



## Diary Dates

### Saturday 25 October

11am to 3pm Newland allotments Manvers St. Make a Difference Day on HFoE allotment and YWT tree nursery. Planting; craft activities for all.

### Sat 25 October

9am onwards: Renewables Day of Action in Princes Quay. Contact Hilary or just turn up.

### Thurs 30 October

7.30 170 Victoria Ave: HFoE Discussion Group

### Tues 4 November 7.30 upstairs Pier Luigi

HFoE meeting

### Sunday 9th November

1.30pm-4pm Spring Bank Community Centre. Transition Towns Social. Film, refreshments etc.

### Saturday 22 November

#### Green Fair

Stalls set up 10am, open 11am-3pm Spring Bank Community Centre. Group and craft stalls, live music, veggie/Fairtrade café, kids' activities.

### Thursday 27 November

7.30 170 Victoria Ave: HFoE Discussion Group

### Sunday 30 November

1-2 pm Barmston Drain, off east end of Stepney Lane: Tree planting. Tools provided. Come in stout shoes or wellies.

### Tues 2 December

7.30 upstairs Pier Luigi: HFoE meeting.

[No Discussion Group in December]

### Tues 30 December

8pm onwards: Party at Adelphi, DeGrey St, Hull Stephen N's 'coming of age'. All welcome.

### Tues 6 January

7.30 upstairs Pier Luigi: HFoE Meeting. Deadline for items for next newsletter.

### Thurs 29 January

7.30 170 Victoria Ave: Discussion Group

### Tues 3 February

7.30 upstairs Pier Luigi: HFoE meeting

### Transition Towns

Meet every 2nd and 4th Monday of each month Eg 27 Oct, 10 and 24 Nov.

7.30 in Recycling Unlimited Newland Ave..

Further info from Stephen Hall on 07946 220086

### Beverley FoE

3rd Thursday each month at White Horse [Nellies] Beverley. 7.30pm.

## Fancy a G&T? It's free!

**Freegans, swap shops, peak oil... the times seem right for a surge of interest in make do and mend instead of buy 'n trash. Jennifer Nicole has started a swap group, Give & Take, here in Hull. She explains what it's all about.**



A busy morning at the Bean Street Give and Take

**Give and Take** was launched at the BBC Open Centre here in Hull on 28 August 2008. John Beardmore invited G&T to the Quakers Meeting House for Saturday 13 September, where we have been ever since.

I started G&T because I was saddened to see so much good quality stuff being thrown away at the tip. Other parts of this country have shops at the tip so landfill is reduced and people get bargain buys. For blood boiling reasons having a shop at the tip will not happen in Hull. G&T would like to see things given away rather than thrown away.

Give and Take gives the opportunity for the reuse bit of recycling. It is easy to put stuff in the right box and it is going to become so much easier to reduce

consumption. But in Hull the options for reuse are limited.

The idea of G&T is people turn up at the Quakers on Saturday 10 am-1pm with usable stuff they no longer want or need. Instead of throwing it away they give it away. They can browse the other stuff and if they find anything they want, they take it away with them.

Items have to be portable and in working order. Items range from bric-a-brac to bookcases. The giver of the bookcase delivered it to the taker's home. My favourite give so far was an ornamental oriental bird-cage, it didn't stay on the table very long! Most items are quickly re-homed. At the end of the day we take any remaining stock home ready for the next G&T.

No money changes hands. People are getting used to the idea that they can

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*Give and Take, continued from page 1*

shop without money. To avoid greed (or dealers) we have a limit on high value items. These items are placed on tables which say 'one item please'. This seems to work by sharing stuff out.

We are open to anybody who turns up. People are coming from far and wide, as far afield as Cottingham! It is possible to give and/or take. For example I gave a necklace. A lady took the necklace and gave a trilby hat. The trilby hat was taken by the giver of a coffee grinder, which in turn was taken by one of our workers.

