

## **News from the Mews**

## **Financial partners may** be the best foot forward

If SLP could offer more business support then I

When a

them in.

think it would become much more a community organisation. Volunteering services at other projects is simply not enough. In the secularised economy fulfilment has often meant successful business relations. This is increasingly the thrust of SLP and will now look to expand entrepreneurially with a check on sustainability and ethics.

From an ethical point of view sustainability comes through its educational and pedagogical attributes. Some of the successful income earners for SLP has been through its sales of olive oil and trees, but other successes

include the free distribution of elderflower champagne, carob pods, its apple days and juice production, and its propagation of plant material.

Of course, running a project overseas with volunteers is likewise fulfilling, bearing in mind that SLP has significantly re-

duced its overall operations since its height about 7 years ago. Where SLP fails in is its membership. It needs a membership secretary who can ensure that benefits are forthcoming to its members. As an individual I have tried to bring in business and provide a multitude of services. These include publishing space, advertising, networking, free consultation, hire of the apple press, tour operations, and food and drink. I don't do any of these things well enough to warrant a membership scheme that supports already-established local business and grassroots projects getting off the ground. This is where business needs to come in and work with SLP. They may include builders, artists, bakers and cooks, retailers, managers, sport and recreational centres, religious and spiritual organisations, festival organisers, waste disposal services, and so on. AVAILABLE now at WELLBEING in SLP's message to YOU is

Come to

SYDENHAM, SMBS FOODS in EAST that if you are doing well DULWICH, and FOREST HILL SUPERMARKET in FOREST HILL ROAD.



deeper, think ethically, and think business. Support your community. Don't think that your success depends on the constitution or on financial incentives like tax breaks or tax credits. In a freer economy one could go a lot further if local business interacted more autonomously and interdependently. It provides the passion to continue and the social

> one's own environment. Join SLP and form a business forum with us. Contact me.

> networking to maintain direct

knowledge on the condition of

and second volumes of a 3-part series available at the Market. See also the new journal format.

The first



advertisement

### Travelling the UK on a bicycle

5 capital cities, 4 ferries, 3 ancient Celtic centres, 2 wheels, and 1 train, now that is what I call sustainability. And to add to the gloss how about a hammock thrown in. The journey can be found at WWW.destinationiona.simplesite.com in photo and video form or simply go to my Facebook (links on website) for a watered-down version. What made this journey more special was the fact that I visited various environmental projects along the way including a few botanical gardens. There are some stunning images of flowers and plants; plus some real funky stuff happening at The Green Gathering in Chepstow, Coed Hills in Cardiff and Tipi Valley further north. My only regret is not staying one day longer in Edinburgh during the Vote for Independence and visiting the gardens there as the alternative motive. A video blog will be produced and this journey's write-up will be found on an alternative platform in the future. It is in my interest to continue cycling around the world and I have Catalonia to Africa in mind for this winter in spite the Ebola breakout. I am always meeting cyclists on the road and the possibility to collaborate with

Catalonia Volunteer opportunities for one or two members to help work the land in a beautiful part of Spain. Access to the sea

and neighbouring towns, and a shared caravan. Self-catering but many benefits include trips to regional mountainous and valley beauty spots, as well as direct rail services to Valencia, Tarragona and Barcelona. Cycling is also a must in this country. The project is the beginnings of an ecosettlement illustrated in the above books. The first phase building the large cistern has already progressed. Other learning experiences include dry-stone walling, eco-build, walking and mountaineering, olive and carob cultivation, and fruit and vegetable production. The main period of farming is between October and March. Only companions are sort and must be of a spiritual disposition. Please contact the editor for further details or see our website www.solteriologicgarden.com

#### Let's create a centre for shared resources and service

Not wanting to reinvent the idea this newsletter could support business in the local economy, but one that adheres to promoting sustainability. I suggest that willing business agents contact us and help to organise the beginnings of a business forum. This is where business can interact and support each other. For instance supporting local business organisations could entail getting a significant discount.

