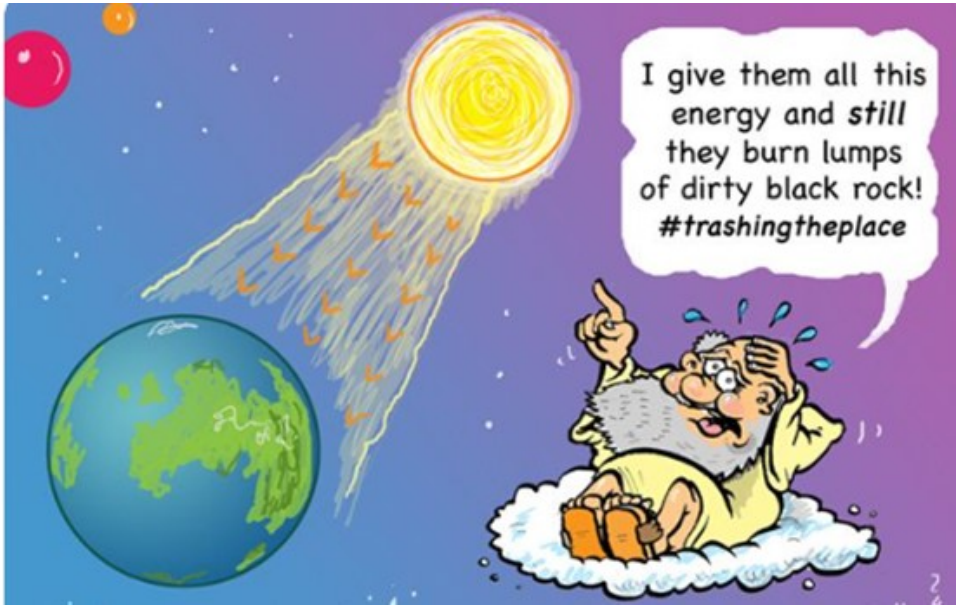
Bournville, Stirchley, Cotteridge & Kings Norton

Points

The bi-monthly mini-magazine of Churches Together in Birmingham 30

Going Eco



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20p where sold

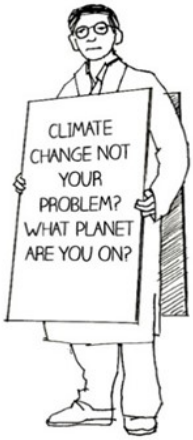
Going Eco

"I looked at the earth – a barren waste: .... I saw that there were no people; even the birds had flown away. The fertile land had become a desert". Not Greta Thunberg but Jeremiah.

Dilemmas of an Eco **Shopper** *(Thoughts ..... so many thoughts!)*

Shopping takes me a long time these days. So many decisions. Going shopping with any kind of ecological awareness is problematic. *(Not obviously as problematic as seriously ensuring that climate heating stays below 2°C or existing in the poverty-driven situation of many of our fellow citizens, but shopping does present ongoing issues for anyone who wants to help save the planet.)*

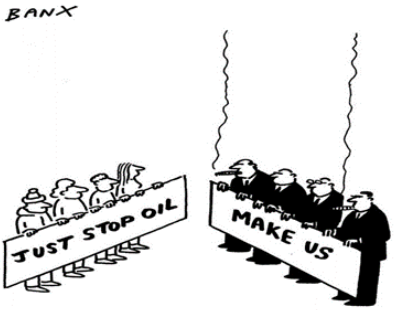
I've been thinking, reading and talking about climate change and food for many years now. I get into arguments with friends and family. I talk about it to anyone who will listen – and quite a few who won't. I can bore strangers. I wake up at night having experienced some dystopian nightmare where the temperatures are over 40ºC and our plants are dying for lack of water? Recognise the UK this summer?



Q: I have an allotment. Should I only eat what I grow and not go food shopping at all? *(Much better for the planet, but not seriously possible to maintain a healthy diet on my current harvests.)*

Q: Should I buy a large freezer and store all my excess seasonal produce? *(Better than wasting any food, but what about my increased carbon emissions?)*

Q: Should I use local supermarkets *(Supporting local employment. Better mental health from connecting with people)* or should I shop on line? *(Less fuel emissions as several families' loads are packed in one van. Less traffic.)*



Q: Should I drive *(I still have a small petrol car. Should I buy an electric car which would emit less, but would cost thousands, use scarce metal resources and sit on my drive for over 80% of the time?)* or should I go by public transport? *(Most buses are electric, but I cannot carry everything that I would want to buy in one trip.)*

Q: Should I wait until the monthly farmers' market and buy direct from the grower *(less food miles, less profit to multi-corporations)* or buy from the local suppliers? *(money to the local economy)*.

