



BrumLETS Newsletter

Welcome to the New BrumLETS Newsletter - July 2011

BrumLETS Summer Picnic

**Sunday 10 July from 1pm
in Kings Heath Park**

entrance Vicarage Road or Avenue Road,
parking available or take bus no 11, or 50 to
Kings Heath traffic lights and walk along
Vicarage Road to park...



Family and friends welcome
Share your offers and wants
Meet other members of BrumLETS
Meet near the cafe – open 10-4pm

See you there... ... Editor

New members

We're pleased to welcome new members
Margaret (0790) and **Andrew & Melissa
(0791)**. We'd also like to say 'Welcome back'
to **Ian of Greenwood Structures (0312)**.

Margaret is a former teacher, now working in
administration. She recently trained as a
Domestic Energy Assessor and is interested
in local generation of energy and local
production of food. She lives in Kings Heath.

She is offering proof-reading services, and
looking for help with housework, in particular
vacuuming and ironing.

Offers and Wants

Clare (0788) says,

Hi, I am qualified in childcare and have looked
after children as young as 2 weeks right the
way up to 16 years of age. I am limited in
movement sometimes but if I know in advance
I can usually make sure that I have rested. I
have also looked after disabled children and
children with behavioural issues, though I
would require a lot of notice to prepare.

Clare has already been very busy since
joining BrumLETS and has started a facebook
<http://www.facebook.com/pages/BrumLETS/140028689404316?sk=wall>

Anky (0668) says

Please can someone help me with Facebook,
(have just joined) especially how I can look for
someone I want to make a friend. Haven't got
a computer so it would need to be in a library,
an internet cafe or on your's.

Malcolm from Globally Local (0212) says

We sell new "Terra Plana" shoes and bags from
our city centre location. These are retailed at
about 70% off retail. And we'll be offering a 50/50
split on these prices for BrumLETS members:-

FOOTWEAR: from £18 to £30

BrumLETS PRICES from £9 - £15 plus the same
in Hearts ♥

BAGS: from £12 - £28

BrumLETS from £7 to £15 plus balance in ♥

Both footwear and bags include recycled / factory
off-cut material; stitching rather than toxic glues;
textile fabrics; tyres; inner tubes; seat belts; etc.

Contact Malcolm on info@globallylocal.net

Tel: 0121 448 7611 and leave a message includ-
ing contact number. Centre open by arrangement
at any mutually convenient time.

We also offer ACCOMMODATION for MEETINGS
etc. Our rooms are available at a very modest
negotiable cost either fixed or per person. Also for
project and longer term work costs can be as low
as £30 for a whole week, including internet
access.

BrumLETS News

Hands on Handsworth

BrumLETS featured in the latest issue of 'Hands on Handsworth', a very attractive magazine produced by local Handsworth residents. We're in the 'Green Thinking' article on page 14. You can find it online at <http://issuu.com/multistory/docs/hoh4>

Could you be the future of BrumLETS?

Two long-serving members of our admin team, Anky and Karen, will be standing down at the end of this year. We're looking for some new people to take on the general admin and sterling treasurer roles. You'll be paid in hearts for your time, plus you'll have the satisfaction of ensuring that BrumLETS has a solid future. Informal enquiries welcome - ring Karen on 415 4214.

Community News

Sue McClure says

Come to the Paintings Exhibition
at the Java Lounge, Victoria Parade,
Alcester Road, Moseley B13 8DD.

Exhibition open 9am-9pm
everyday 6 July to 9 August

Veged Out, a new Vegan/Veggie cafe is opening shortly at 7 Fletcher's Walk B3 3JH (in the subway, near to the Town Hall and Conservatoire). Due to open 2nd week of July. Volunteers needed, 2 chefs with some hearts. Joining BrumLets soon. Delicious veggie food at reasonable prices.

Sad News - The veggie cafe that opened in Kings Heath recently, has had to close

Malcolm (0212) says

1st Tuesday of the month is **GREEN DRINKS**, talking local ECO initiatives that could involve companies; it's also a hub to air your ideas and in which direction you should go. Find out more here:

<http://www.greendrinks.org/West%20Midlands/Birmingham>

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 7.15p.m.

NEXT MEETING: *Tuesday 5 July from 6pm*

We may be accused of talking rubbish! - but the hot air generated over a meal and a drink are nowhere near as dangerous as the physical rubbish mountain over which we and our fair city preside. **John Newson of BFoE** will provide some revealing insights into the realities behind the hype. We are again ahead of the game in Green Drinks, as Birmingham City Waste Strategy is up for its 5-year Review.

Chamberlain Forum and BFoE will be holding a consultation on the subject in a few weeks, so joining us for this session can make a real impact.