Under the Big Tree fund, set to end this winter, I can be seen here planting up a number of my own-grafted trees. Grow Mayow Community Garden in Sydenham is another one of those fantastic familyorientated resources managed mainly by free contributions and volunteer time. It has cafeteria facilities also

cycling organisations

abroad looks promis-

ing. Any budding

cyclists should come

forward.



## politician lies it is because you keep voting

think

SLP will be looking for a new location to Moving on centre its activities upon. We wish to thank Evelyn Community Gardens but because of the nature of SLP to represent the alternative economy it cannot be allowed to revert to a bureaucratic and puppeting organisation hampered by sometimes superfluous and overly-restrictive control measures. ECG struggles forward not for the desire of its fantastic volunteers. SLP would like to acknowledge Susan Llewelyn for her unstinting contribution that has transformed the garden back into its former glory when under the watchful eyes of the late Dalva James and Christina Borgi. Christina has since moved on to a medicinal herbal project at 121 Peckham Park Road Baptist Church if anybody would like to work with this immigration centre. SLP has since run an apple day there (the apple press is available for hire) and is always willing to continue this work at other projects around the City.



## <u>Oasis hill opening</u>

Kamlyn Chak and myself planting an apple tree donated by SLP

Oasis adventure playground is an amazing space for local children in Stockwell to come and play and have fun outdoors. The charity has been running for 40 years and is beloved to many. The forest garden, which has been run by volunteers for the past 4 years (always on the lookout for more!!) was proud to host a hill opening ceremony on Saturday 19th July.

It was great to finally see the children play and use the space.

There are lots of interesting edibles planted in the hill area including mulberry, persimmon and medlar trees. We have tried to balance plants, play and wildlife and have hopefully succeeded! If you are interested in finding out more about the project please contact Kamlyn Chak at kamlyn.chak@gmail.com

### Apple Day 18th October

Fun and games at this funky project. Bring your apples for



juicing with food and drinks available. Starts 1pm. Let your kids enjoy the adventure playground that Includes a rally bike track too.

## Directions

Opposite the go-cart track. Head for Larkhall Lane/Studley Road. Look for the entrance to the adventure playground.

## An Ethical Guide to Blackheath & Greenwich By Theresa Webb



#### What does 'Ethical' mean to you?

Is it about reducing our Carbon footprints or do you feel puzzled at this concept but care deeply about your\any ingredients not being tested on animals?

Or, is it that you would chose not to place chemical ingredients on your skin? All of these are ethically related decisions, for which poses some a dilemma...

According to the ECRA - their criteria divides up into over half a dozen sections: arms trade, animals, chemicals, footprint, workers rights..... (see Ethical Consumer below).

For the purpose of this study, we take 2 common products as examples and assess their ethical rating; alternative 'optimum\ideal' brands and the less ethical ones (to avoid).

### Toilet roll

Bleached vs. non bleached.... recycled / brand new... at what cost is your toilet tissue?!

Bearing in mind that its product life-span is upwards of between 2 mins. Yes, to comfort but also is it worth demolishing an entire antipodean forest for such comfort? Companies planting trees to replace the forest is useful, but better still to not use bleaching agents in the first place. Nowadays, it's soft, strong

and long with a difference because it saves £££ too, when purchasing in larger quantities

Brands: Eco leaf, Suma & supermarket's own brand recycled.

#### Shampoo

Avoid chemicals wherever possible inc. SLS, Propylene Glycol etc. (See WEN below)

Brands: Body Shop was bought-out by L'Oreal which angered many, caused protests and boycotts - notorious for chemical use, animal testing (cats, mice, rabbits) plus their use of women and female images in advertising can hardly be described as realistic for our body image ...

