



the Nibbler

Issue 22
Oct - Dec 08

Newsletter of Sound Bites

Derby's independent wholefood grocery
& info space (see map on back page)

A not-for-profit workers co-operative

Save paper—join our mailing list—email info@soundbitesderby.org.uk

We are 3!

15th December is the 3rd anniversary of Sound Bites opening on the Morledge, and we'll be celebrating with a Birthday Bake on Sat 13th Dec, and maybe a party game or two, so listen out!

Gift Bags & Vouchers

We sell gift vouchers all year round, but make up gift bags in December for Christmas presents, and this year we can deliver them to anywhere on our Home Delivery round, which includes Derby, Duffield and Belper, across to Borrowash, Ilkeston, or up to Atlow, Ripley or Heanor. (Don't forget as well as veg boxes, we can deliver shopping for £2. 10% discount on whole cases!)

Cycle Derby funds Vegetable Pedallers

Our delivery scheme for elderly and disabled people in Derby has just received confirmation of funding from Cycle Derby for support over the next few years! There is no charge for delivery. Tel 291369 and speak to Nick or email cycle@soundbitesderby.org.uk

Our Big Green Shop!

Sound Bites has been asked to run the site shop at next year's Big Green Gathering, Europe's biggest green festival! We will be researching sources local to the area, as the festival is held near Bristol. www.big-green-gathering.com

Good Energy Electricity

We are now Affiliate Partners to Good Energy, the ONLY company supplying 100% renewable energy! If you sign up and say you heard of them from us and we'll get £20! Or more if you sign up as a business.

Buffets from Sound Bites

The last few months outside catering included Open Lunch in Normanton, buffets for meetings, and even a housing co-op's 30th birthday in Leicester! Small buffets can be made to suit your budget, including snacks such as organic sandwiches, hummus and crisps/veg sticks, flapjack fingers, stuffed vineleaves, and fruit salad. Bigger buffets/meals from £5 a head.

Designs for New Bags?

Our third run of biodegradable jute bags are soon to run out... and we're looking for ideas for the next one, both sides. Have you got an idea for an image or slogan? If we choose your idea, it'll be printed on 1000 bags! We're also looking into getting organic cotton bags, and paper bags to replace plastic in the New Year.

White poppies for Peace

White poppies are a symbol of hope and commitment to work for a world where conflicts will be resolved without violence and with justice. For sale at Sound Bites. www.ppu.org.uk

Local/Organic Fruit & Veg, & Home Delivery

Sandwiches, Salads and Soup

Great Value Wholefoods

Fairly Traded Products

Eco House & Bodycare

Events / Therapy Room

Library, Bookcrossing, Notices & Magazines



Whats New?

Organic Veg

We've had a great summer of local vegetables and are still getting summery things like tomatoes, spiky cucumbers and even aubergines! Coming up for winter we're beginning to get parsnips, leeks and looking forward to brussels sprouts and fresh chestnuts. At the beginning of October we are pleased to say we have 8 varieties of English apples!! Salad packs continue all year round. If you're interested in our **in-shop veg-bags** (from £4) or **Home Delivery scheme** (from £10 inc delivery) you don't need to commit to every week, you can have a fortnightly order, or just as and when.

On the Shelves

New local suppliers - homemade vegan chocolate cake by **Rowanberry Cakes** in Derby, plus bread puddings and mini apple pies. Plus fair-trade chocolate in unusual flavours (rose, lavender, lime..) from the **Organic Seed & Bean Company** in Duffield.

Quite a few **new household and bodycare** lines, from **DriPak** in Ilkeston (bleach, soda crystals with orange oil, and liquid soda crystals in a spray), **Natural House** in Nottingham (organic soap bars, flakes, and liquid soap), and **Earth Friendly** (multi surface and floor cleaner)

Christmas foods such as chestnuts, cranberry sauce, mince pies, all coming soon... as well as **calendars and diaries**, and **gift vouchers**.