This idea does not have a downside that I am aware of. We are volunteers and we self fund the group. The Quakers let us have the room for free and they now have a Saturday coffee morning. Givers are getting rid of stuff they don't want. Takers are finding treasures for free. Landfill is being reduced. Workers give what time they can on a Saturday. Workers get to take stuff as well, in fact sometimes we get first pick!

Books are now passed to John for his regular book sale. Some new items are given to raise funds for Hull ICU. Some stationery items are sent to a school in Gambia. Some craft items are donated to a local Beaver Scout group. Electrical items for health and safety reasons are taken to Hornsea Lions where they are tested before going in the Lions' charity shop.

My favourite story is about two young lads who make frequent visits to us every Saturday morning. They give as well as take. I think they've changed all their mum's ornaments. A couple of weeks ago they were last seen walking down Bean Street carrying a pink wardrobe for their sister, much to all our amusement. Last week their mum came to thank us for the wardrobe. Mum is a widow with four children. The two lads get themselves up and ready on Saturday mornings to visit us at 10 o'clock. According to mum they really enjoy coming to the Quaker Meeting House to visit G&T. Mum is very pleased that they are doing something so worthwhile that they enjoy.



Jennifer Nicole

***Give and Take every Saturday  
10am to 1pm  
at Quaker Meeting House on Bean  
Street [near Rawling Way], West Hull  
No 2 bus every 10 minutes.  
Parking available.***

<http://uk.groups.yahoo.com/group/giveandtakereusables/>



## ECO CHIT CHAT

***In the present economic mayhem we could all do with some Good News about Money!***

### ***Donation to HFoE Sierra Leone***

Hull FoE is to send £2,000 to Friends of the Earth Sierra Leone towards the cost of creating a medical centre. FOESL are a very practical group who run small businesses and allotments. Olatunde Johnson, their coordinator, explained that when their members and families are ill they not only cannot work or grow food, they also have to pay for medical treatment. They want their own facilities so they can get treatment quickly. They hope to get a second hand shipping container from the docks and convert it to a clinic.

We are able to make the donation from funds built up over several years.

### ***Green Fair***

Our main fundraising event is, of course, the **Green Fair** which this year is on Saturday 22 November at the Spring Bank Community Centre. Please display the poster and bring people along. We already have several interesting new stalls this year, and bookings are coming in quickly, so if you've been meaning to reserve a stall, get your form and cheque in to us as soon as possible or you may find yourselves literally out in the cold! As ever, we greatly welcome offers to distribute posters and flyers, help set up, play music, bake cakes, help with children's activities, be on the Hull FoE stall, or wash up. **Is there a First Aider out there who would be willing to be on call if needed?** Booking forms and all info from Hilary or Sue [see back page]

We are keeping to our low admission charge of 20p but this year we are also asking for people to bring donations of tinned or packet food for our near neighbours **167 Centre** on Spring Bank who help people of many nationalities on very low incomes.

One group has found a way of helping people without needing money! See 'Give and Take'.

### ***Save money and the planet!***

CHEF were thinking of other ways people could save money and the planet at the same time. Ideas included:

- Growing some of your own food on allotment or garden.
- Taking a wheeled shopping bag to the local shops instead of driving to the supermarket.
- Rediscovering local tourist attractions instead of going away on holiday.

- Recycling your old mobile for cash [see [www.moneyforoldmobiles.co.uk](http://www.moneyforoldmobiles.co.uk)].
- Getting free or grant-aided insulation [contact Warmzone on 01482 612638 or 300300]  
I'm sure you can think of more.

### **Renewable energy**

We have to make sure the government doesn't use the economic difficulties as an excuse to wriggle out of their commitment to deliver 15% of our energy from renewable sources by 2020. Away from the public gaze, they have been pushing for get out clauses, such as counting investment in projects overseas even though these projects have no impact on our own domestic emissions. Genuine renewable energy industries in this country could create many jobs. If you have a postcard with this newsletter, send it to FoE to forward on to your MP.

