



Issue 23
Jan - March 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

Price Comparisons

Look out for our shelf labels highlighting items that are much better value here than at GNC or Holland & Barrett. (eg Our organic pumpkin seeds £3.25/kg, theirs from £8.50! Our fair trade dates £5/kg, theirs £7.96! Our goji berries £8/kg, theirs from £34.50!) It's also worth pointing out that many things we sell are just not available anywhere else in Derby, particularly the range of organic and local veg!

Boo! - new Fair Trade shop in Derby

Early December saw the opening of a new shop on Sadlergate called 'Boo!', which is on the way to becoming registered with the British Association of Fair Trade Shops (BAFTS) - you have to be trading for 6 months with 70% of your sales from stock from BAFTS approved suppliers. Boo! is open Mon - Sat 10-5.30 selling jewellery, ceramics, slippers, scarves, bags, incense and organic essential oils, raw cocoa butter and shea butter, and more, and is gradually building up the range of stock. See article inside for more info on how Boo! began, their plans, and what you can do to help!

Practice being Plastic Free

We're expecting our new paper carrier bags mid February, and will be using these instead of plastic. They cost about 20p each, so now's a good time to get in the habit of bringing your own bags!

Fair Trade Fortnight

This year runs from 23rd Feb - 8th March. Sound Bites will be attending the Fair Trade Market at Derby Uni on Tue 3rd March, and hosting a fair trade Banana Brunch on Sat March 7th, 11am - 2pm. For more events, see diary...

Sound Bites Library - catalogue and events

We are now working on cataloguing the library, which is housed in the meeting / therapy room upstairs and open 10-5 on Saturdays (unless booked out) - we have over 100 books on issues including the environment, social change, peace, cooking, gardening etc. If you want to help catalogue the library please come along on 31st Jan (see diary). We would also like to arrange more events such as readings, discussions, and skillshares, and welcome input.

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

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. Our full catalogue is available on our website.

Things we'll be seeing soon include purple sprouting broccoli, lettuces, and chicory. Jerusalem artichokes are still around with their unique smoky flavour (see recipe on www.vegbox-recipes.co.uk), and it's not too long till rhubarb is in! For even more seasonal recipes, see the Soil Association website, www.whyorganic.org

On the Shelves

Ambrosian foods are no longer, so our **Sosmix and Burgemix** is now coming from the Veggies Catering Campaign in Nottingham, and is made at their base at the Sumac Centre. The ingredients remain the same (organic) but Veggies are not certified organic so it cannot be labelled as such.

Now in: - JP Juices organic apple juice in 1 litre cartons.

- organic fair-trade dried mango we will now pack ourselves, bringing the price down from £1.87 to £1.25!
Also to be added to our Ultimate Muesli to make it even more Ultimate!

- new Doy bags - different designs and shapes

- Conscious Chocolate - raw, many flavours

- organic curry sauce and curry in a tin

- new UK organic bodycare range from Purely Skincare, s shampoos and more all at £4.99! (rrp £5.99)

- organic teacakes from Pauls bakery

- Rico Mexican Sauces - Marcela Flores Newburn, who is originally from Monterrey, in Mexico, started her venture from her kitchen in her Belper home. **Tasting event on Sat 24th Jan, 11-2pm.**

Coming Soon!- Fair trade crocheted vegetable brooches!

- Fair trade organic chewing gum!

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. **01 629 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)

More

Boo!

Boo! is the new Fair Trade shop near the top of Sadlergate, a small but striking dark pink shop front, with stairs leading down and lined with mirrors and pictures, bringing you into to a cosy and colourful underground treasure trove of curious and beautiful things!

The name Boo! comes from the nickname of Holly, the woman with the wonderful pink hair who runs the shop with her friend Gavin. She has backing from the Princes Trust who helped with the business plan, and provide a flexible loan and monthly session with a mentor.

Everything in the shop is fair trade, organic, or direct from the artist who's made it. Since I last went in there are new purses, giftwrap recycled from cotton, and I only just noticed the lampshades.

