



# BrumLETS Newsletter

Welcome to the New BrumLETS Newsletter – Aug/Sept 2011

## BrumLETS Summer Picnic

A BrumLETS Gathering in Highbury Park, **Sunday 21 August** in Highbury Park, Shutlock Lane, Kings Heath/Moseley from 2pm at the car park in the centre of Highbury Park. This is on the road that runs through the park from the Moseley Road lights at the bottom of Kings Heath to Dads Lane. We can walk down to the renovation-in-progress gardens leading up to Highbury House. There are a lot of walks and lots to see there now. Let's hope we have another lovely day...



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

We've been contacted by a programme-maker from Channel 4 looking for people to take part in a programme about saving money – details:  
- Channel 4 is looking for people to feature in a Cutting Edge Documentary about super-savers, frugalistas and people who try their best to spend little or no money. The film will celebrate the increasing number of Brits finding new and innovative ways to save money, share resources and squeeze the value out of every last penny. If you think you might be interested in getting

involved, if you take being called 'Penny Pincher' as a compliment not an insult, then please contact us now. Tel 02070171649 or [gayl.paterson@rawtelevision.co.uk](mailto:gayl.paterson@rawtelevision.co.uk) [www.facebook.com/ppinchers](http://www.facebook.com/ppinchers)

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* )

Karen 0495 asks:

A friend of mine is interested in joining BrumLETS if we have anyone offering Spanish conversation. Any offers? (*Karen Walford*)

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 alot of notice to prepare.

Maggie 0299 says

I have a glass-topped computer workstation for sale. 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.

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)

Hazel 0485 phone 440 2205 says:

I have a lovely tree in my front garden which needs cutting back with care. A couple of years ago a man and his son aged about nine did some tree surgery for me, at Cromer Rd, Balsall Heath,

but I have forgotten his name and don't know if he still is a Lets member. I should love to hear from him or anyone else who can offer to help.

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

And Hazel would like a **SMALL desk**. Virtually any material except black glass  
Hazel Neal, Balsall Heath, tel 0121 440 2205  
[mugleston@hotmail.com](mailto:mugleston@hotmail.com)

Lynne (0402) asks  
Has anyone got a juicer they no longer use, if so call me on 0121 458 5535

**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](mailto:info@globallylocal.net)

Tel: 0121 448 7611 and leave a message including 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

### 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](mailto: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

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*

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

NEXT MEETING: Tuesday 6 September

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

### **Glenys says**

**Martineau Gardens** 0121 440 7430

Summer programme:

Sat 3 Sept Baking in an Earth Oven

\*All 1-day courses costs £60, organised by LILL

[www.lowimpact.org.uk](http://www.lowimpact.org.uk), 01296 714 184 for

Advanced bookings

**And Caroline**, also of Martineau Gardens says, A series of **1 hour Wizard Schools** organised by Science Go Round. 11-3.30pm for various age groups at different times Sat 27 August  
Advance booking is essential  
£6 per session (discount for subsequent tickets)  
Book in person at Martineau Gardens  
For more information visit:  
[www.sciencegoround.co.uk](http://www.sciencegoround.co.uk)  
27 Priory Road, Edgbaston, Birmingham, B5 7UG  
0121 440 7430 [www.martineau-gardens.org.uk](http://www.martineau-gardens.org.uk)  
Martineau Gardens is registered charity (1092364) and a company limited by guarantee (4273209)

### **Anky says**

**Stirchley Community Market - 1st Tues**  
every month – next one on 6 September  
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, bike doctor, etc. for more info or e-mail [www.stirchleycommunitymarket.wordpress.com](http://www.stirchleycommunitymarket.wordpress.com)

## Birmingham Vegetarians and Vegans

BVV – Next meeting Tues 23 August, 7.30pm at Carrs Lane Church Centre, B4 7XS

BVV Walks Wear stout footwear and waterproof clothing.

Wed 24 Aug WILDLIFE Week **Cannock Chase**, Brian Perry 472 5143 10.39 New St arr 11.22 Hednesford then 11.30 26 bus arr 11.37 Pye Green 4-5 miles

Sat 27 Aug **Walsall Arboretum to Rushall**, Lyn Harley 551 6520 10.20 X51 bus Carrs Lane arr 10.52 Walsall 5 miles

Sat 10 Sept **Tanworth in Arden** (joint walk with BVV) Harry Eyles 353 2442 10.27 S Hill arr 10.57 Wood End 6 miles

Wed 14 Sept **Birmingham Green Way** (2) Sutton Park-Witton Lakes, Margaret Thornburn 350 5174 10.27 935 bus High St arr 10.51 George Frederick Rd 5 miles LINEAR rtn Aston

Details: Harry 0121-353 2442

**Barbara Staples** has also emailed to say there are some **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

**CoCoMAD** Just to let you know that the Music Festival, 2 July was very successful and even managed to gain funds to start next year's, and so they look forward to another great music festival in 2012 [info@cotteridgepark.org.uk](mailto:info@cotteridgepark.org.uk)

Anky's update on **Vegged Out, a new vegan cafe** now open

Weds Thurs Fri 11 - 4 for snacks & drinks & lunch from 12-2 pm.

Sats 10-2 for cooked breakfast/brunch

Fletcher's Walk (near to the Town Hall and Conservatoire) with a community ethos and an emphasis on ethical values. They do delicious veggie food at reasonable prices. email:

[contact@vegedout.co.uk](mailto:contact@vegedout.co.uk) phone **634-3770**. Also evening activities and they want:- Unsigned performers & bands, poets, storytellers, stand up comedians, etc. Also volunteers to help prepare food, wash up & serve food. e-mail [volunteer@vegedout.co.uk](mailto:volunteer@vegedout.co.uk) phone **634-3770**. For hire to community groups too.