Renewable energy has created a new feature on the Hull skyline in the shape of the slender blades of the Croda wind turbine. They went up, came down and went up again. Hope they are now working OK.

There is news too of efforts to harness **tidal power** in the Humber, showing that this does not have to involve huge and disruptive barrages (*see page 6*).

### **Tidy-up at Spurn Point**

Tidal power had certainly washed up a lot of rubbish at Spurn Point where Lee-Ann, her son Bill, and I took part in the Marine Conservation Society's survey and clean up in September. There were an awful lot of shards of plastic cups and bits of nylon rope. Perhaps we will get more of us along to help next year.

### **Vegetable project raises crops**

We have had a good crop of courgettes [and marrows when we forgot them] in our raised beds on the HFoE allotment. There is plenty of work still to do and we'd welcome more helpers. Over 20 people came to the barbeque and were able to appreciate David's work with the Yorkshire Wildlife Trust's tree nursery, the wildlife garden and the NHS funded orchard.

### **A safe place for your money?**

Finally, if you are still wondering where to put any money you have got, the Ecology Building Society and Triodos Bank at least tell you who they are lending to and what they are doing with the money, the Credit Union [[www.hullandeycu.co.uk](http://www.hullandeycu.co.uk)] are local people lending to local people, and the Beverley Building Society came out as prudent in a recent survey in the Guardian.

Hilary Byers



# National Conference

## **One has to be a certain kind of person to enjoy the FoE annual conference.**

First, one has to be prepared to be busy every waking moment and to run from workshop to plenary to exhibition to workshop, another plenary, etc. all day long. And one can't just sit. All of this is hands-on or mouths-on. One has to participate—to contribute ideas, to ask questions, to relay one's own ideas. And, of course, one must like meeting new people and getting to know them. At mealtimes I always try to sit with people I don't already know which give me a chance to continually meet new people. If all of this sounds like fun (a word used often at conference) then the conference is the place for you.

This year was my third conference and made even more interesting in that the main speakers were retiring Chief Executive Tony Juniper and incoming Andy Atkins. The two men couldn't be more different, so it will be interesting to see what direction FoE will be taking under Mr Atkins. We do know that the big campaigns will be a continuation of the Climate Change campaign, a Renewables Campaign, and in the future a Low Carbon Communities campaign and, scheduled for next year, a Livestock campaign. Bio fuels are not off the agenda either, nor is recycling. We are living in an unsustainable industrial society, so all these campaigns are important. Our job is to reposition the debate on these topics. And we don't have much time in which to do so. As Andy said, "We have under a decade to change. Sustainability is a massive challenge; our investment in renewables is pitiful; biodiversity is disappearing at a terrific rate as is the rate of declining species. We have to get back to a political debate about the environment." And FoE has succeeded in the past 18 years in placing the concept of the environment on a different plane. Successes have been on the issues of lead in pipes, pesticides, protection of wildlife including the great whales, nuclear power, industrial discharges, freedom of information, water systems, illegal industrial logging, freshwater systems, ozone depletion and GM. The Make Poverty History campaign was discussed because the decline in the environment is connected with poverty. Our job is not to protest, but to come up with solutions. Both men promoted the new Strategic Plan as a brilliant opportunity to build on our successes.

*Continued on page 4*

# What's CHEF\* been up to lately?

Having just read the July issue of Hull Eco I thought that it was about time I gave you an update about what is happening with The City of Hull & Humber Environment Forum (CHEF). Well, we are still here and continue to survive. Most of my time is spent trying to get CHEF to be a true environment forum whilst generating sufficient income to keep going.

## "Bus It"

Encouraging people to get out of their cars and use more sustainable forms of transport continues to be one of our core activities. We now deliver Public Transport Surgeries from our "Bus It" bus in Hull, Grimsby, Scunthorpe, East Riding and York. The latter recently attracted 2,500 people in two days!