New stock coming soon includes organic fair-trade hoodies stencilled by Derby artist, ceramics from a Derby Uni student who makes his own glazes, and pottery made by Holly for mixing your own cosmetics. She's also open to more artists coming in with their work for sale, or curious items you might find at a car boot or jumble sale.

Promotion so far has been mainly through word of mouth or email. One challenge for new businesses is often cashflow, having enough money to buy more stock which you need, to sell, in order to buy more stock... it got me thinking, if there were 10 people out there who want this shop to flourish and could lend £100 each, that would be £1000 that could pay upfront for some fair trade clothing or other stock...

I also want to talk to various friends who play music or perform spoken word, about putting on an alternative night there, with tea and cake, percussion and craft activities! If you want to help in any way, or just know when the night is happening, please email ruth.s@soundbitesderby.org.uk

Event at Boo for Fair Trade Fortnight - meet Angus from Ghana, and make your own cosmetics with Chanain fair trade cocoa butter, Fri 6th March.

news...

Quad

Hopefully most of you got to experience the spectacular opening of the new QUAD building, with an explosion of street theatre and pyrotechnics rarely seen in Derby.

QUAD continues to broaden the experiences available in the city centre, with the completely free BFI mediatheque, open til 10 every night, where you can watch archive films to your hearts content; free exhibitions in the ground floor art gallery; events such as the Knit sQuad on the first and third Monday of the month (bring your own wool and knitting needles and knit communally! - also free), DJ's in the bar on Friday and Saturday evenings; film and media courses; kids art workshops; networking for film-makers and artists; and of course, films...

As it was at the Metro, QUAD specialises in independent cinema, such as the 'unflinching and unmissable' *Darwin's Nightmare*, a documentary about Lake Victoria in Tanzania, the story of it's devastation as a result of the introduction of the Nile perch, cultivated for export to our supermarkets. It is showing for one night only, on Wed Feb 4th, a shocking story of North/South relationships, the arms trade, politics, and exploitation. See www.darwinsnightmare.com for more info.

For more cinema listings pick up a brochure or see the QUAD website at www.derbyquad.co.uk

QUAD also has a café/restaurant, managed by Brian who previously was restaurant manager at Kedleston Hall, and brings his experience of local sourcing of ingredients. CineSupper tickets are available after 5pm for £11 (£10 concs), which includes a main meal and a ticket to any film.

There's only one thing missing - Sound Bites snacks! If you would like to be able to get our garlic sticks at the bar, or nuts 'n raisins for a film, feel free to mention it next time you go!

Sturgess Fields saved due to local campaign!

After local opposition to the University building a road across Sturgess Fields next to the A38, it went to public inquiry. After considering all the contributions, a planning inspector refused permission. The application to turn the space into a Town Green is still in process... watch this space...!

Community Orchard...

We hope to have more info soon on a proposed community orchard to be developed at Meynell Langley...!

5 Rhythms Dance

By Claire

Want to feel more alive, relaxed and energised?

If you want a way to take care of your own piece of earth - body, mind and heart- one way can be to dance. Throughout history and all over the world people have come together to dance, and 5 Rhythms Dance is happening around Derby. I can recommend it with absolute passion as a good way to connect to yourself and within our communities. There are no steps to learn, just great music and guidance to help you find and explore your own unique dance. Everyone is welcome of any age or ability. Hope to see you there. More info Claire 07715 274 438

5 Rhythms Dance with Mark Boylan and Sarah Blagg - Last Friday in the month, 7.45pm to 9.45pm at Trinity Methodist Hall, King St, Duffield nr Derby. Friday Jan 30th, Feb 27th, March 27th. Cost is £8, (some concessions available please enquire). For more info email timefordance@blueyonder.co.uk or tel 07758146130

5 Rhythms for Women with Sarah Blagg, held in Derby, 3pm-5pm at the Darley Abbey Community hall, Darley Abbey, DE22 1DS.

Sunday February 8, (Please note no class in March, but we are working on a day for women in March) April 5, May 10, June 7. Cost is £8, (some concessions available please enquire). The hall is wheelchair friendly. You are very welcome to come as often as you like - classes are drop in.

