



BrumLETS Newsletter

Welcome to the New BrumLETS Newsletter – October 2011

BrumLETS Autumn Meetup

Join us for a BrumLETS Gathering in Highbury Park, **Sunday 2 October, 2-2.30pm** by the car park. Let's hope we have another lovely day... and a chance to walk round the park up to Highbury House



Family and friends welcome
Share your offers and wants
Meet other members of BrumLETS
Meet near the car park

See you there... ... Editor

Offers and Wants

Offers

Anky 0668 says

Mother in Law's Tongue I've got a large (2 ft. high) mother-in-law's tongue (houseplant) needs a good home. Getting too big for my flat. Likes warmth & a lot of sun. Just about carryable on bus.

Hazel 0485 says

Ginger needs a home small friendly ginger tom about 1 year old seeks caring home. No charge to suitable kind and responsible person, but we don't know if he ever had his injections.

Margaret 0790 is offering:

Proof reading I can check through any piece of writing and offer help with polishing up the spellings and grammar. B14. 6 hearts per 1,000 words.

Glenys 0111 asks

Does anyone one want a **spin drier**?

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/ Hearts ♥ for BrumLETS members.

Contact Malcolm on info@globallylocal.net
Tel: 0121 448 7611 and leave a message including contact number. Centre open by arrangement.

We also offer ACCOMMODATION for meetings, at a very modest 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.

Wanted Listings

Karen 0495 says

Advice on orchid care I have an orchid that has recently dropped the last of its flowers, and I seem to recall being told that the stem should be cut back after flowering. Is this correct, and if so, how far do I cut it back? And should I be feeding it? Advice from an experienced orchid grower would be much appreciated.

Spanish conversation Also, a friend of mine is interested in joining BrumLETS if we have anyone offering Spanish conversation. Any offers?

Anky 0668 says

Lampshades wanted I'd like a couple of old-fashioned lampshades, colour doesn't matter as long as they look Victorian! Will decide on colour when I see them.

Standard lamp wanted I'd like an old fashioned standard lamp (with the look of being before 1960). You may have to bring it in yr car if you've got one. Please phone to discuss whether carryable & distance.

Margaret 0790 says

Help with vacuuming and ironing would be appreciated. B14

Hazel 0485 says

I would be delighted to meet someone good at putting up shelves, cupboards and curtain rails. Could pay part hearts and part cash.

Hazel is also looking for a single bed or bedstead.

Lynne 0402 asks

Has anyone got a juicer they no longer use, if so call me on 0121 458 5535

BrumLETS News

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 or email info@brumlets.org.uk.

Community News

Malcolm...

now has got his Green Book Hub off the ground, where businesses can join the business arm of BrumLETS

Malcolm also 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:

4th OCTOBER

CO-OPERATION IS BACK IN FASHION!

2012 is the UN Year of the Co-operative. With over 800 million people globally in working co-operatives, this way of doing business has been largely hidden from view for almost half a century. But no longer, as the co-operative movement in UK begins to find new strength.

*In October we hope to have with us **Richard Bickle**, one of the regions leading "co-operators". We'll also have with us expertise in 'motivation' So book Tuesday 4th October now.*

*1st NOVEMBER - **Dick Rodgers**, leading a campaign, including an online Petition, on MONEY CREATION. Some of us think that control of money is crucial to the development of a sustainable 'steady state' economic system.*

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 4 October

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

Anky says

Stirchley Community Market - 1st Tues

every month – 4 October

4-7pm.in front of Stirchley United Working Men's Club, on Pershore Road

45 / 47 bus. 27 bus stops nearby

Stalls - chees, bread, some local organic veg

Bio-D washing powder, cereals, lentils and rice,

Music, crafts, bike doctor, etc.

It was rather eventful last time with the arrival of

travellers on the empty land behind social club

More info or e-mail.

www.stirchleycommunitymarket.wordpress.com

Birmingham Vegetarians and Vegans

BVV – Next meeting Tues 27 Sept 7.30pm at

Carrs Lane Church Centre, B4 7XS

BVV Walks Wear stout footwear and waterproof clothing.

Sat 23 Oct **Wildlife Walk (fungi?) Clowes**

Wood, Brian Phone 472 5143 10.47 Snow Hill arr 11.20 Earlswood 3 miles

Wed 27 Oct **Dodderhill**, Bob Levell 745 6408

10.13 Snow Hill arr 11.00 Droitwich 6 miles

Details: Harry 0121-353 2442

Sat 13 Nov **Lickey area** Andy Wakeman (c/o 353 2442) 10.32 bus 62 Corporation Street, arr 11.15 Rednal, 5 miles

Wed 24 Nov **Blackwell and Lunch**, The Victoria, Maureen Hill 475 7933 New Street 10.34 arr 11.10 Barnt Green. Please phone with numbers for lunch

Sat 27 Nov **Packwood** Tricia Craven 706 6372 Bus X20 10.20 Moor Street Queensway, arr Hockley Heath 11.03, 6 miles

Wed 8 Dec **Lichfield Canal Restoration Route**, Harry 353 2442 New Street 10.36 arr Lichfield City Station 11.11 then bus 991 arr. 11.55 Pipe Hill House (Walsall Road) 6 mile Linear Walk and ends at Lichfield TV

Sat 11 Dec **Alvechurch** Melvin 07765 168 970 New Street 10.34 arr. 11.10 Barnt Green 5.5 milie linear walk ends Man-on-the Moon pub, 45 bus return