3 more **gluten free pastas** - corn, rice, and buckwheat.

New packdown - our own Ultimate Muesli made with 50% dried fruits, nuts and seeds (fair-trade when available), and UK cereal flakes.

Alpro has rebranded as **Provamel** for independent shops. The soya cream (which doesn't curdle in coffee!) will be organic, and there's **organic dairy free cream cheese** to come!

We're using a new **Polish style bread** for some of our sandwiches, a sourdough called Poulish which is lovely and chewy, a bit like ciabatta.

Organic Suffolk cyder now in from Aspalls in East Anglia who've been making it since the 1700's, and **Cannabia**, the original hemp beer.

Booja Booja truffles are back for the winter, as is tapioca!

Therapy/Meeting Room

First Floor

A therapy session could make a great present! 30 minute taster sessions of Kinesiology are running on Sat 1st November for just £10 - see article inside for more info.

Our first floor room is available for hire at £5 an hour (non-commercial rates negotiable). It is ideal for meetings of up to 10 people, or for crafts, small events/exhibitions, rehearsal space or something else! Please get in touch.

Therapies upstairs at Sound Bites (see web for more info)

Thai/Indian **Massage /Yoga** - Dionne - 07724 096861

Aromatherapy Massage - Barbara - 01773 824289

Life Coaching - Dan - 0800 043 1471

Humanistic **Counselling and Psychotherapy** - Ambika - 07960 987622

Freedom from Phobias - Jane - 01332 340740

Reflexology and Champissage - Nicci - 07968 076155

Shiatsu - Richard - 07942 335117

The **Bowen Technique** - Christine - 07803 966544

Aromatherapy Massage - Lucy - 07709 808831

Humanistic **Counselling and Psychotherapy** - Kathryn - 07808 584203

Relaxation for **Mother & Baby** - Anne - 01332 775271

Books

In the back corner of the shop there is now an official bookcrossing zone! www.bookcrossing.co.uk Bring and take books for free!

Also don't forget our **Social Change Library upstairs**, open 10-5 on Saturdays (except when the room is booked out)

Diabetic cookery courses

Stefan the cook at the Revive Healthy Living Centre in Derwent has created the world's first accredited diabetic cookery course! The first season is underway, but it will be repeated in January, and you can call Stefan on 288700 for more details. Participants of the current course will be cooking for the Revive Café on Sat 15th November, World Diabetes Day, so go have a taste!

Café Lease for Transfer

Due to difficult circumstances the recently opened vegetarian café on Ashbourne Road is no longer running, and the lease is up for transfer. It is a beautiful building, with accommodation upstairs and a fully equipped kitchen. Among the collective of volunteers which formed in support of the café, there is still talk of occasional events in different venues, which would be publicised on Sound Bites email list.

Spare Apples n Pears?

Chris and Sue from Morley make perry and cider each year from local fruit. If anyone has pears and apples spare - any varieties though eaters rather than cookers make a more palatable cider - they will come and collect - nay even pick, though ready picked are a bonus - and are looking for fruit that is not rotten - it takes at least 25kg of fruit to make 5 gallons of cider. You will be well rewarded with free cider! Contact them at 51 Brackley gate, Morley Tel 01332 880041 email sue.rogers4@tesco.net

Other Spare Produce?

If you have allotment surplus that you just can't use up but don't want to waste, why not donate it to our Vegetable Pedallers scheme, who will distribute it to elderly and disabled people around Derby.

Guess the weight of the Giant Pumpkin!

Our delivery driver Chris has grown a giant pumpkin which is sitting heavily in our window! It will be weighed on Wed 28th October and can be delivered the next day, to whoever guesses the closest weight, just in time for Halloween! 20p a go!

Jail for Raising a Flag

by Chandra Morbey, Derby

Why isn't everyone talking about the situation in West Papua?