To book your place or for more info email Sarah at katt@ecomail.org or call 07758 146130.

Zaytoun and Gaza

At the time of writing, over 1000 people have been killed in Gaza in the horrific Israeli assault. Sound Bites has always been a supplier of Palestinian olive oil, imported by Zaytoun, supporting farmers at risk of settler and army violence in Israeli-occupied Palestine. Due to the severe Israeli blockade of Gaza, Zaytoun have been unable to import from there since 2005. Meanwhile the EU is proposing to strengthen ties with Israel and increase imports of Israeli food. See www.bigcampaign.org for boycott info. Below is an extract from Zaytoun's Jan 09 newsletter:

As the terrible suffering in Gaza only gets worse, the world's leaders are largely complicit in Israel's ongoing violations of human rights in Palestine through their inaction in pushing at a government level for Israel to adhere to international law. Palestine Solidarity Campaign (www.palestinecampaign.org) has details for anyone wishing to write to MPs, attend demonstrations or otherwise participate in lobbying for political change. War on Want also suggests actions you can take to protest Israel's actions in Gaza (www.waronwant.org)

www.zaytoun.org

(Derby event 3rd March - see diary)

Since 1948 when the state of Israel was created, over 100 UN resolutions have condemned Israel's colonial and discriminatory policies. Israeli troops and settlers may have pulled out of Gaza in 2005 (after 38 yrs of occupation), but Gaza is still surrounded by steel and concrete walls, with the borders still controlled and severely restricted by Israel, and has suffered mass deprivation. When you learn of the history of the situation, the current Israeli PR campaign is less convincing.

There have been several vigils in Derby and coaches to national demos. If you want to be kept in touch about further action, please contact Derby Stop the War on suearg1@yahoo.com or 01332 382321.

Blog direct from Gaza:

<http://talestotell.wordpress.com/>

Waste Not

Incineration

Recycling and composting are generally improving in the city, yet there are plans for an incinerator in Sinfon. (meeting 3rd Feb, see diary) Recycling should continue to improve -but if there was an incinerator, they would then bring in 'waste' to burn from further afield. Is this the way to go? If you are concerned, you can join Derby Friends of the Earth visiting MP Margaret Beckett in February, or write to her via www.writetothem.com

Did you know - the blue recycling bins will now take **extra plastics** - take-away trays, plastic plant pots, marg tubs, yog pots and inserts from biscuit and choc boxes... **tetrapaks** can be taken to Raynesway or Tesco /Sainsburys / Asda.... Used **cooking oil** can go to Bookers on Alfreton Road, only in fully filled clear plastic containers.

Furniture to Housing Aid

Derbyshire Housing Aid can take good quality used furniture and redistribute it to people in need. Please contact Jean Bailey on 287850.

Clothing to Padley

The Derby homeless charity Padley have a charity shop on Sadlergate. Any clothing donated that can't be sold in the shop gets sold for textiles so is not wasted.

Why not use our upstairs room for your event?!

If you want to organise an event such as a clothes swap, 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 tins by tills

Thank you for all the contributions to the last quarterly collection, which raised £49.69 for 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.

Your donations in January, February and March will go to the Derby Child Contact Centre, which runs every Saturday in Queens Hall on London Road, to help separated families stay in contact. They are looking for more volunteers, to help for 3- 4 hours once a month, to set out and clear up the toys, and serve and clean up refreshments. The sessions provide a safe and friendly place for non-resident parents and children to meet and maintain their relationship after a family break-up. Please contact Deirdre on 01773 820773 to find out more.

Thank you to at least 3 supporters who have donated towards the printing of this newsletter.