CONTACT: Malcolm Currie
info@globallylocal.net and
www.globallylocal.net

Glenys says

Martineau Gardens 0121 440 7430

Summer programme:

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, 01296 714 184 for

Advanced bookings

Anky says

Stirchley Community Market - 1st Tues every month – next one on 5 July, 4-7pm.in front of Stirchley United Working Men's Club, on Pershore Rd, 45 / 47 bus. 27 bus stops nearby. Stalls selling cheeses, bread, Bio-D washing powder, oats, lentils, fresh fruit, bards & crafts, also community info, a bike doctor, tea & coffee stall, Martineau Gardens with a stall as well. Look at

www.stirchleycommunitymarket.wordpress.com

for more info or e-mail

stirchleycommunitymarket@yahoo.co.uk

New Skills internet now available
<http://www.skillpages.com/Welcome>

Birmingham Vegetarians and Vegans

BVV – Next meeting Tues 26 July, 7.30pm at Carrs Lane Church Centre, B4 7XS, the last one was with Liz Hughes Easy Tofu Dishes
www.ourlizzy.c

BVV BBQ

2 July · 11-3pm at Quaker Meeting House, 8b Summerfield Road, Wolverhampton
More info 501 Bus Lichfield Road opposite Art Gallery. Details: Harry Eales ~ 0121-353-2442

BVV Walks

9 July 10-5.30pm 6-mile walk with a 3-mile option Barr Beacon to Sutton Park. 10.37am Bus 997 High Street, Brum, centre, outside Dorothy Perkins. Leader will join en route at Beacon Church, Vesey

23 July 10-5pm BVV country Walk – Wolverhampton 21 Locks and Veggie Lounge Cafe – 2 mile walk meeting at Birmingham's New Street Station, 10.20am train or at W'ton 10.40am Visit cafe after the walk and back to station. Wear stout footwear and waterproof clothing. Details: Harry 0121-353 2442

CoCoMAD Music Festival, 2 July from 12 noon in Cotteridge Park

<http://www.cotteridgepark.org.uk/index.php?page=cocomad>

Anky says

Northfield Eco Centre - now doing crafts sessions- please phone to find out more...

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

enquiries@northfieldecocentre.org

Buses from Town 61, 63, X62 & inter-suburban buses 18 & 27, just 10 min. walk from Northfield Train Station.

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

<http://www.truthjuice-birmingham.co.uk/>

Lynne says

Truthjuice Canada has an article about Fluoride poisoning of Sean Dix by his dentist.

Fortunately he kept a urine sample taken 12 hours afterwards and this he had to send to India for analysis. No such testing was available in the US. I expect it's the same here in Britain. It's well worth a read, see <http://truthjuice.ca/health-and-food/fluoride-poisoning-%E2%80%93-it-%E2%80%99s-all-over/>

Asda in Stirchley there was a meeting Tues 28 June in Stirchley. See link for more info. <http://superstirchley.wordpress.com/>

Exciting Recipes

I like trying different ingredients, so here is my upside down fruit tart, made with kamut flour, goats cream cheese, seasonal fruit and xylitol sweetner

Plums, apricots, gooseberries
Honey or maple syrup

for sponge mixture:

2 oz (2 tablespoonfuls) xylitol
2oz goats cream cheese
and cream together
zest of lemon
2 eggs, beaten
3 tbl kamut flour
pinch nutmeg
pinch cinnamon
juice of lemon

Arrange washed and halved apricots, plums and add some gooseberries (whole) in a 7" pyrex flan dish. Drizzle some honey or maple syrup (but not too much) over the fruit and place in a moderate oven.

Cream xylitol and goats cheese together (it's really quick). Add beaten eggs gradually (no curdling), add sifted flour and juice of a lemon.

This mixture should be fairly soft to pour over and cover the fruit in a very thin layer. Return flan dish to oven for about 15-20 mins until a golden colour.

When cooled, loosen sides, if needed, place a dinner plate over the flan dish and flip over – sponge at bottom and fruit on top. If using honey, do this whilst still warm. It may take a minute for the flan to drop on to the plate

Enjoy...

Lynne

Kamut flour available from Leverton & Halls, 218 Mary Vale Road, Bournville B30, 451 1246
Xylitol – from most health food shops like Indigo, Red Kite in Bromgrove, etc.

Events Listing

Sat 2 July

Kings Heath Farmers mkt 9-2pm
BrumVeggies BBQ, 11-3pm at Quaker Meeting House, 8b Summerfield Road, Wolverhampton
CoCoMAD music festival, Cotteridge Park 12-6pm

Tues 5 July

Stirchley Market 4-7pm
Green Drinks 6pm
Painting Exhibition opening 5.30-7.30 at the Java Lounge, Moseley, then daily 9-9pm 6.7-9.8

Sat 9 July

Kings Norton Farmers' Market 9-2pm
BVV3 or 6-mile Walk Barr Beacon to Sutton Park
Moseley Festival Street Fair, 9.30am-4.30pm

Sun 10 July

BrumLETS summer picnic
from 1pm in Kings Heath Park, entrances on Vicarage Road or Avenue Road. Meet at the cafe

Sat 23 July

10-5pm BVV country Walk –
Wolverhampton 21 Locks

BrumLETS Team

Anky - admin (retiring December 2011)
Caroline – mediator
Claire – publicity
Karen - £ treasurer (retiring Dec 2011)
Maggie - Hearts treasurer
Lynne - events and newsletter editor

Contact us

BrumLETS, 54-57 Allison St, Digbeth, Birmingham B5 5TH

Tel: 0121 685 1155 (ansaphone)

Email: info@brumlets.org.uk

Website: www.brumlets.org.uk

August/Sept Newsletter

Please email your comments, sales and wants, recipes, walks and events to Lynne at alhbm@talktalk.net

Come to the BrumLETS Summer Picnic Sunday 10th July at 1pm Kings Heath Park

Family and friends welcome!

Share your offers and wants

Meet outside the Main House/tea room

Meet other members

There's a tea room open selling light refreshments if you don't have the time or inclination to make your own picnic



The main entrance to the park is on Vicarage Road and there is a car park available. The no. 11 bus stops by the Vicarage Rd entrance, and the 50 and 35 run along Kings Heath High Street, which is a short walk from the park.