Wed 15 Dec **Waterwalk** (No.1) and lunch at Warehouse Café veggie restaurant, Harry 353 2442 outside New Street Station Queensway 11.00, corner opposite Debenhams, 3 mil linear, lunch approx 1pm (please confirm numbers for lunch by w/e 12.12.11

Sat 18 Dec **Wooten Wawen** – Aston Cantalow Xmas drinks, Diane 01564 823 686 Bus X20 Moor Street Queensway 10.20 arr 11.16 Wooten, 6.5 miles, bring picnic, buy drinks

Barbara Staples - silent meditation walks:

18 Sept **Stratford Canal** Meditate while blackberry picking

30 Oct **Clowes Wood & Earlswood Lakes**

18 Dec **Sandwell Valley** (west side) 353 2442

Anky's update Veged Out, a new vegan cafe
now open Wed-Fri 11am-4pm, Sat 10am-2pm
Fletcher's Walk (near to the Town Hall and
Conservatoire) with a community ethos and an
emphasis on ethical values. Delicious veggie food
at reasonable prices. email: contact@vegedout.co.uk
phone **634-3770**.

Also evening activities, wanted- performers &
bands, poets, storytellers, stand up comedians,
etc. and volunteers to help prepare food, wash up
and serve food. e-mail volunteer@vegedout.co.uk
phone **634-3770**.
Hired to community groups too.

Lynne says

Truthjuice is a new Awakening and Health
group meeting in The New Billesley Pub, Brook
Lane, Kings Heath. Every Tuesday 7.30 for 8pm
start

Tues 27 Sep **Andrew Gough** the real lost
tradition

Tues 4 Oct **Tony Gosling** weekly politics show on
Bristol Community FM which gives a provincial
perspective on the news 'in Bristol Britain and
around the world'

Tues 11 Oct **Magnus A L Mulliner** Cancer is not
a dis-ease, it's a survival mechanism

Tues 18 Oct **Andrew Johnson** Trying to check
the evidence!

Tues 25 Oct **Bruce Fenton** Former financial
professional turned Supernatural Researcher and
Conspiracy Investigator

Tues 1 Nov **Open Mic** and Have your say
Tea, coffee, bar and food

www.truthjuice-birmingham.co.uk/
or email: truthjuicebham@aol.co.uk

Day of Kindness in Bromsgrove Thurs 13

Oct in the high street phil@dayofkindness.co.uk for
more information

New video Fluoride is Classified as a Neurotoxin
<http://naturalnews.tv/v.asp?v=CA04F9A7497A4342D36BA0CAFBE49D5E>

1 part per million is 1 cent in 10,000 dollars - Paul
Connett explains the significance in pt 3 of his
presentation, in London, Canada

West Midlands Vegan Festival Sat 29 October

Civic Hall, North Street, Wolverhampton WV1
1RG from 11-5pm

The biggest and best Vegan Festival this year!
Talks, cooking demo's, food, cakes, stalls, music
and a great chance to be inspired by veganism
and it's many benefits to animals, people and the
planet!

Exciting Recipes

This is a really exciting recipe from my friend
Sepp in Rome and this is what he says:

Last year I asked my sister how to make an
apple strudel. We had lots of apples here on the
island of Terceira, and were looking around for a
way to use them, other than making apple sauce.



For the dough you need:

350 g of flour
1 tablespoon of oil
a quarter teaspoon of salt
a cup of lukewarm water

For the filling you need:

about 2 kg of tart apples, peeled, cored and cut in
thin slices
4 tablespoons of sugar
a teaspoon or two of cinnamon
two handfuls of raisins
ground nuts, breadcrumbs
butter.

Sift flour and mix with salt, oil and water. Work
until you have a dough that is not sticky.

Starting with the dough, divide into two parts,
brush with oil, and let it rest for half an hour or
more.

Arrange a large white cloth on a table, put some
flour on the cloth, and roll out the dough.



*Rolling the dough (best done with someone to hold the
cloth)*

When rolled as thin as it gets, then start pulling with your hands around the edges. The object is to have a thin sheet of dough about 45 x 60cm (1 1/2 by 2 foot), without holes



Gently pull the dough (make a rectangle) careful to not stretch it too much.

Once the dough is as thin as can be, brush with melted butter. Put a thin layer of nuts and bread crumbs which have been roasted with some butter in a pan. Then put a good layer (one kilogram) of apples on top. Sprinkle apples with sugar previously mixed with cinnamon. Distribute a handful of raisins over the apples.



Apples, cinnamon-sugar and raisins

Now gently roll up the strudel using the large cloth. First close the long ends so the total length of the strudel matches your pan. Then start from one side, rolling the strudel into a long roll about as thick as an arm. Have a buttered pan ready to roll the strudel on to.



Using the cloth, gently roll up the strudel

Do the same for the second half of the dough and roll onto the same pan.

Paint the outside of both rolls with melted butter.



Brush with melted butter before putting in the oven

Put in the oven at medium heat for ¾ hr

Let it rest ½ hour or an hour after coming out of the oven. Sprinkle some powdered (icing)sugar on top. Serve while still warm, with ice cream or whipped cream, or just plain.



Enjoy....

Events Listing

Sat 1 October

Kings Heath Farmers' Market 9-2pm

Tues 4 October

Stirchley Market 4-7pm

Green Drinks with Richard Bickle from the Co-op 6pm

Information and comments

Welcomed for the next BrumLets newsletter, probably November, early December
..... Editor... alhbm@talktalk.net