We heard first hand from Benny Wenda, a West Papua tribal leader who spoke at the meeting of the Derby Churches Justice and Peace Group last month. He told us the moving story of how he had grown up under the military rule, been arrested and adopted by Amnesty International. We heard how he had managed to escape to the UK and was granted leave to remain here. Based in Oxford he is part of the Free West Papua Campaign who are crying out to people to listen to their story and to help them with their peaceful struggle for justice.

West Papua is the western half of New Guinea, the world's second largest island, 100 miles north of Australia. A Dutch East Indies colony, it declared independence on 1st December 1961. The Indonesian army invaded soon after and although the international community intervened, western governments chose to appease Indonesia for political reasons. In 1969 the UN presided over a 'sham' referendum on independence.

'Representative' Papuans were rounded up and forced at gunpoint to vote to join Indonesia. An estimated 400,000 people have died as a direct result of the occupation. Much of the land has been given to multinational companies for logging, mining or oil extraction. Non-violent dissent has been criminalised. Journalism and tourism is banned so little is known about what is happening.

Please see www.freewestpapua.org for information and to sign up for email updates. Please pick up a postcard from Sound Bites to send to the Indonesian Embassy in London demanding the release of Yusak Pakage and Filep Karma jailed for 10 years for raising the West Papuan flag.

The voice of the West Papuans **has** been heard in Derby. Let's do what we can to help.

More

Cellophane

Due to a recent query from the Soil Association about our packaging, we have discovered that though our cellophane bags (which we use for packing wholefoods and savouries) are classed as biodegradable, they are not home-compostable. A very small percentage of the material is non-biodegradable to allow the seams to be heat-sealed.

City-Zen City Zine

City-Zen have just produced their first City-Zine, a tri-monthly A4 booklet which is totally open for submissions. You can get a copy for £1 from Sound Bites magazine rack, and feel free to donate more as it's also a fundraising tool to help them run the monthly nights at West End Community Centre.

Consume Less Create More

Following on from activities in the last 2 years, there are plans for another Alternative Christmas Market and other anti-consumerism activities. Look out for details!

Sumac Centre

Info gleaned from a recent trip to the Sumac, Nottingham's social centre:

- Climate Change speaker training available, see www.coinet.org.uk
- Accommodation listings for veggies, see www.vegcom.org.uk
- The HQ of Heckler & Koch, one of the largest arms manufacturers in the world, is in Nottingham. Monthly pickets are held at the site. nottsansmilitarism.wordpress.com/heckler-koch/
- Eastside Climate Action - if you're interested in the Climate Camp, this is the regional group. See www.eastsideclimateaction.org.uk/

news...

Enjoy Improved Health

Kinesiology Taster Day 1st Nov with Diane Harrower - booking essential (when Diane came in for an induction to the therapy room she demonstrated some muscle tests and pressure points on me and I was very impressed! Ed.)

Classical Kinesiology links Chinese ideas of meridian energy flow found in acupuncture and acupressure, with western style muscle testing, diet, stress management, and the use of herbs, vitamins and minerals – together with flower formulas for emotional balancing.

“Kinesiology is a potent, safe drug free approach to holistic natural health care for a modern way of life”

Kinesiology can help a wide variety of conditions including: IBS, food sensitivities, candida/thrush/bloating, constipation, headaches, back and neck ache, anxiety stress, tired all the time (TATT).

Diane trained in Classical Kinesiology after suffering a period of ill health and experiencing the health benefits of Kinesiology first hand. Diane undertook the necessary comprehensive 2 ½ year modular training to hold the full Diploma six years ago, and is a Kinesiology Federation Registered Professional.

The price is just £10 for a 30 minute session, and if you book for further treatment on the day £5 of this will go towards further treatment. Please do not hesitate to ring Diane on 01332 792572 for further details and to book sessions.