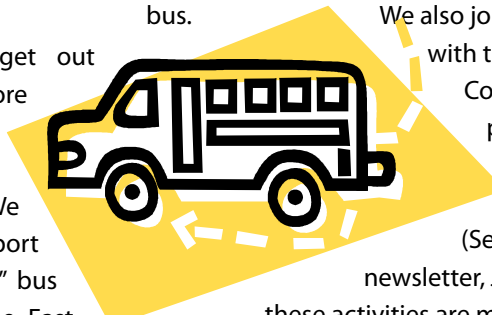
## Green tourism

Another project, **Hidden Treasures** promotes sustainable access to some of the most beautiful parts of the East Riding. We produced a series of written travel guides, ran tens of

green tourism surgeries, set up discount offers with historic houses when travelling by bus and perhaps most popular of all—Vintage Bus Trips.

## Changing minds

This year we organised public transport for Driffeld Show catering for over 1,500 on our free shuttle bus to the town centre and railway station, another 1,000 people who used our discount offer to travel by service bus.



We also joined forces with the City Council to again promote National Bike Week (See previous newsletter, July 2008). All

these activities are more than just arranging bus trips, its about **influencing and changing minds to think green.**

Hull City Council has commissioned us to produce a Green Travel Policy for Hull Schools and earlier this year CHEF provided a weekly flood advice service to help those affected by the devastating floods. We continue to offer mobile phone recycling so far generating

over £3,500 for the charity and help the Council promote paper recycling to local businesses.

## Council surgeries go mobile

A new activity has been to deliver mobile local council surgeries. Basically, Councillors deliver their regular surgeries but on Bus It. It has proved very successful attracting 56 people in just two hours. During the summer, we will take delivery of a new bus funded through Yorkshire Forward which means that we will be able to expand our range of mobile advice services further.

We are always looking for new ideas and ventures so let me know if you have any ideas.

Info@hullenvironmentforum.org.uk

Telephone: (01482) 324223

Adam Fowler

\* City of Hull & Humber Environment Forum

*National Conference Report. Continued from page 3*

## MARINET

I had a chance to speak personally with both men, mostly about MARINET. We had our AGM at the conference and a large stand with materials about the Marine Reserve bill. Speaking of stands, we had our own; Chrys had prepared some excellent material for our stand and I also took a stack of our newsletters to give out. Relevant to MARINET is the milk float cum mermaid which we had at Hull's Maritime Festival when we gave out information about the Marine bill. Marine Reserves fits nicely into the priorities for FoE's new five-year plan, yet MARINET doesn't have the necessary funding and resources from national FoE. As I said to Tony Juniper: "FoE wants to save the planet, but we can't

save the planet without saving the seas." He agreed. Our seas are dying and if they die, we die too. Marine reserves would ameliorate this by putting a duty on the Secretary of State to establish an ecologically coherent network of marine reserves covering 30% of British seas out to 200 nautical miles. There are good reasons for the wording of this proposal, about which I wrote an article for The Ecologist, September 2008 edition. The postcards that we're asking everyone to sign are a first step in getting this proposal into law. There is an EDM (Early Day Motion) signed by some 80 MPs, but when Parliament reconvenes a new one will have to be tabled so keep those postcards moving. If enough MPs and peers support the EDM there's a chance for its success. This is especially important for Hull, once the grand eminence of the fishing industry. These marine reserves are the only chance that the

fishing industry can revive and Hull seen again as the greatest, which would fit in every nicely with all the other kinds of regeneration going on here.

To conclude, public awareness and government awareness of the importance of the environment has gone up which gives FoE a big opportunity. We are growing in size (232 local groups at last count) income and reputation, Those at conference were asked to go home and influence people, convincing them to join FoE in a vision of living within environmental limits.

Haris Livas-Dawes

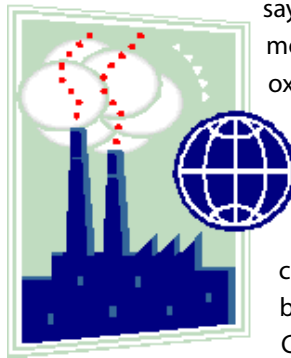
# Animate Earth!

