



Issue 24
April - June 09

the Nibbler

Newsletter of Sound Bites

Derby's independent wholefood grocery
& info space (see map on back page)
A not-for-profit workers co-operative

FULL CATALOGUE NOW on our website: www.soundbitesderby.org.uk

Launching Off The Page

Saturday May 2nd is going to be a day of activities to introduce people to the Sound Bites Social Change Library above the shop. We now have over 200 books! There will be activities from 10-5pm in the library, then from 8pm at Big Blue Coffee Shop on Sadlergate. See inside for more details of the day and night...

Sound Bites at the movies!

As suggested by Dave working upstairs in the Sustrans office, we are inviting any Sound Bites supporters to come along on a mass trip to the Quad cinema! The date suggested is Wed April 29th, to see 'Age of Stupid'. This also takes advantage of the Weds 2 for 1 offer so all tickets will be half price! Age of Stupid stars Oscar-nominated Pete Postlethwaite as a man living alone in the devastated world of 2055, looking at "old" footage from 2008 and asking: Why didn't we stop climate change when we had the chance?

Work with Sound Bites

If there is anyone out there who could help us out with basic electrics we would love to hear from you! More volunteer opportunities inside. 20% staff discount offered!

Access to alternative books

As well as the library we are also linking up with an alternative bookshop and fellow worker's co-op in Liverpool called News From Nowhere. We aim to launch a book ordering scheme by May 2nd - we will have a booklist of titles from their shop, which if you order through this list will support their existence, and ours through a percentage of sales.

Quality Bargain Basics!

We are now selling quality organic tinned tomatoes at only 60p (56p for non-organic in Tesco) and organic baked beans for 59p (74p for organic Heinz in Tesco). Also recycled toilet paper at £1.49 for 4, (£1.79 Tesco), and recycled kitchen roll 99p (£1.36 Tescos)

1kg bags of organic muesli or red lentils are cheaper from us than from the wholesalers! This is partly thanks to the volunteers who help to pack down from bulk. More shifts are available.

If you can let friends know about our prices, that will also help us maintain the volume to keep prices low. Thanks for your support.

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



**SOUND
BITES**

Whats New?

Organic Veg

As we go to print, Lawrence from Broomfield is cropping beautiful cauliflowers, with lettuces on the way. Good supply of leafy greens still coming from Trinity Farm in Awsworth. We hope soon to be getting more direct supply soon from Eden Farms in Lincolnshire...

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 trial go, and fortnightly orders are available. Details of delivery, and our full catalogue are available on our website, or just email home@soundbitesderby.org.uk

On the Shelves

New in: Washable reusable make up pads
Lunar sponges - natural alternative to tampons
Air Freshener - lavender fragrance pump spray
Bright Mood tea, to replace St John's Wort
Organic Bloom - new bodycare range
Nakd bars - raw food bar
Palestinian olives - from Zaytoun
Organic pistachio nuts, and mace
Bia Nua gluten free shortbread
Fair-trade organic cotton bags, only £1!
Sound Bites own paper bags, only 20p!

Coming Soon!

Braille Ale - for Derbyshire Association for the Blind
New jute bags end April - RED this time !!
Zaytoun cards - 3 designs, plus recipe booklets
Chicza organic biodegradable chewing gum - this is an exciting new product, due in May, developed by a consortium of 46 co-operatives made up of around 2000 chicleros (gum farmers) working in over 1 million hectares of Mayan rainforest... it's fair trade PLUS! See www.chicza.com

Therapy/Events Room

First Floor

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)

NEW THERAPIST - Lotus Therapeutics (www.lotusheal.co.uk), offering Bach Flower Remedies, Emotional Freedom Techniques, and NLP. **01629 825968**

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)

Work with Sound Bites

We have several positions to fill:

Volunteer Packer - packing down wholefoods, Thursday afternoons 2.30-5.30pm.