#### Alternatives

Wholesale bulk buying: Goodness Direct -6 bottles in a pack. Other wholesalers (trade only) - join / create local cooperatives

Bottles & refills ... in some shops - I've found there is a refill system where you can purchase top-ups for many toiletries and household products. We need a place locally for this! Can someone suggest it!? (I have increasingly discovered that health food shops stop doing this. Ed)

Brands: Lavera, Faith in Nature, Dr Bronner, Jurlique, Greenpeople, Neals Yard Remed i e S

For those of you who are infirm or prefer to shop online, the online wholesaler of choice is Goodness Direct http://www.goodnessdirect.co.uk/

#### Independant Health Shops

Well Bean, Blackheath Holland & Barrett, Blackheath Greenlands, Greenwich Sheel Pharmacy, Lewisham

#### Children's clothing, games and toys

Ottie and the Bea, Blackheath http://www.ottieandthebea.com/ Greenwich Baby, Greenwich http://www.greenwichbaby.co.uk/ Red Urchin clothes (stocked in O&TB above) http://www.redurchin.co.uk Cissy Wears, Hither Green http://www.cissywears.com/

#### Why consider organic ingredients and fabrics? What's the fuss about?

Bleaching fibres with harmful dyes does our Earth very little good, so consider the ethical options and chose these over cheap versions whenever possible.

Organic and eco-made fibres tend to feel softer on skin and hold a better energy; you can feel the difference when you wear them; it may make you feel happier!

Skin & scalp conditions may be improved by non-chemical based products, since they are absorbed into the skin. Banish them from your bathroom! Washing in cruelty & chemical-free products means fewer harmful\toxic chemicals on your skin, in addition to that left to burn the soil. (As above, so below theory.)

Theresa Webb BA. Dip. NT is a qualified Nutritional Therapist (CNM London). She practices in Central and South London clinics and freelance across SE England. She has worked in the field for over 10 years as a Food Industry Consultant, Specialist and in 2005 founded Kitchen Buddy Culinary School Classes to teach families and busy professionals the principles of sound nutrition, by exploring new ways to introduce whole food cookery, to create exciting menus for their individual lifestyles.

Kitchen Buddy specialises in wheat and dairy free, no added-sugar meals, with class options: One to one private or group classes and workshops and retreats held by Theresa.

Her raw and vegan range of Organic and Fair-Trade health & lifestyle foods, includes Raw Chocolatier (75% Ecuadorian Cacao) which is designed to taste delicious, whilst being wheat, gluten & dairy free. Suitable for diabetics, coeliacs and those with a lactose intolerance. Also, invite Theresa for private & public events.

Theresa is also a qualified Children's Yoga Teacher (YogaBugs) and **Resources** Massage theory qualified (ITEC).

#### Adult Clothing

Blackbird, Blackheath Village (next to Neal's Yard Remedies at the top) Bamboo and Fair Trade Cotton http://www.b<u>aileyclothing.co.uk/</u> T-Shirt Bamboo clothing stall http://www.reddolphins.com/ and shop Greenwich market Seed Card shop in indoor market, Greenwich https://www.facebook.com/EmmaNissimDesi ans

Ruby and Norms: Quality 2nd hand clothing a n d Lee toys, Green http://fashioneyesta.com/2013/09/06/ruby -norm-review/

TGA Greenwich market stall - soya based lip balms.

http://www.greenwichmarketlondon.com/mar ket/detail/tga

Red Porridge - Beautiful bags private sale Blackheath only. http://www.e17designers.co.uk/index.php?pa ge=14&u=50

The SALES also exist in the Ethical / Eco Fashion industry/market! Join mailing lists for any reductions.

#### Out of town (Central London)

Wholef 0 0 d 5 http://www.wholefoodsmarket.com/stores/lis <u>t/uk</u> Planet Organ http://www.planetorganic.com/ В m b e b e http://www.bumblebeenaturalfoods.co.uk/

#### **Events**

Festivals: Animal Aid - Sat 7th December 2014

Festival of Life, London Permaculture Festival, London Green Fair, VegFest.

Farmed fish vs. Organic fish or less fish; the end of the line documentary explores this concept. http://endoftheline.com/

Farmed = Fungicides, flesh-colorant pills and disease.