Martin Dean sends a letter to Dr Stephan Harding of Schumacher College (excerpts)

Thank you for your great book *Animate Earth!* (Green Books, 2006) You write so well and lovingly with a clear and deep knowledge of Gaia and her processes, so reminiscent of James Lovelock.

How striking it is to learn, like the huge water cycle surrounding us, there is an equally huge carbon cycle, methane cycle, an important sulphur cycle, and all second nature to great grandmother Earth.

I myself, familiar with the UN International Panel on Climate Change's line, decided to study alternative seekers to weigh their findings and opinions. Jaworowski is one favourite: he explains how water can be liquid in the Antarctic even at **minus 72C!** I find this staggering! He



says CO<sup>2</sup> is 30 times more soluble than oxygen, so of course it tends to give only a baseline in ice cores. Looking at the close relationship between Gaia's CO<sup>2</sup> levels and her temperature,

Jaworowski shows how the rise or fall of CO<sup>2</sup> takes place about 800 years **after** the corresponding temperatures. Not a cause but an effect...

And how Gaia respire huge amounts of CO<sup>2</sup> naturally— as do we—and how our global contribution, significant at 7% is not (yet) disastrous.

This year the IPCC announced that the Earth is very likely to cool over the next decade. This provides due deference to the solar scientists, and good, as the sun guys have had a hard time from the IPCC, BBC and others in recent years.

Gaia's winter: the great glaciations. But how does she know when to blanket the North? Milankovitch suggests 3 dances: Gaia's Eccentricity (her changing ellipse around the Sun). Gaia's angle in her dance (Obliquity of the Ecliptic). Gaia's distance, as in her calendar of dances (Precession of the Equinoxes).

And how Gaia dances the Sun opens her to her own environment in space. Her reactions to these cycles seem quite subtle but somehow once every 120,000 years, it's: "Time for the North's icy blanket!" and we grow a mile of ice above us. Then, sometime, over 10,000 years, for some similar but opposite reason, the temperature rises by 12C, the ice melts, the seas refill by 120 metres, and it's spring again,

With many thanks for your excellent work, and every best wish for your next book,