## Lynne says

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

Tuesday 23 Aug - **Open Mike Night** 20 mins, where you can hear the research of local people

doing great work

30 Aug - Punit Yaatri on **Healing Music**

6 Sept - **Mystery Speaker**

13 Sept - Sylvia Chandler, a **nutritionist** for over 20 years and founder of ZEN in Moseley.

Tea, coffee, bar and food

[www.truthjuice-birmingham.co.uk/](http://www.truthjuice-birmingham.co.uk/)

Truthjuice is holding a **day workshop** this Saturday 20 August **11.30am -8.30pm** at The New Billesley, Kings Heath, West Midlands, B13 0AB

Discussing all perspectives of the 'the person'

How money really works

Acceptance for Value

Using a three step process to defend and attack and earn funds

Donations of £20

Please email [whiterabbiteducation@gmail.com](mailto:whiterabbiteducation@gmail.com) to book your place or email: [truthjuicebham@aol.co.uk](mailto:truthjuicebham@aol.co.uk)

**Anky** is a fan of Northfield Eco Centre

<http://www.northfieldecocentre.org/>

53 Church Rd, Northfield B31 2LB, tel: 448-0019. Here is some of its local history:



The house stood in what is now Ley Hill Park. It was once inhabited by the Palethorpe family; Henry Palethorpe developed his own highly successful world-famous Royal Cambridge sausage recipe and establish-ed a firm in 1852. Following his death in 1880 his son, Charles Henry Palethorpe, ran the company. A former brewery in Tipton was bought and transformed into a model sausage factory where production began in 1896, by which time the Palethorpes were the largest sausage manufacturers in the world. It was over the next few years, as sales trebled, that the family lived at Ley Hill House.

The house was later occupied by Christian Kunzle, the well known cake and chocolate maker. He was locally known as the 'Chocolate King' and was originally a chef from Switzerland

**West Heath is fighting to save its Merrishaw Community Day Nursery**

Our recent procession with Richard Burden MP to deliver a petition to councillors in Hamstead House, West Heath, resulted in saving the nursery

for the moment. Some good photos here at:  
<http://birminghamagainstthecuts.wordpress.com/2011/07/30/walk-to-save-merrishaw-day-nursery/>

**This week is Fluoride Awareness Week** in the US, so here is my contribution from a newsletter I have received:

*Paul Connett, co-author of the book, The Case Against Fluoride, is joined by his wife, Ellen, webmaster of the Fluoride Action Network (FAN), and Tara Blank, PhD, Science Liason Officer for FAN, in authoring this article on fluoride and the brain. Together they have recently provided an extensive commentary to the EPA's Office of Drinking water in response to its proposed safe reference dose for fluoride<sup>1</sup>.*

In an ongoing effort to determine which chemicals may damage the developing brain, scientists from the U.S. Environmental Protection Agency (EPA) recently conducted an extensive literature review of over 400 chemicals, including fluoride.

#### **Fluoride is Classified as a Neurotoxin**

If you would like to read more, please email me...

**Fluoride in Birmingham** It is also interesting to note that the Bromsgrove, Droitwich and Worcester Advertiser carried an article about Birmingham's Fluoridated water in that 1 in 3, 5yr olds had serious tooth decay. A comment made by [www.wmaf.org.uk](http://www.wmaf.org.uk) was that even though fluoride had delayed eruption of teeth in Birmingham children, thus delaying the decay experience, fluoridation clearly did not strengthen teeth against decay. Would it be right to say that tooth decay is now endemic in Birmingham?

[www.cosmeticdentistryguide.co.uk/news/1-in-3-five-year-olds-in-birmingham-have-tooth-decay-1937](http://www.cosmeticdentistryguide.co.uk/news/1-in-3-five-year-olds-in-birmingham-have-tooth-decay-1937)

#### **From Anky**

24 September - Get Moving – On ya bike, skateboard, foot, wherever you are in the world... and this is the day to do it

[http://act.350.org/signup/moving\\_planet/?akid=1188.380512.26Zvxb&rd=1&t=2](http://act.350.org/signup/moving_planet/?akid=1188.380512.26Zvxb&rd=1&t=2)

## Exciting Recipes

Thanks to Rob Tilling of Moseley Vegans for this month's recipe with Marrow

Cube some marrow without skin and seeds (ideally young ones)

Chuck a bit of salt on it and leave for an hour  
Heat coconut oil in a wok,

Fry black mustard seeds, curry leaves, garlic and ginger

Add the marrow after rinsing away the salty liquid fry until cooked, adding turmeric and a little vegan stock powder

Enjoy.... Editor

## Events Listing

**Sat 27 August**

Moseley Farmers' Market

**Mon 29 August**

The first **Rowheath Farmers' Market**

9-2pm, Heath Road, Bournville, B30 1HH

**Sat 3 September**

Kings Heath Farmers' Market 9-2pm

**Tues 6 September**

Stirchley Market 4-7pm

Green Drinks 6pm

**Sat Wed 7 September**

7pm Follow up Meeting on Academy Status at Rowheath Pavilion, Heath Road, Bournville 0121 458 5535 for info or facebook handsoffbournvilleschool@

[bournville.bham.sch.uk](mailto:bournville.bham.sch.uk)

**Sat 10 September**

Kings Norton Farmers' Market 9-2p

**Sat 24 September**

On ya bike day

### 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](mailto:info@brumlets.org.uk)

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

### Oct/Nov Newsletter

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