Should you feel that the time has come to be fish-free, chose from these other excellent Omega fat choices: EFAs 3, 6 & 9 are also in coconuts, seaweeds, flax seeds and hemp seeds (in particular ratios).

The Ethical Consumer

Magazine and product guides http://www.ethicalconsumer.org/printmagazi ne.aspx

The Women's Environmental Network offer one of the best sites for a female perspective on world - related issues and ethics. Their research & advice on toiletries and make-up chemicals is superb, plus organic gardening (how to grow veg!) http://www.wen.org.uk/

Natural collection: clothes, underwear, tights ... www.naturalcollection.com

Greenfibres: Homeware products, knickers... http://www.greenfibres.com/

Braintree: Clothing inc. socks http://www.braintreeclothing.com/

Online: Various household, beauty & toiletries at <a href="http://ecolifeluxury.com/">http://ecolifeluxury.com/</a>

And here at <a href="http://www.ecolifeglobal.com/">http://www.ecolifeglobal.com/</a>

Don't be in a panic, but choose the knickers \ socks \ toiletries etc. when you find them, and pretty soon it becomes easy to become an ethical consumer. Speak from your purse and make it matter. It either does good or harm to earth, humans, and other species we share our planet with ....

# the Flight of the Cyclist

Beyond the rooftops there's a mountain, and beyond that a sky Beneath of which flutters a bird above the arboreal hillside There's a stream of smoke wandering, a shadow behind a window wondering Below meandering through a gravel scree the tinkling of a spring A car motor onwards direct in its object of destination It hoots and flashes with intent its motive of deliberation Beneath is a road that's lifeless, an encroaching weed its enemy It bakes in the summer and cracks in the winter in its oily indifferent melee There's a cyclist who travels the world carrying what little to boot he needs But most of all he shares in his experiences and his most adventurous deeds The people come out to greet him from behind their doors and windows In their own small words they reminisce of a life they remember as a child who grows They want to be free and travel and dream of flying the open air But always they must return to the eaves and sills of their cagey lairs When will they let go of their material possessions? Can they buy a holiday to the sun? They are anchored in the roots of a tragedy that binds their hands and feet as one Sinking ever further into the floorboards beneath the layers of their wrath They can all but let go if they would even dare to join the cyclist in his laugh But to keep him here just a little longer to see what material goods are on show Surely the cyclist will stay and dither and plant a little lower his own soul Oh no, he has foreseen these lonely trappings, he smiles and waves goodbye Wondering if ever just one will leave it all behind without so much a sigh Every valley opens her groins to receive him as a fish would follow the rivers They kiss his feet in the Boine as a memorial his brief presence delivers A protruding rocky fort gives him protection against her moist enveloping clouds descending So that in his sleep he may travel into her most dark secrets as an eternal child returning With the rising sun so Dunaad offers him shelter from the wind, a trio of horned sheep to witness The shod foot sunken into the footprint of his ancestral grave sealed with a deathly kiss Upon the steppy slopes of Aintree the giants prepared the way millennia in advance So that the descent into the sea is marked with a volcanic heritage, the world of man in penance The eruption is deep enough to cause division and strife among the floundering masses that pretend reverence But the wise traveller who always returns to the caves of antiquity knows better than to brandish a needling lance Instead he enters the great womb of the land's boggy interior feeling his way back in the familiar darkness And lays down his head into her peaty cushions and drinks of the knowledge in quiesce These mnemonic waters washing from him any cultural bonds that might embark him into political angst Close up the boundaries between north and south so that every hill is a dimple of thanks Could the cyclist repair the rent that so religiously tears at the fabric of the earth? If only to return the Scotti into Dalriadic ecstasy in the name of spiritual rebirth Will the castles now ruined be reconstructed into pilgrimage sites of reconciliation? In order that Ireland and Scotland will remember again its roots as a single nation

## Cycling the UK: In search of Identity by Merlyn Peter

So SLP continue to plod along and really has been a one-man band for a few years now. Admittedly, I get some business support but little comes of my charismatic nature during events despite enthusiastic welcomes. Nobody uses the market online even with PayPal facilities in spite of running out of most of my olive oil this year with shop sales increasing. Is my refusal to be a capitalist a psychological barrier to expansion? Or is it Natural Providence that sets the delimitations of my ventures?

