



BrumLETS Newsletter

Welcome to the New BrumLETS Newsletter – Nov/Dec 2011

BrumLETS Extraordinary General Meeting - Sun 13 Nov

Join us for a BrumLETS EGM, **Sunday 13 November, 6-7.30pm** at St Anne's Church Hall, Park Hill, Birmingham B13 8DU. Park Hill is off the Moseley Road near Moseley Village.

We are still looking for someone to look after the computer side of BrumLETS. Karen who is doing this, steps down at the end of December – next month.

Also we need someone to take on the Sterling Treasurer role

Anky will be stepping down and says that she has someone to take over the role of membership subscriptions and members' emails and phone messages.

If you would like to assist, please come to the meeting on Sunday 13 November at 6pm. We need to sit together and see if someone will come forward and take on these roles and keep BrumLETS moving into the future.

Should no-one come forward then, after some 17 years, we have to decide some key questions:

I do we 'freeze' BrumLETS until someone is willing to take on these roles

I do we allow existing members to continue trading via the website and as a social networking group where we can contact one another for favours, in which case there will be no facility for new people to join

I do we wind up BrumLETS entirely

It is up to you...

All BrumLETS members welcome
Share your views

Meet other members of BrumLETS

See you there... ... BrumLETS Team

Offers and Wants

Anky 0668 says she is looking for Lampshades - 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. (*Ankaret Harmer* – 0668)

Standard lamp wanted and an old fashioned standard lamp (with the look of being before 1960). You may have to bring it in your car if you've got one. Please phone to discuss whether carryable & distance. (*Ankaret Harmer* – 0668)

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.

Glenys 0111 asks

Does anyone one want a spin drier?
Does anyone know a way of putting LP's onto a CD?
Thanks Glenys123@aol.com

Lynne (0402) asks

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

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.

And would appreciate some help:

Housework Help with vacuuming and ironing would be appreciated. B14 (*Margaret Healey Pollett*)

Hazel 0485 phone 440 2205 says:

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

And wants a Gas Stove, Small Wall Cabinets, and a Single Bed

Hazel Neal, Balsall Heath
mugleston@hotmail.com

Hazel Neal, Brumlets 0485, Tel. 440 2205

is offering an old fashioned wood narrow double wardrobe, ie. not as deep front to back as a coat hanger is wide. 7 hearts but buyer must collect.

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.

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 says

1st Tuesday of the month is **GREEN DRINKS**, talking local ECO initiatives involving companies and new kind of society; it's also a hub to air your ideas. Find out more here:

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 6 December

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

Birgit's says

Change Kitchen 0121 288 3727 or 07828 825 850

Festive buffet menu



Festive menu 2011

Just to get your mouths watering! Whatever winter festival you want to celebrate this year, a buffet like this will brighten it up.

French Onion Soup served with Freshly Baked Bread and Butter

Festive Cashew and Brazil Nut Roast
or

Butternut Squash Stuffed with Mixed Mushrooms
or
Greek-inspired Spanakopita Spinach and Feta Strudel
All served with home-made ChangeKitchen
Vegetarian Gravy and a Selection of Fresh, Roast
Vegetables

Apple Juice Glazed Parsnips and Carrots
Brussels Sprouts with Dijon Mustard Marinade
Bavarian Roast Red Cabbage
Roast Rosemary Potatoes and Sweet Potatoes
Creamy Celeriac and Parsley Mash
Selection of Crudités and Dips
Pepper Roasted Roman Kral and Squash Soup
Locally sourced Cheese Board served with
ChangeKitchen's own Autumn Chutney and Crackers

Sweet Mince Strudel served with Cream or Vanilla Ice-Cream

OR

Heavenly Chilli and Ginger Chocolate Mousse served with a Selection of Fruit

£14.95 per head.

Anky says

Stirchley Community Market - 1st Tues every month – 4 December

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.

www.stirchleycommunitymarket.wordpress.com

Birmingham Vegetarians and Vegans

BVV Walks **Wear stout footwear and waterproof clothing**

Harry has asked me to email you the details of the forthcoming walk. It has metamorphosised into a "quiet" walk - see below.

Barbara Staples -18 Dec Sandwell Valley (west side) 353 2442

This series of 'Silent Walks' has evolved during the year. Walking in silence is a calm and fulfilling experience, however, in practice by lunch time most people want the option of quiet conversation for the remainder of the walk. So be it!

Best wishes, Barbara

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

Anky's update Vegged 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**.

Evening activities, wanted- performers & bands, poets, storytellers, stand up comedians, etc. and volunteers to help prepare food, wash up and serve food. email 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

08/11/11 Michael and Sarah Feeley - Authors, Husband & Wife team and Ex – Police officers Michael & Sarah Feeley, had the spiritual awakening of a lifetime when they relived the murder of a Victorian teenager in 2009

15/11/11 Truthjuice Birmingham 1st Anniversary There will be no speaker tonight, however, we are going to have a get together where you can chat with like minded people, enjoy music and some nibbles!