Volunteer Researcher(s) - one-off or ongoing projects researching ethical products - for example looking into the social conditions of producers, or sourcing the most environmentally sensitive packaging.

Paid part-time back-up shop assistant (£5.73/hr) - we are now looking for a new casual for cover shifts. Please email or drop in a letter by the end of April detailing why you are interested, and your availability.

All workers including volunteers get 20% staff discount on work days.

Member changes

Patrick, who has been a member of the Sound Bites co-op since before we had a shop, and Ruth K, who has been around since the very beginning, are leaving Derby. Luckily for us they will continue to help out, Ruth on the website, and Patrick on accounts, but they will be missed! Patti, who has been working as a casual with us for over 2 years, has become a probationary member.

Loanstock payback time

The end of 2009 is 5 years from the issue of Sound Bites loanstock, which is how we raised funds from supporters (at low interest). Half the money borrowed is due back at this time, with the other half after another 5 years. While it is an option to roll over some of the repayments to those who are happy to wait til 2014, we hope we won't need to. If you can help raise our profile and increase our chances, by distributing leaflets in your street or to friends for example, that would be much appreciated - let us know!

Home Delivery Gift Boxes

This is another idea to promote Sound Bites, inspired by a customer who ordered a veg box for a friend as a Christmas present. What a good idea for birthdays! Fruit n veg boxes, and/or anything else from the shop (wine, chocolates, bubble bath...) can be delivered to anywhere on our rounds (Derby and beyond - see map on website).

More

Alternative Banking

The big banks are getting bailed out. But not all banks have made the same mistakes, because not all banks work in the same way. Sound Bites has a current account with the Co-op Bank, and a savings account with the Ecology Building Society. These banks are among the alternatives, who have ethical policies at their core. Honest, simple banking, lending only from deposits they possess, and without shareholders or shares traded on the stockmarket. Less profit-motivated, they are less exposed to risks. With just a few phonecalls you can move your money to a more ethical bank.

There's also the deeper issue about the role of banks in the creation of debt, how this has led to the 'credit crunch'; as well as the way the economic system we have drives growth at huge cost to society and the environment, but at huge profit to the private banks. This system is unjust by design, it is not inevitable. With the threat of recession and rise of unemployment and house repossessions, people are beginning to look harder for alternatives. For a good explanation of the credit crunch, see moneyreformparty.org.uk There will also be a showing of 'Money As Debt', a 45 min DVD, upstairs at the Bless, Chapel St, on Wednesday 13th May at 7.45pm.

Reporting from Palestine

One of Sound Bites members (Ruth S), will be going to Palestine from 23rd-30th May, as part of a tour meeting organisations in the West Bank, Palestinian and Israeli, who are working for a just peace.

The recent killing in Gaza was widely publicised, but the situation in the West Bank is less well known. The separation wall and the many settlements built by the Israeli state have been declared illegal by the World Court, made up of judges from around the world. However, they are still being further constructed. You can follow Ruth's blog at ruthinpalestine.wordpress.com, which will be updated weekly in the run up to the tour, and daily while there.

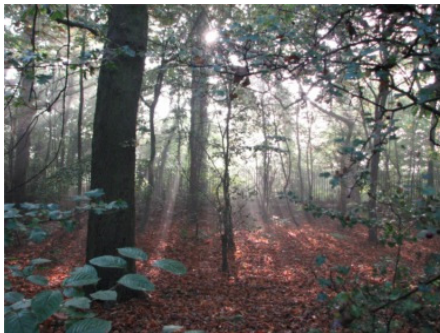
news...

Need to Renew Council Carbon Target

A cross-party meeting with the Derby Campaign Against Climate Change made it clear that the City Council is not on track to meet its chosen target of a 25% reduction in carbon emissions over 5 years. There is now a second group in Derby taking action specifically on climate change, who meet on Saturdays. For more info contact derbyclimategroup@yahoo.co.uk or phone 07503 663372.

Sturgess saved again..

