



# BrumLETS Newsletter

Welcome to the *BrumLETS Newsletter* – April 2012

## BrumLETS New Year Gathering

BrumLETS Gathering **Sunday 13 May, at K2 in Moseley Village for a treat of Klezmer music**

**Come and join Sue** for a special afternoon of exciting and memorable traditional Klezmer music played by **Yiddle Sticks** at K2 Jazz Restaurant in Moseley Village, roughly opposite Sainsbury's.

**Frances O'Rourke**, support accordionist for the London Klezmer Quartet, is coming down from Manchester to support Sue on 'fidl'. They will be recreating the Eastern European Jewish music that they love playing at Weddings, Bar Mitzvahs and other celebrations like this one.



Live music: 1pm - 4.30pm, entertaining throughout lunchtime and the afternoon.

Good quality Kashmiri food & reasonably priced drinks.

Feel free to come and go during the afternoon.

K2 number for bookings      0121 449 3883

It would be great if BrumLETS members come to meet and talk. It would be best to let me know by Wednesday 9 May as seating is about 30-35 people

Family and friends welcome

Share your offers and wants

Meet other members of BrumLETS

Phone me if you are coming 458 5535... Editor

## New Members and Offers and Wants

**Linda Knight** joined us recently and lives in Aston

Linda needs friends and lots of support at the moment as her family is going through a difficult time at the moment. If you live in the area, please get in touch with her on 07944 085 529 or [tamz.can@hotmail.co.uk](mailto:tamz.can@hotmail.co.uk)

**Anky says**

Computers

Flash Player - Can anyone help me with installing a new flash player? I often get this come up on the screen in Internet Cafes & Libraries & it stops me from watching TV! Would like to know how to install - thanx. Please phone me on 449-8521 or e-mail. (Ankaret Harmer - 0668)

**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](mailto:Glenys123@aol.com)

**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](mailto: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

**Birgit's ChangeKitchen CIC** recently won an award and became Birmingham's Green Restaurant for 2012.

Well done Birgit.



Also she is now a mum and has recently adopted a little boy. Good luck to Birgit for the future

**It seems that Lets systems** are now rising. In Greece it is the only way for local people to shop and trade. See article below  
[www.shareable.net](http://www.shareable.net) – Friday, 13.4.2012, Volos,

Greece taps barter for a shareable city [with video] | Money news | Scoop.it

More than barter it is a local - citywide alternative currency they use, rather than direct exchange barter...

From the article: "As Greece continues to search for solutions to its national economic crisis, the port town of Volos has adopted an old-school barter system to help its citizens muddle through." \_"Five years into their recession with 21 percent unemployment, some Volos residents short on Euros but long on other resources created a local currency (called TEMs in Greek) that is traded based on non-monetary contributions into the online system."

"People sign up for a TEMs network account, see what services they might offer to other folk.. and start amassing credits that can be cashed in for things they themselves need. TEMs can be used for everything from bakers to babysitters, teachers to technicians."

## Community News

**Sue Webb** from Yiddle Sticks is also setting up a charity. 3 DOM is a project being run by a small group of musicians with an understanding of disability. They want to improve opportunities for more isolated and physically restricted people in Birmingham to create and play music at home. Soundbeam is an award-winning ultrasonic instrument that allows people who cannot play other musical instruments to play any style of music with the slightest movement, e.g. with a big toe. **They**

**are looking for volunteers and people who would like to play soundbeam.** Contact Sue on 07913 465859 or see [www.soundbeamdream.co.uk](http://www.soundbeamdream.co.uk)

**Felipe (Stirchley Coperative) says**  
 For we have a broader goal of making Hazelwell Park into an edible park.

Much has been achieved so far: we have planted many fruit and nut trees, and recently have grafted pear trees onto existing hawthorn trees. Aside from this, the park at the moment is abundant with wild foods: wild garlic, hawthorn, garlic mustard, nettles.

Our next stage until autumn is to start preparing many sites around the park for a next round of tree and shrub planting.

Come and join us, learn new skills, share your own skills, and socialise. Where suitable outdoor clothes and hardy footwear.