22/11/11 Richard Hoyle My first journey was to Egypt to investigate the Great Pyramids. After being convinced there was more to these great structures than what is commonly accepted I went on to continue my research in Bosnia, where the largest and possibly oldest pyramids exist on Earth

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

George from Indigo says

Christmas at Indigo

Our Christmas range will be arriving in store on Tuesday, 1st November. The range will include

organic and organic gluten-free cakes, puddings and mince pies; stollen; and already in stock advent calenders from Moo Free. Plus an extensive range of organic dried fruit and nuts and organic flours and other ingredients if you would like to bake your own Christmas goodies.

Discount Days - My 10% discount days this month are, as usual, Thurs, 10 Nov and Sat 26 Nov (farmers market Sat). To take advantage of these days either ask for the discount at the counter or download and print off the voucher at www.indigowholefoods.co.uk/discountvouchers.html

Bulk Buying Service - If you want to buy larger quantities of any products save 10% by taking advantage of our bulk buy service by ordering a wholesale case of the product usually 6 or 12 units. Most products are delivered to Indigo on a Tuesday morning and you would need to order by 12 noon on Monday, the day before.
Email: george@indigowholefoods.co.uk .

Ordering Service - Our wholesalers stock a wide range of products and if there is a product that I don't stock please ask. email me at george@indigowholefoods.co.uk .

Sarah Hanratty - Nutritional Therapist - a Nutritional Therapist based in School Road, is offering Indigo customers an exclusive special offer. 10% discount off her initial consultation (that's 45 instead of 50). Please quote the offer code 'indigo01' when making contact with Sarah. This offer expires on 31 Dec 2011. Contact Sarah on 0121 444 0500 or 0770 999 0295 or email info@anappleaday.org.uk, www.anappleaday.org.uk .

Opening Times - Indigo is open seven days a week.
Monday – Saturday 9.30am – 6.30pm
Sunday 11.00am – 5.00pm
Contact me on 0121 449 1449 or email george@indigowholefoods.co.uk

Exciting Remedies

Iron deficiency



Eat at least 3 avocados per week for a minimum of 2 weeks to restore your iron imbalance.

This tip comes from my friend Fabrice, a Swiss Naturopath and co-ordinator of Health Professionals for Cellular Medicine, who says if you suffer from tiredness, lack of energy, and pale skin and finger nails, you may

have iron deficiency anaemia. This is when there is a reduced number of red blood cells as the body does not have enough iron to produce them.

If a ferritin blood test indicates your body has low levels of stored iron, your doctor may recommend taking iron supplements. Since iron supplements can have side effects, such as feeling sick, and too much iron in the body can be harmful. And also many people prefer to achieve an iron balance naturally. Obviously, you should ensure you eat a fresh, high quality and well balanced diet that gives you the nutrients your body needs, and cut down on alcohol, and tea and coffee which can impair iron absorption.

Avocados - a lady visited my practice because she was suffering severe vomiting after taking iron supplements which her doctor had prescribed. My recommendation was to stop the tablets immediately, and to consume at least 3 avocados per week (preferably more) for 2 weeks. Her doctor confirmed she still showed evidence of iron deficiency, laughed at this, but said that it wouldn't do her any harm. After two weeks following my advice, my patient returned to her doctor who confirmed that her iron and ferritin levels were normal.

Avocados contain high levels of Omega 3 and Vit E. These are known to be tremendously beneficial to health and have been shown to assist in cancer protection, heart health, stroke prevention, etc. However, they do not appear in lists of foods rich in iron, although they do contain modest amounts of iron. Studies including those by the Dr Rath Research Institute in California have found that specific nutrients in avocados provide a dramatic increase in the absorption of iron which is ingested through normal diet, and that the vit B6 contained also works on the production of blood cells.

Avocados really do pack a punch! They are also highly versatile and can be enjoyed either on their own or used in recipes for meals and drinks, or juices. My recommendation is to always eat organically.

Events Listing

Sat 5 November

Kings Heath Market 9-2pm

Sat 12 November

Kings Norton Market 9-2pm

Sat 19 November

Rowheath Market, Health Road, Bournville
10-4pm

Sat 24 November

Moseley Market 9-2pm

Tues 6 December

Green Drinks 6-8pm

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

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Tel: 0121 685 1155 (ansaphone)

Email: info@brumlets.org.uk

Website: www.brumlets.org.uk

Information and comments

Welcomed for the next BrumLETS newsletter,
..... Editor... alhbm@talktalk.net