor

### June Newsletter

Please email your comments, sales and wants, recipes, walks and events to me at [alhbm@talktalk.net](mailto:alhbm@talktalk.net)