**Malcolm also says**

**1<sup>st</sup> 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:

MEETING PLACE:

*LOCANTA RESTAURANT (Upstairs)  
 31, LUDGATE HILL  
 ST PAUL'S SQUARE, B3 1EH  
[http://www.greendrinks.org/West  
 %20Midlands/Birmingham](http://www.greendrinks.org/West%20Midlands/Birmingham)*

*food and drinks from 6.00p.m. - guests and main topic introduced at 7.15p.m.*

*The last meeting was on local food initiatives within the city, together with a number of new small scale catering enterprises. Come next time*

Contact Malcolm Currie- [info@globallylocal.net](mailto:info@globallylocal.net) and [www.globallylocal.net](http://www.globallylocal.net)  
<http://www.greendrinks.org/West%20Midlands/Birmingham>

This is a great group, sometimes just a few and at others quite a large group of fantastic people. Meet and exchange ideas and widen your horizons.

**Martineau Gardens** 0121 440 7430 Open Monday to Saturday 10-4pm. Closed bank holidays.

Most of us are concerned about the quality of food we grow or buy. Here at Martineau Gardens you can be sure of **quality organic produce**

Apples (£2 per kg)

Sorrel 50p per 100g  
Salads (Rocket and Mizuna) £3 per kg  
Spring onions £1 per bunch  
Turnips £2 per kg  
Romanesque cauliflower 50p each  
Pak choi 50p per 100g  
Jam & Chutney £2.50 per jar

And for your own garden

Care compost £2 per bag  
Potting compost £5 per bag  
Horse manure (well rotted) £4  
Chopped logs £7 including £2 returnable

deposit per bag

Whole logs £2 each  
Fresh or composted wood chip £2 per bag

### What's on at the Gardens

Spring Event, Sunday 20 May, 11am – 3pm.  
Martineau Gardens, 27 Priory Road,  
Edgbaston, Birmingham B5 7UG

Sat 19 May Rag Rug Making Course

Sat 16 June Bee Keeping Course

Fri 22 and Sat 23 June Storytelling Festival  
with Traditional Arts Team

Sat 7 July Food Smoking Course

Sat 21 July Permaculture Gardening Course

Sat 8 & Sun 9 Sept Birmingham Honey Show  
11am – 3pm With Birmingham & District Bee  
Keepers Association

For more details on courses and events, visit  
[www.martineau-gardens.org.uk](http://www.martineau-gardens.org.uk) or pick up an  
events flyer on your next visit. Advance  
booking essential for courses.

**Treats in store** include live performances

Black Adder Morris

Ingrid's Accordion Band

Moseley Village Band.

There will be wildlife activities and drop-in  
pottery sessions organised for children.  
The Martineau Gardens' team will be lighting  
up the **earth oven** and garden experts will be  
on hand to deal with gardening enquiries.  
Buy plants direct from the people who grow  
them, here at the Gardens or pick up  
something unusual from Plants Heritage.  
Delicious home-made cakes, salads and  
sandwiches for sale or you are welcome to  
bring a picnic.

Cost: £3 non-members, £1 concessions, £6  
families (max 2 adults), free to members

### Anky says

#### Stirchley Community Market - 1st Tues

every month – 4-7pm at Stirchley United Working  
Men's Club inside and outside on Pershore Road  
45 / 47 bus. 27 bus stops nearby.

[www.stirchleycommunitymarket.wordpress.com](http://www.stirchleycommunitymarket.wordpress.com)

**David & Nick** run Capeling & Co (traditional  
cheese). They have given up the shop in Kings  
Heath and are now at local farmers' markets. If  
you want some speciality cheese get in touch at  
[capelingandco.events@gmail.com](mailto:capelingandco.events@gmail.com) or  
07875 266 833

**Tom at Loaf**, in Cotteridge is making real bread  
and sells it at some local shops and Stirchley  
market. He also runs a cookery school and  
community bakery

Contact Tom direct on 07811 178 272 or  
<http://www loafonline.co.uk/>

Hazel is involved with **West Midlands CND**  
and the next meeting is:

**14 May** at 12.30pm Hereford Peace Council  
Meeting at Friends House, King Street,  
Hereford

12.30 Food to share

13.15 Business

See <http://www.cnduk.org> for more details.  
Meeting organised by West Midlands CND  
54 Allison Street, Birmingham B5 5TH.  
0121 643 4617 Email: [wmcndall@gn.apc.org](mailto:wmcndall@gn.apc.org)

**Birmingham Vegetarians and Vegans** is  
moving to Veged Out Cafe, 7 Fletchers Walk, B3  
3HJ, near the town hall 6pm for a 7.30pm start,  
£2.00 from the May meeting

**Tues 22 May**, BVV Meeting: "Hot & Cold  
Remedies, Ancient Herbal Teaching."

This is a talk by Dr Karen Parham and includes a  
basic demonstration with lots of tips and advice on  
how to make your own remedies. Meeting starts at  
7:30pm. Entry cost £2.50

**Tues 26 June**, BVV Meeting: "New Ideas for  
Summer Seasonal Dishes." - a cookery  
demonstration by 'Our Lizzy.' [www.ourlizzy.com](http://www.ourlizzy.com)  
Meeting starts at 7:30pm. Entry £2.50.