Recipe

Soda bread

A lovely bread, easy to make and yeast-free:

Mix 500g flour (can include 100g oats), 1tbsp salt, 1tsp bicarbonate of soda, a big handful of seeds if you like, and 500g live yogurt (soya is fine, as long as its 'live'). Once the dough is mixed, there's no knead to need- just place on an oiled tray, mark a cross over the top, and bake for 50mins on 180C.

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

Paper please

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

Aluminium Foil

Jane who has been taking the foil to the metal yard near 5 Lamps, is unable to continue. Can anyone else volunteer to keep this service going?

Make your own oven cleaner!

Mix borax, soda crystals and vinegar, apply and leave for an hour or 2 before cleaning off. www.dripak.org

DERBY GREEN DIARY

Ongoing - For Stop the War info on local and national action re Gaza call 382321 or email suearg1@yahoo.com

Mon 19th Jan - Nottingham date in 'CAGE' national speaker tour, marking 7 years of unlawful detention, abuse and torture at Guantanamo Bay. Ex-detainees and an ex-guard will speak at Nottingham Uni, room A48, Clive Granger Building, 6.30pm. 07747373782, www.cageprisoners.com

Tue 20th Jan - Climate Change meeting - report back from Lizzie Gawen, UK Youth Rep to UN conference on Climate Change. Friends Meeting House, 7pm.

Sat 24th Jan - Tasting of Rico Mexican Kitchen cooking sauces! Homemade in Belper: Chilli and Chocolate (Moleh Sauce), Spicy Mashed Beans, and mild and hot salsa, with corn tortillas - with Marcela herself (the cook!). At Sound Bites, 11am - 2pm.

Sat 24th Jan - Eastside gathering to feed into national Climate Camp gathering, Sumac centre, Nottm, 10.30-5, see www.veggies.org.uk

Thu 29th Jan - Sustainable Living Day at Derby Uni - stalls including Mig's recycled clothing, Holly from Boo, and Sound Bites. 10-4pm, plus speakers, video and refreshment 12-3 at Multifaiht Ctr.

Sat 31st Jan - Sound Bites Library cataloguing session, 11am - 2pm. We will be categorising and labelling the books, and sharing ideas for promoting the library.

Tue 3rd Feb - Climate Change meeting, (tbc-call 600612) speakers on incineration, and the campaign against the proposed incinerator in Sinfin. 7pm, Friends Meeting House.

Wed 4th Feb - Recommended film at QUAD, Darwins Nightmare, see QUAD article inside. 8.30pm.

Sat 21st Feb - Potato Day organised by the Apple Core group (who run the very popular Apple Days). Speaker, seed potatoes for sale, and a potato meal! Friends Meeting House. From 5pm.

Sat 21st Feb - City-Zen monthly night at West End Community Centre, Mackworth St.

Tue 3rd March - all day Fair Trade Market at Derby Uni.

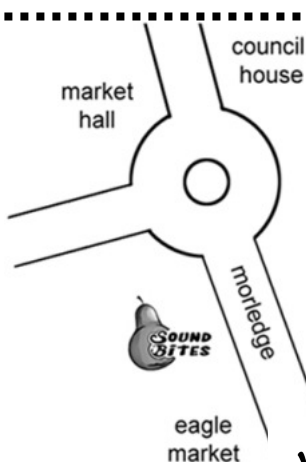
Tue 3rd March - Rep from the olive oil sector in Palestine on UK tour with Zaytoun (see article inside). Justice and Peace meeting, St Mary's Parish Centre, Darley Lane. 7.30pm.

Fri 6th March - 'Taking Fair Trade beyond Food' - 10-6 at Boo, the new fair trade shop on Sadlergate, with Angus of Akoma Skincare on Ghana's Independence Day! Make your own cosmetics 4pm - lipbalm and moisturiser.

Sat 7 March - Fair Trade Fortnight Banana Brunch! Sound Bites, 11-2pm

Wed 14th March - Amnesty International Booksale, Guildhall Clubroom 10.30 - 2.30pm.

**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