Coming back from a 1,000+ km bike ride around the UK was met with the same ambivalence. On the road people were fantastic, offering food, drink, and occasionally somewhere to stay. Yet when my sister lost here temper with me for the first time in living memory because, despite full mobile reception she couldn't contact me from either her business mobile or landline, belies what really is going on here. Her compassion allowed me to complete my journey because she paid for, online, the main ferries between Wales and Ireland and Scotland as well as the train fare back to London since I refuse to own a cash card now. Is it natural providence that socially engineers who can return a phone call, what I can sell on the internet, who can have sexual relations with me, how often I can fix my computer systems, and so on? I was vindicated in my conspiratorial theories when I recently received letters dating to early 2012 addressed to SLP. Who knows how many membership applications have passed me by.

When I heard my sister lose it I was quite upset, for a member of my family was denied communication with me. The journey, however, around the UK was a Dervish wonderment, and tells me that I am much freer playing music and writing poetry than to come back and deal with an eviction notice stuck on my door. Yes, my housing association Helix, did a u-turn and instead of re-housing me under the context of refurbishing the property they are instead cancelling my parent's tenancy agreement; I have lived here 14 years, mainly alone. The evolution of my personal existence was to become a free man with diminishing obligations to the state. Hence I denied myself the right to put the tenancy in my own name, which keeps me free from bailiffs and other authorities who have socially constructed arraignments against me. I really do believe I am a threat to national security, especially if anybody would follow me in my footsteps. As such I don't proselytize. This might include giving myself the title Augustus Caesar, which all Freeman can do because it evokes power over the 'senate'. My antics have also included guerrilla gardening on the railway line in the name of providing sustenance for oneself, likewise a refusal to pay Council Tax on the basis that Lewisham Council could not enforce a court claim against me in which I stated my human lawfulness; I freely scribe and publish my life concerning all the interesting encounters I have, which is a form of witnessing any injustices in my life, although I vow to keep a positive outlook always.

Thus said, my global cycling ventures, which always meet with disappointment at close colleagues who would rather have a free holiday instead of joining me, depict me as the ideal lifestyle for the individual who needs to evolve further. During this latest journey through 5 capital cities and various other ancient places including Kells, Iona and Dunaad I did so without any form of legal ID—no passport or driving license. On this last example DVLC refused to acknowledge my title Augustus Caesar (AC). Why? They asked for a title and in the end they put nothing. Interesting, I recently came unstuck in one or two places where even train tickets require a legal ID. And if my journey wasn't a prophetic enough statement already isn't it interesting that I end up in Edinburgh a day before the vote for Independence?

All this is about identification. The political issues of national security and military capacity, economics and fiscal measures, political allegiance and bureaucratic centralisation, and land ownership and wealth re-distribution, is only the modern-day context for bashing it out on the parliamentary floor. In banality it is about a bunch of politicians keeping themselves in employment. They feed off the emotional capital of the masses, and though it may be true that the wealth of Scotland drains into English hands, Cameron, Brown and Milliband will use any pretext to prevent drastic change from occurring. I was, quite frankly, disgusted at the gloating of 'No' voters who now feel quite vindicated in their thinking that they have always been right. For them it is just another quick-fix over the masses, a cultural abstract victory that silences the voice of change. And true, Scotland is predominantly Labour without which Labour could never win another general election. And all this stuff about Scots fighting next to Irish and English during the War was a way of getting any doubters off their emotional armchairs. Devolution? There are changes here that no politician will fully understand and grasp. I met the Scottish in the street, and it was never about Scotland vs. England. This should not have been another War of Independence that the politicians harangue over. This was an opportunity to bind even deeper the Scots and the English surely, and not a form of ethnic cleansing. However, in modern times there was never any popular division between these two countries; rivalry, say on a sporting level, is not a division of interests. Fundamental change can happen so long as the onus stays on the motive and not the facade, and with it the ties between England and Scotland would only get stronger with each in their own image.