Martin Dean

## Environmental Crossword Number 4

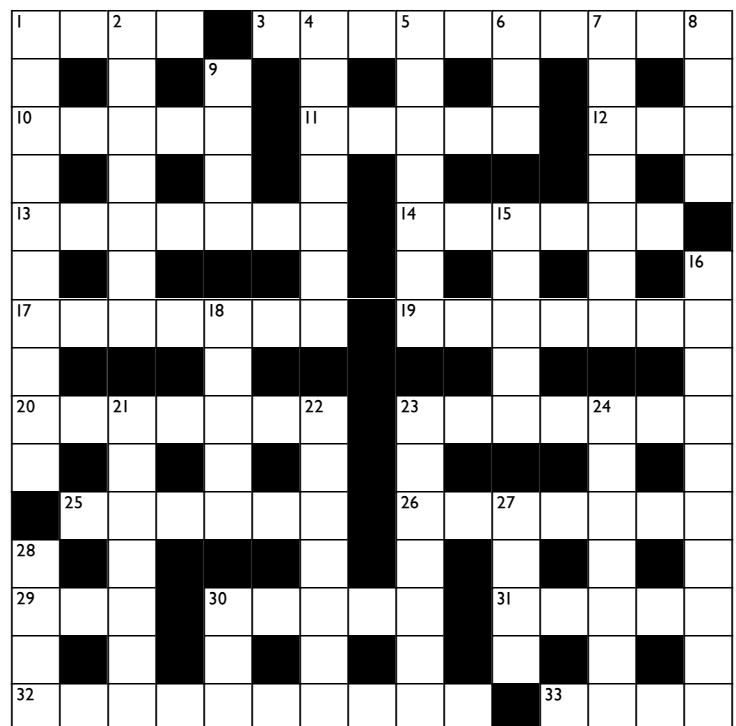
by Chlodowig

### Across

- 1 Dick, Bond's boss, confused boy (4)
- 3 Boat blown up by protesters (10)
- 10 Harsh sound of dog barking (5)
- 11 Red duck (5)
- 12 Doctor, how changed he is! (3)
- 13 Might you find it swimming in the bath? (7)
- 14 Published and is prosecuted (6)
- 17 Great whale to quarrel about missing alien (7)
- 19 Anteater baffled Che and I (7)
- 20 Fabulous creature makes awful jokes after university (7)
- 23 Cetacean toy - sounds like Flipper! (7)
- 25 Swimming creatures cut net and untied knot (6)
- 26 Egyptian Leader - a bum, back before ark crashed (7)
- 29 Range a green acquires initially (3)
- 30 Indian, perhaps, disturbed a cone (5)
- 31 You spot addled whale breath (5)
- 32 Visitor to London needs courage to face the smell (10)
- 33 I, sir, flew the flag (4)

### Down

- 1 Temporary ban envelops speaker and me in silence (10)
- 2 Cry for insulation (7)
- 4 Warn Hal about whale (7)
- 5 I prefer homemade - diluted homemade (7)
- 6 Stay, missing southern river (3)
- 7 Curtsey to chief whale (7)
- 8 Suffering over love (4)
- 9 Carp about hot South Africans (4)
- 15 Half desert, the Spanish dry zone (5)
- 16 Isn't tailless cat found on board island? (5,5)
- 18 "Das Boot" - sub loses head over grass (1-4)



- 21 Old Bill follow a couple of bits of intelligence - it's inaccurate! (7)
- 22 Gran is bound to lament old material (7)
- 23 What we want is rising sea and spreading sand (7)
- 24 Haven for porpoise (7)
- 27 Deep sea fish (4)
- 28 Short woman with sharp object (4)
- 30 Low-flying bird (3)

# Wildlife Notes



“Excuse me sir. What...?” He never stood a chance. Challenging an ECO warrior in the lawful pursuit of his duty, picking up the debris left in the hedgerow by the fly-tippers. My suggestion that he gave a hand to help clear up was declined. His younger partner (he looked like a teenager) stood further back, smirking. This was probably the third load of rubbish over a couple of months and the usual 300300 method had not worked with this lot, or had it? Sorting through the debris revealed an appetite for drinks in cans and meals in boxes. There were no fruit or vegetable remains. They must have composted them.

## **Community compost?**

Meanwhile, the vigilante squad have been running a “no garden fires” campaign on Newland allotments. I have some sympathy, especially when the fire is frequent and includes plastic, but the proposed ban does not solve the problem of what to do with diseased plant material to everyone’s satisfaction. My thought is to run a community compost scheme on the site, using a large windrow, and then using the compost on the tree nursery or orchard. We’ll see.

## **NHS community orchard**

The first Friday in October was the target date for fruit picking in the NHS

community orchard. The morning was cold but bright and a junior class from Sidmouth Street School arrived at about 9.20 am to carry out the work. Sharon and Kay from the allotments had volunteered to help, a number of parents and staff from the school joined in and the relatively small harvest was soon gathered (approximately 2 fruits per child, but some of the apples were pretty big, especially when you’ve only got little hands). Counting and weighing followed, then wildflower planting. It really does make sense to grow flowering plants in the orchard to sustain the bee population throughout the year!

## **Make a difference—plant a tree**

Preparation for “**Make a Difference Day**”, Saturday 25 October, 11.00 am to 3.00 pm, Newland Allotments, Manvers Street, is underway as well as for **tree planting on Barmston Drain** near the bottom of Stepney Lane, which is on Sunday 30 November, 1.00 to 2.00 pm.