Last year the Planning Inspectorate refused permission for Derby University to build a road through Sturgess Fields, after the University appealed against the City Councils Planning Department refusal. The University then applied this year to put on 'temporary containers'. The fear was that this was a step towards further development plans, and 26 letters of objection were filed. Planning permission was again refused. More info and photos at markeatonbrook.net



Community Orchard

There has been a 'ground-breaking' event at Meynell Langley to begin a community orchard - more info see orchard.meynell-langley.co.uk

Be a Green Volunteer?

The Derwent Green Gym are looking for volunteer leaders, to help supervise their sessions on Little Chester allotments. Horticultural experience is not necessary, and training and support are provided. For more info please call Pauline on 01332 831118 or Kev on 07805 132368. See www.derwentgreengym.org.uk

Blackpool Utopia

On a recent visit to Blackpool a Sound Bites co-op member came across a 4 month-old wholefood shop in the indoor market, called Utopia. Excited to stumble across the place, and even more excited to hear that Sound Bites was part of their inspiration!

We have stayed in touch and hope to be able to share some of the experience we have built up. If ever you should go to Blackpool, they'd love a visit.

Free Software

Free software is about practising and promoting sharing and cooperation. 'Proprietary software' can cost a lot of money, and is sold for profit, whereas 'free' software usually is free, and has been developed largely by volunteers cooperating from all over the world. Free Software is a social movement, and the name means more than 'Open Source' which it is also often known as. Free software also tends to be more efficient, use less memory, and the internet browser Firefox which many people use has less ads and is more secure. Firefox can easily be downloaded from mozilla.com. For more info see gnu.org/philosophy.

The Plight of the Bee

The Co-operative Group have launched a campaign to address the serious problem of declining bee populations. Large numbers of bees have been dying, and there are several factors known to play a part. Although the exact causes for 'Colony Collapse Disorder' are not known (where entire hives are being abandoned in huge numbers), loss of habitat and widespread use of harmful pesticides are known to have had a worrying impact on wild bee populations. Buying organically grown food is one way to take a stand. Our organic certifying body, the Soil Association, is campaigning for a ban on certain pesticides that are thought to be to blame. Introducing particular flowers to your own garden will also help. For more info, see co-operative.coop/ethicsinaction

DERBY GREEN DIARY

For monthly updates please
join our mailing list at
info@soundbitesderby.org.uk

Fri 24 April - Critical Mass bike ride, and Coal Caravan send off at Sumac Centre, Nottingham. Mass ride to Shipley Park on Saturday. See Events Diary at veggies.org

Sat 25 April - Beginners Guide to Growing Your Own Organic Vegetables - for this and more workshops (in Nottingham), see www.ecoworks.org.uk

Wed 29 April - Sound Bites at the movies! Take advantage of Quad's 2for1 on Wednesdays offer to see the new climate change film 'Age Of Stupid' as a big group. Meeting in bar at 8.30 for 8.55 show.

Sat 2 May - Samba dance workshops throughout May, alongside Carnival Drumming, St Benedicts School. 10-12pm, Sats. kaleidoscope-music.org.uk

Sat 2 May - 'Launching Off The Page' - day of activities for Sound Bites Social Change Library. 10-5pm above Sound Bites, and from 8pm @ Big Blue Coffee Shop, Sadlergate. See inside for details

Sun 3 May - Veggie dinner at Boo! Suggested donation £3. Fair trade shop on Sadlergate, 7pm.

Wed 6 May - Duffield Singers Gaza Benefit Concert (folk and show songs), Belper Christchurch, 7.30pm. Bridge Street (main A6 LHS just before The Triangle) £5.

Wed 13 May - film showing of 'Money As Debt' (45mins) at 7.45pm. Upstairs at The Bless, Chapel St. Explains how money works in a clear animated style.

Sat 16 May - 'Imagine a World without Oil' - workshop. Call Jane on 0845 4580842. Book by April 29th.