Sturgess Fields Update

Sturgess Fields are 3 fields which lie between Kedleston Road and Markeaton Street. They contain a brook, some woodland and green open space that is well used by walkers, picnickers and playing children, and represents a small inner city wildlife haven. They have been under threat recently by plans to build a road between two of Derby University's campuses.

Initially the council refused planning permission for the road, but The University have appealed. As a result there will be a Public Enquiry to decide. This will take place at The Council House on the 28th of October at 10am and may last several days. Anybody can speak at the discretion of the Planning Inspector, however you must register your interest at the beginning of the Enquiry.

If you would like to help save the fields either go to the Enquiry or email The Save Sturgess Fields Campaign - sturgessfield@yahoo.co.uk

Waste Not

Paper please!

We're in need again of A4 paper, that has been used one side and we can use the other.

Here are a couple of websites recommended by someone from our mailing list:

"The first is **downsizer.net** - a really active forum, full of reduce / reuse / recycle experience and ideas, as well as articles, links etc..

The second is **greenmetropolis.com** - a simple way to buy and sell (recycle) books we've read and save trees at the same time! Each book is sold for £3.75 - the seller receives £3.00, the organisers receive 70p and the Woodland Trust received 5p (there's a simple way to add a little extra postage to this for bigger books). I've used Ebay for this purpose up to now but I find this site so much simpler to use for both buying and selling, and with over a million titles currently listed, it seems there's plenty of traffic to make this idea workable."

Recipe

Washing Powder - not edible!!

This homemade washing powder can be used in washing machines and for hand washing: simply add 16 tbsp of Soap Flakes, 8 tbsp of Borax and 8 tbsp of Soda Crystals to an airtight container and shake up the ingredients. Use 2-3 tbsp of the mixture in your washing load. The washing powder will last for approximately ten washes, with the average cost of 22p per load! Recipe from Dripak website, ingredients available from Sound Bites.

For lots of lovely veg recipes see:

www.vegbox-recipes.co.uk

Thanks to!

new volunteers Gillian (window displays), Brian (cleaning), Gema and Sam (shop help), Jane (aluminium recycling), Rosemary and Jane (packing wholefoods) and Balti International restaurant by the Rowditch for donating empty chutney barrels for compost collection! Best wishes to Helen moving to New Zealand, and welcome to Scott our newest casual staff member! Thank you also to Oli and Jasmine for choosing Sound Bites as your work experience placement!

Why not use our upstairs room for your event?!

If you want to organise an event such as a clothes swop, bring and buy, film show, craft fair or workshop, our first floor room could be perfect! The standard charge is £5 an hour, but depending on the type of event, we may agree on a percentage of your takings, or a donation, or even charge nothing, especially if you do wider advertising yourself and attract new people to the shop. Tables & chairs provided.

Collections

Thank you for all the contributions to the last quarterly collection, which raised £30.45 for the protest camp at Shipley Park, opposing the open-cast coal mining of 122 acres. The camp was evicted in August so the money will now be offered for travel expenses for people having to appear in court on charges of obstructing bailiffs (i.e. being evicted from the protest site). See diary on back page for details of a protest on Sat 1st Nov, to be filmed by BBC Panorama.

The collection from October-January will be going to the Derby branch of Amnesty International to help pay for postage for their annual Write-a-thon, sending cards to prisoners of conscience, and other victims of human rights abuse or their families. This year's Write-a-thon will be held from 10am-4pm at St Peters Church on St Peters St. If you can help for an hour or more please call Margaret on 01773 856465, or just turn up for 10 minutes to sign a card. Materials are also available for writing cards at your school, work or church.

DERBY GREEN DIARY

October... OxJam fundraisers, promote, perform, enjoy! events at various venues, check Oxfam shop for latest details, call Chris on 331453, or see www.oxfam.org.uk/oxjam

Fri 17 Oct - 'Making the Most of Your Apple Trees'. Tips from the Northern Fruit Group on pruning, cultivation, dealing with pests and diseases, and identifying mystery apples. Q&A. 7-9pm, Friends Meeting House. £5. Hosted by Apple Core. Tickets from Sound Bites, or call 331815.