Taking a rest from clearing the undergrowth, leaning on the scythe, I was alerted by a sudden flurry of activity on the drain. Something big and white. The cygnets were having a practice flight. Further in the distance, the wind turbine at Croda Chemicals on Clough Road was silently turning.

My contact with 300300 has had an effect. Litter keeps disappearing from

the hedgerow, wonderful. But strimmer-man has come as well. I tried to explain, but the holly bushes look a bit sad. Grrrr!

David Longthorn

## **Bringing the pieces together**

This was the theme of the FoE National Conference this year. It was a very enjoyable and inspiring event, perhaps summed up in the quotation: ‘Change happens person by person, home by home, street by street, town by town’, said by Donnachadh McCarthy as quoted by Jim Lodge (Southwark FoE) who won the Earthmovers Award for Communicating Powerfully.

There was lots of emphasis on the Renewables Campaign with the Day of Action coming up. [Hull FoE are having a stall getting postcards signed in Princes Quay on Sat 25 October; see Eco Chit Chat.]

I was very pleased to be asked to join the Real Food Group Advisory Committee. I will be able to input into next year’s new campaign ‘Livestock’.

I was also able to send a message of goodwill to Olatunde Johnson, our contact in Sierra Leone, via FoE Nigeria’s Director Godwin Ojo.

The Silent Disco on the Saturday night was fantastic - everyone was given headphones and we all danced in relative silence! FoE’ers campaign hard and play hard!

Next year’s conference is in Leeds. How exciting! I hope we can all go!

Lee-Ann Williams

rig, the size of a house, has been trialed successfully at Hull University and uses high-performance hydrofoils similar to aeroplane wings that move up and down like whale tails, taking energy from tidal stream currents. It is set to become the first marine renewable device to feed power into the national grid on the UK mainland

Hilary Byers

## **Some people in Hull are hungry**

This year we are asking people coming to the Green Fair to donate a tin or packet of food [non perishable] to Hunger in Hull, a group which is helping local people who are hungry or destitute. They may be refugees, asylum seekers, migrant workers, trafficked people, local teenagers or students without family support, homeless people, or other people on very low incomes. Refugee families often get 30% less than the full benefits rate, and most destitute people get only £30 vouchers. A crisis can occur at any time for people on such very low incomes and

they are often targeted by unscrupulous landlords, employers or advisors.

As well as donating food, you can also donate cash, or become one of the regular helpers [see Sharon at the Green Fair Café]. The food is distributed through the 167 Centre on Spring Bank [our Green Fair neighbour] and Princes Avenue Methodist Church.

Further details from Helen, tel 445403, or Sharon tel 448498.

## **Energy from Humber tides**

A test rig to generate renewable energy from the tidal stream in the Humber was launched on 30 September. The

# Arthur's FEAST

Hilary Byers talks to Arthur Wood

**Arthur Wood is one of our long-serving Hull Friends of the Earth members. Among other activities, he helped set up the garden waste collection service. In recent years he has focused on promoting healthy eating, and runs FEAST. Hilary caught up with him delivering his delicious home-made flapjacks, crackers and hummus from his vending tricycle.**

*When did you first get involved in environmental issues, Arthur?*

In the 1980s when, among other activities, I stood as a Green Party candidate in local elections.

*What first got you interested in 'green' issues?*

Several things came together, really. An Animal Rights video made me think. Then my job at the time as a hospital porter made me aware of the amount of waste in the Health Service and the unholistic way it was dealt with. Also some health problems of my own made me aware of the limitations of conventional medicine.

*Why did you join Hull Friends of the Earth?*

It seemed to be where the scene was; it was an active group and also socially there were people who I felt I could relate to. Friends of the Earth has a bit of a middle class image, and I am working class, but I didn't feel intimidated.

*Do you think the middle class image puts some people off Friends of the Earth?*

Yes I do. Some people are afraid of making themselves look silly if other people seem to know more than they do, or are more articulate.