### Walking Enthusiasts

**Wed 9 May** Chadwick End to Olton with Fiona  
Stirling phone 707 5729

**Sat 12 May** Tile Hill with Anne Wooley, 706  
3504

**Sun 13 May**, BVV Outing to Malvern with optional  
Hill Walk - Depart on the train at Moor St Station at

10:17am, arrive at Great Malvern Station at 11:46, arrive at St Anne's Well at approximately 12:30pm.

For further details ring Harry on 0121 353 2442

**Wed 16 May** Wildlife Walk with Brian Perry 472 5143 in Sutton Park

**Wed 23 May** Llangollen Chirk to Trevor, with Harry 353 2442

**Sat 26 May** Ercall Quarry and optional climbing Wrekin with Alan Clawley 772 7165

**Sat 9 June**, BVV Countryside Walk: Woodgate Valley - A short 3 mile walk. Phone Harry  
Also Hockley Heath circular with Lyn Harley 551 6520

**Wed 13 June** City Centre Canals with Harry 353 2442

**Sat 23 June** Wildlife Walk Wolesley Centre and Reserve and Trent Valley with Brian 472 5143

**Wed 27 June** Llangollen to see Ponty, then canal with Harry 353 2442

**Sun 8 July**, BVV Walk: "South Birmingham Parks." Cannon Hill Park and Holders Woods - 2 miles. Kings Heath Park - 3 miles, then Highbury Park and return 5 miles. Depart at 11am by bridge at entrance to Cannon Hill Park - next to the Midland Arts Centre (MAC) and opposite Edgbaston Cricket Ground. Break off points.

For all walks, please bring a rucksack with veggie lunch, drink and a waterproof (just in case) and wear strong, weatherproof footwear. Walks are free (apart from transport fares). For further details ring Harry on 0121 353 2442

### Lynne says

**Truthjuice** is a new Awakening and Health group meeting in The New Billesley Pub, Brook Lane, Kings Heath. Every Tuesday 7.00 for 8.00pm start

**8 May** Truthjuice Dave on What's behind the scenes of the Media, all at The New Billesley Pub in Kings Heath, on the 11 bus route

**15 May** Andrew Johnson in Birmingham | West Midlands at The New Billesley

We recently had Roger Hayes talking about a **New Banking System** and he is looking for a **critical mass** of people to join him. It strikes me that his system is based on LETS with a wider group of people to make this really rival the current banking system. The video should be uploaded soon on the Truthjuice website

[www.truthjuice-birmingham.co.uk/](http://www.truthjuice-birmingham.co.uk/)  
or email: [truthjuicebham@aol.co.uk](mailto:truthjuicebham@aol.co.uk)

link to video archive

<http://www.youtube.com/user/truthjuicebham>

Northfield Ecocentre teaches people how to live more sustainably through our groups, advice services, events, courses and lots more! Have a look around then come and visit us.

We're open 10am - 5pm Tuesday to Friday for general public enquiries but we recommend you call beforehand to avoid disappointment.

### Up coming events

**Wed 16 May** - Friends of Victoria Common Meeting at 7:00 - 8:30pm

**Sat 2 Jun** - June Eco Kids Big Lunch - 11:00am to 3:00pm

**Tue 5 Jun** - June Eco Kids: Eco Fun Day! 2:00 - 4:00pm

**Wed 20 Jun** Friends of Victoria Common Meeting - 7:00 - 8:30pm

<http://www.northfieldecocentre.org/home/bloggies>  
0121 448 0119, 53 Church Road, Northfield

**Hazel says – Wed 9 May 2-5 p.m. outside the Republic of Korea Embassy, 60 Buckingham Gate, London SW1E 6AJ**

Join me and Janet(Moir) at a virgil and we shall probably go down by train.