15, 16, 17 May - Bearded Theory Festival, nr Ashbourne, supporting Padley Homeless Charity. £45, loads of music, workshops, films etc!! beardedtheory.co.uk

Sat May 23 - Sowing and Growing skillshare day, Sumac Centre, Nottm. See veggies.org.uk

Sat May 23 - Radical Alternatives to a failed economic system. Radical Routes all-day event (national network of co-operatives), London. radicalroutes.org.uk

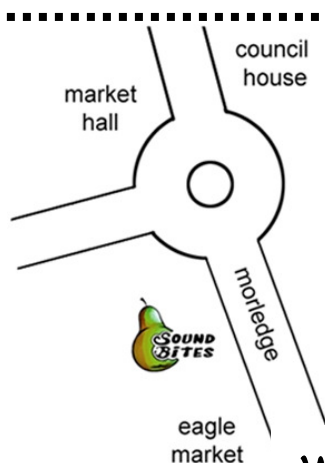
Sat 23-30 May - follow blog of Sound Bites member in Palestine. ruthinpalestine.wordpress.com

Sun 24 May - Open Day at Hungerhill Allotments, Nottingham. Plant sale, workshops, food and tours of this amazing allotment site, www.ecoworks.org.uk

Sun June 7 - Vegan Beer Festival, tbc Sumac Centre, Nottm. veggies.org.uk

Sun June 14 - Broomfield College Open Day - visit Lawrence one of our growers! Lots of stalls. £1 each / £4 car. www.derby-college.ac.uk/events/broomfield-hall-family-fun-day

Mon June 22 - Make your own cosmetics demo day, Boo fair trade shop, Sadlergate, 4-6pm.



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 to others in and around Derby. Please email home@soundbitesderby.org.uk or call 01332 291369

www.soundbitesderby.org.uk

Waste Not

---A water butt can collect rainwater for your garden, which also has less chlorine than treated tapwater. See www.reuk.co.uk for diverter kits, water butts and much more. More tips for water saving in the garden at www.water-guide.org.uk

---Did you know you can eat the leaves of cauliflowers and beetroots?

Paper please

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

Recipe

Nettles!

They're everywhere, and they're good for you! Fresh or dried nettles can be added to pasta sauces and stews. Try boiling nettles and then blending with seasoning and your choice of milk to make a creamy sauce, which you can even put on toast!

You can also make nettle soup, nettle tea, and even nettle beer...

For lots of lovely veg recipes see:
www.vegbox-recipes.co.uk

Library event Timetable

Sat 2nd May at Sound Bites

10am-1pm - Claire from the Sumac Centre in Nottingham will be running a drop-in **book-making** session using reclaimed materials (bring any scraps of paper + materials you like!)

1.30-2.30pm - Musab and Adam from Ceasefire (the political and cultural non-profit magazine based in the Midlands) will discuss and answer questions on:

- What's the point of a magazine?
- What to do, and not to do, when **creating an alternative publication**
- Doing it collectively
- Tips on writing, including: finding topics, researching, and being a part-time journalist.

See www.ceasefiremagazine.co.uk

3-4pm - intro and contributions to **Derby's City-Zine** - all ideas welcome!

Then **from 8pm** we'll cart the entire library over to the Big Blue Coffee Shop on Sadlergate, for an evening of word games, cups of tea, performance poetry, music and an open mike for readings.

The library will be with us throughout, so please feel free to read something out...

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.

Collection bins by tills

Thank you for all the contributions to the last quarterly collection, which raised £30 for the Derby Child Contact Centre, which runs every Saturday to help separated families stay in contact. Please contact Deirdre on 01773 820773 to find out more.

Your donations in April, May and June will go to the Faso Fund, suggested by Sound Bites probationary member Patti, who is part of a group of Derbyshire teenagers raising funds for building an orphanage in Burkina Faso. For more details you can email louise_cannon3@hotmail.com, or call 01773 862397.

Thank you to the people who have donated towards the printing of this newsletter.