*How did you get the idea of starting FEAST?*

I used to think I ate reasonably healthily, but I began to realise that consuming too many grains and refined foods was making some of my health problems worse. I began to read up about food combining and the benefits of raw food. I found out that the body can become sensitive to common bacteria

if it becomes too acid. After gradually making changes to my diet, I found they were beneficial to both my physical and mental health.

I wanted to share what I had found out with other people. People don't need to worry too much about the theory; often friendships and a shared sense of community are more productive in encouraging people to make changes.

*So you set up as a social group?*

Yes. I had hoped that people would want to get involved in campaigning, publicity etc, but I found that many were happy to just come along and enjoy the food but did not want to take it any further. It did show that there was interest in the kind of food I was producing, though, so I got the idea of developing it more as a business or social enterprise.

*How is that going now?*

I am working with a baker from a unit near Arthur Street Trading [who run a veg box scheme]. I supply the other people who work in the units and I am getting some regular orders for my products which I deliver from my cycle trailer or vending tricycle; I also deliver hummus for Arthur Street Trading.

*What sort of things do you make?*

I'm trying out new things all the time. My Malted Flapjacks, Bellpepper Crackers; Honey and Walnut Bites and Chocolate Chip Muffins are all popular.

*I can vouch for that! I'm looking forward to sampling more of them at the Green Fair.*

Hilary Byers



Photo: Chrys Bavey

Arthur is looking for other people who might like to get involved with FEAST. People with business experience would be especially welcome. He can be contacted on 01482 348645 or 0750 34 74 980.

**feast**

food, education and social transformation

## Subs reminder

**T**hanks to everyone who paid their subs. We use the income to pay for the printing and distribution of the newsletter—so if you haven't already paid (see address label) please do so ASAP!

**Why not set up a Standing Order mandate to save you having to remember?**

Sue Jolliffe



# Hull Friends of the Earth Membership

To renew membership or to join/support Hull Friends of the Earth, please fill in the following form:		<b>Payment</b>	
<b>Name</b> (Mr/Mrs/Ms)		I enclose:	
<b>Address</b>		Membership fee (£5 waged, £2 unwaged)	£
		Donation	£
<b>Postcode</b>		<b>Total</b>	£
<b>Telephone</b>		<i>Please make cheques payable to Hull Friends of the Earth</i>	
<b>Email</b>			

<b>Standing Order Mandate</b>		<b>Happy to help?</b>
<p><b>Hull Friends of the Earth</b>          Standing Order Mandate <b>OR</b> (delete one or the other as appropriate)          Amendment cancelling any previous instructions to pay money to Hull Friends of the Earth.          (Please fill in the details of your own account and the bank where it is held.)</p>		<p>Volunteers are always needed. If you might be able to help, please underline what you would be able to help with:</p> <ul style="list-style-type: none"> <li>▶ <b>Street collections</b></li> <li>▶ <b>Stalls</b></li> <li>▶ <b>Demos</b></li> <li>▶ <b>Letter writing</b></li> <li>▶ <b>Delivering newsletters</b></li> <li>▶ <b>Other ways</b> (please specify)</li> </ul>
Your account name		
Your account number		
Your bank		
Bank branch		
Bank address		
Bank postcode		
<p>Upon receipt of this order and then every year following on or about the _____ day of _____ (month) until otherwise instructed, please pay to Hull Friends of the Earth Yorkshire Bank plc, 38 Prince's Avenue, Hull HU5 3QQ          Account number: 27534801 Branch sort code: 05 05 25          the sum of TWO POUNDS (unwaged) or FIVE POUNDS (waged) or _____          (delete and/or fill in as required - donations over the minimum amount are welcome)          mentioning the reference _____          (your own name or something short we can identify you by on the bank statements!)</p> <p>Signed _____          Date _____</p> <p><i>Please return to the Membership Secretary, Sue Jolliffe, 47 Kingsway, Cottingham, HU16 5BB</i></p>		

<b>Hull Friends of the Earth: Contacts</b>		
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