It would be really good to support this demonstration and Candle-lit Vigil in Solidarity with Gangjeong Village, Jeju Island, South Korea

Halt the building a naval base for the US. Villagers of Gangjeong are resisting the destruction of their beautiful, fragile, coastal environment and sacred places. They want Jeju to remain an Island of Peace and to prevent this military base from being built. They need the strong and visible support of the international community. Please bring supporters, banners, songs, instruments and protest letters to hand in to the Embassy

### Lynne says

**Kings Heath Transition Group** now has a Grofun group up and running. If you want help with your garden to grow veggies or share an allotment, get in touch with Anne Britton-Munoz through the group.

They have meetings alternate Tuesday and Thursdays and films, etc. and are making great progress with the orchard in Highbury Park. Get involved 1st and 3rd Sunday of the month

<http://kingsheathtransition.org.uk/>

### Communities Against the Cuts

Operating mainly in Stirchley, Cotteridge, Bournville and Kings Norton areas – although people are coming to us from other areas too for help.

We recently formed a political party and created a frenzy amongst campaigners for other parties

Contact us on 07582 610 944 or

<http://communitiesagainstthecuts.com/>

**Indigo Wholefoods**, Moseley are now offering Organic Fruit and Vegetable Boxes as from

Sunday, 20 May, prepared by Pauls of Melton Mowbray and delivered to the shop on Sundays

(about 2pm) and Thursdays (about 5pm).

Small – £6.65

Large – £13.00

To order a box call 0121 449 1449 or email [george@indigowholefoods.co.uk](mailto:george@indigowholefoods.co.uk) by 12noon on Friday for a Sunday box and 12 noon on Wednesday for a Thursday box. Please specify any fruit and veg you would not like to be in the box

Also available for home delivery on Monday and Friday mornings. When ordering your box please specify delivery times, all for an extra £1.00. You can add other items to your delivery.

WOW... Editor

## Exciting Recipes

### Lynne's Sprouted Lentil Salad

(for 1 to 2 people, depending on appetite)

Organic ingredients offer a much richer taste and unfluoridated water is healthier

2-3 handfuls of brown or green lentils, sprouted

Cup of water

1 dessert spoon of olive oil

1 dessert spoon of hemp seed oil

1 dessert spoon of flax seed oil

Juice of ½ lemon

¼ red onion, or to taste

2-3 Broccoli florettes

1 Clove of garlic

Knob of ginger

1 Carrot

1 Small courgette

¼ cucumber

Handful of baby spinach

Several swiss chard and/or other salad leaves

### Sprouting

Hydrate lentils by covering with (preferably water at room temperature, once hydrated, place on a plate or transfer to a sprouting tray

Water several times a day

Leave for a few days in natural light until the lentils have grown roots and shoots

Brown lentils generally take a few days longer than green lentils to sprout

For the salad dressing

Place olive oil, hemp seed oil and flax seed oil (or

other omega 3 oils) in a salad bowl

Juice of 1/2 a lemon

Finely slice 1/4 red onion and broccoli florettes

Add a handful of sprouted lentils, or as desired

Grate a clove of garlic, ginger, carrot, courgette and cucumber,

Add a handful of baby spinach leaves

Add swiss chard leaves or other salad leaves

Turn over, covering all ingredients with the salad dressing

Enjoy

## Events Listing

### Farmers Markets

1<sup>st</sup> Saturday Kings Heath Farmers' Market 9-2pm

2<sup>nd</sup> Saturday Kings Norton Farmers' Market 9-2pm

3<sup>rd</sup> Saturday Rowheath Farmers' Market 10-2pm

4<sup>th</sup> Saturday Moseley Farmers' Market 9-2pm

1<sup>st</sup> Tuesday Stirchley Market 4-7pm

Bank Holidays - Rowheath Pavilion, Heath Road, Bournville, 10-3pm

### Coming Soon

Day of Kindness, Bromsgrove

### BrumLETS Team

Marion – Computer and website

Maggie - Hearts treasurer

Lynne - Newsletter editor

Jennie - Promotion

### Contact us

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

Tel: 0121 685 1155 (ansaphone)

Email: [info@brumlets.org.uk](mailto:info@brumlets.org.uk)

Website: [www.brumlets.org.uk](http://www.brumlets.org.uk)

Information and comments welcomed for the next BrumLets newsletter, probably July time

..... Editor... [alhbm@talktalk.net](mailto:alhbm@talktalk.net)