Sat 18 Oct - Global Stand Up event. Bring drums, whistles etc to make a noise about the continuing injustice of poverty. Midday in the Market Place. Simple acts of street theatre also happening around Derby to illustrate facts about poverty. For more info or to help out call Chris on 331453. www.whiteband.org

Sat 18 Oct - Comfortism short plays - "in a world ravaged by dictators, greed and oil dependency, it's good to know there are still superheroes.." Markeaton Bldg, Markeaton St, 7.30.

Sat 18 Oct - Ceilidh fundraiser for Water Aid. A-L surnamed guests bring a savoury dish, M-Z a sweet dish! £6 adults, £4 under 18 or over 60. St Nicks Church Hall, Allestree Lane. 7.30-11pm. For tickets contact AbiFabby@gmail.com

Sun 19 Oct - Apple Day! Old fashioned apple pressing, craft stalls, competitions, games, apple tasting and apple trees for sale, plus delicious food & drink, Markeaton Park, by Mundy Play Centre, 11am-4pm.

Tue 21 Oct - Derby Campaign Against Climate Change meeting - Hugh Ellis from Friends of the Earth on

Democracy, Planning+Climate Change. 7pm, Friends Mtg Hse, St Helens St.

Tue 21 Oct - The Sumac Debates - grassroots approaches to climate change - Part 2 'Prepare for decentralisation - what is life like without government?' Sumac Centre, Nottingham, 7.30pm.

Sat 1 Nov - Kinesiology Taster Day at Sound Bites. See article inside for more info. Call Diane on 792572 to book.

Sat 1 Nov - Protest against UK Coal open cast mining at Shipley Park, meet 12pm at entrance to Lodge House site on Heanor Road, A608, just inside the North East boundary of Smalley village.

Sat 15 Nov - Eco-Clothing exhibition by Mig. Plus jewellery, soft furnishings, and wall hangings all from recycled and remnant fabrics. Sound Bites meeting room. Mig also offers a 'Blitz your wardrobe' service, recreating your clothes! - contact her on 362194.

Sat 15 Nov - Diabetic meal, at the Revive Café in Chaddesden, for World Diabetes Day. Call Stefan on 288700 for more details.

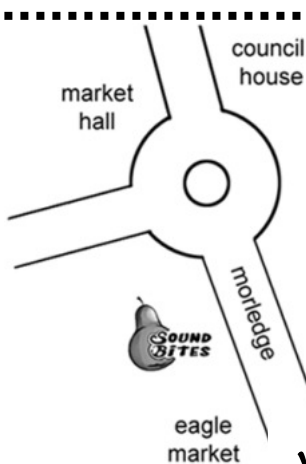
Tue 18 Nov - The Sumac Debates - grassroots approaches to climate change - Part 3 'Alternatives not Agitation?' - models and ideas for cooperative and sustainable living. Sumac Centre, Nottingham, 7.30pm.

Fri 21 - Sun 23 Dec - Banks Mill Open Art Studios - 5 floors, banksmill.org.uk

Sat 6 Dec - Global Climate March - London, coach tickets from Sound Bites.

Sat 13 Dec - Birthday Bake and party games for Sound Bites 3rd birthday at the Morledge!

**FOR DIARY UPDATES (plus offers etc)
SIGN UP TO OUR EMAIL LIST!**
(No more than 2 emails a month)



Compiled by Sound Bites Grocery, 11 Morledge

Open Mon-Sat 9.30-6

We're very well placed for bus routes into the centre, and the Council Car Park's over the road, open to the public after 5pm weekdays, and all day Saturday. We run 2 delivery schemes - by bike for people with mobility difficulties, or by van (run on waste veg oil) to others in and around Derby. Please email us or call 01332 291369

www.soundbitesderby.org.uk