I was disappointed also at the naivety of the Scottish people although I think the whole thing caught the government unawares too—did Cameron believe that this could finally

extinguish the Labour party flame? I believe he did not see all the immediate exigencies. But what really hit below the belt was the criticism levelled at that hero Andy Murray who single-handedly carries the whole of British tennis on his shoulder. If any one person is allowed to vote honestly and have an opinion without rebuke then surely it is this man. Again, Andy Murray wasn't talking



about renouncing England, he isn't that naive. Instead, I believe, he was implying cultural reidentification, but his stance was flouted by these gloaters who reacted in the wake of their 'victory', "Imagine what is going to happen when he next plays Wimbledon?" Independence for Scotland must surely mean cultural re-identification.

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So what is the solution? I saw the economic division between north and south in Ireland. Did my prophetic journey provide an answer? Dunaad, that ancient capital where it is said that the Irish kings ruled Dalriada from. These Irish, known as the Scotti are responsible for making Scotland a Gaelic country. It ruled for a thousand years from the Aintree coast to the Hebridean and beyond, being

kings of the sea between although the Vikings had something to say here. Might this provide the real solution to both countries—how to appease the Gallic sentiments coming to the surface? The Scottish families that still predominate may have a cause that goes beyond their religious Presbyterianism. Even after Celtic Christianity faded from the northern limelight, Dalriada remained a bridge against the Viking raids. The wealth of Scotland lies in its seas even more so. Its fisheries and potential renewable energy capacity could form the bedrock for a renewable identity.

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SLP: WHO ARE WE?

South London Permaculture was

formed in 2003 as a voluntary

organization. We run as a not-

for-profit business enterprise. Although we apply a minimalist

attitude to development we have

engaged in a number of projects

These include a children's mobile

yurt classroom entitled Re-LEAF

(learning, entertainment, art, and

for both adults and children.

food), a woodland allotment

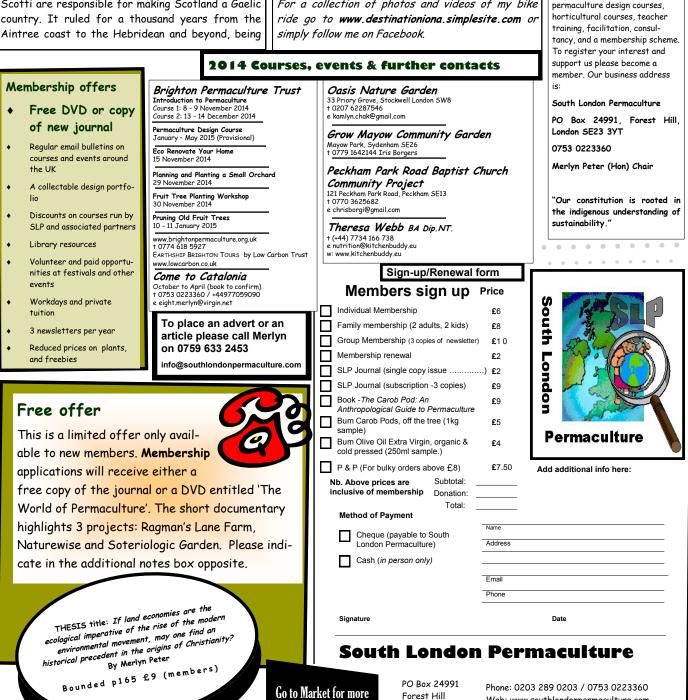
community project, guerilla

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gardening, full & introductory

For a collection of photos and videos of my bike



products available online

London

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News from the mews Issue