Q: Should I only buy food that is in season here *(as a vegetable / fruit grower in the UK, I know what is in season),* or can I buy satsumas from Japan? *(Transport costs are actually a minimal part of CO2 emissions)*

Q: Should I buy unwrapped fruit and veg? – yes obviously, to reduce plastic usage. *(Does that mean I can't buy cucumbers, which always seem to be wrapped in plastic?)* *

[Note to self: the biggest ever investigation into household plastic waste run by Greenpeace in 2022 revealed that only 12% is actually being recycled in the UK. The other 88% of our plastic waste is: - burnt in incinerators (46%) -buried underground at landfill -dumped on other countries (17%)

Q: If I buy meat or dairy, should I always buy organic? *(Organic obviously.....well actually, not so obvious. George Monbiot, climate change journalist has recently stated that pasture fed beef are actually the worst buy for the planet as they use so much land.)*

Q: Should I even be thinking about shopping and my 'normal' existence or should I be joining Extinction Rebellion and lying down on

motorway tarmac? *(Believe me, I've been to meetings and considered it.)*

Q: Does what I do in my relatively small way really make any difference or will nothing actually change until we stop extracting fossil fuels out of the earth and subsidising the fuel companies with millions of taxpayers' money? *(Yes, it does, because everything makes a difference, but no new oil is absolutely vital.)*

Q: Should I stop moaning and start lobbying my local councillors and MPs every day? *(You can't do everything, but you must.)*

I don't know the answers, but I do know that I am scared of our ecological future, pleased that we have a new King who seems to care about the environment and terrified that we have a government who in the face of all scientific evidence is determined to issue over 100 new gas and oil licences and re-introduce fracking.

From Which (August 2022)

Oat Milk

Oats

While the average carbon emissions of growing oats might be fairly similar to that of soya or almonds, if shopping in the UK, the oats in your oat milk were probably grown closer to home than many other popular plant mild ingredients.

Oats require less water to grow than almonds and, while they do require a fair bit of land, there is little risk that tropical rainforest has been razed to the ground to grow them.

* Useful/scary facts to be inserted into conversations at the appropriate time.

PANDORA'S BOX

I recently had a brain storming exercise with a friend about what life would be like in 30 years' time.

This is an exercise anyone can do. You let your imagination run riot and eventually surprise yourself.

We decided that plastic could no longer be an issue.

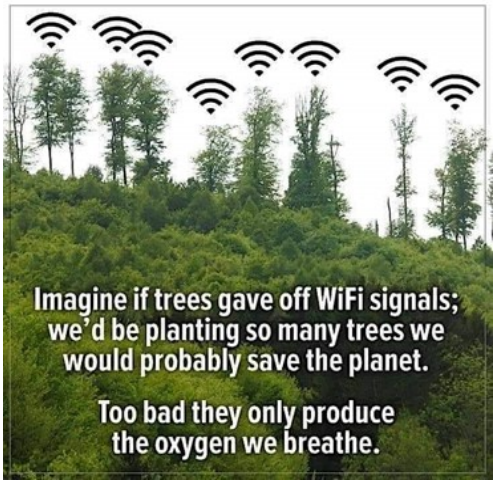
Instead every home will have a recycling machine similar to a home paper shredder where you insert your plastic and shred it.

This in turn will be reused for loft and wall insulation using insulation containers. This plastic would be fire retardant and halogen free.

Single use plastics would be vegetable based and compostable.

One idea being looked at by Elon Musk and Marley is roof tiles with thermal properties.

Instead of large solar panels we would have smaller roof tiles which are more aesthetic but practical and can do the same as solar panels.



Roofs would look different. But we had thatched roofs before we had slate roofs.

Will we still ***go*** *shopping?* More than likely your fridge will order food and the shopping will be delivered by a drone to your secure garden pod.

We already have an Alexa smart speaker which talks to us and we have robotic vacuum cleaners and lawn mowers. By combining them we would have robot that would follow us around the house chatting to us and keeping us company in our old age

Do I hear you say 30 years is not a long time? Thirty years ago we didn't have smart mobile phones or laptops or electric cars.

But with all progress there is a consequence. Cornwall which once had tin mines and hen became a tourist destination, will be opened up for lithium mining as we demand more batteries.

Cooking tips to save energy

When cooking in the oven, turn off the oven before the food is ready and let it complete cooking in the residual heat.

Always place a lid on your saucepans to maximise heat and minimise cooking time.

Boil the kettle and fill a thermos. You now have hot water for your tea/coffee throughout the day.

Use a slow cooker, they use less energy.

Instead of cooking your vegetable on the hob. cook them in the microwave. Use a Pyrex dish and cover. You will need little or no water. Cook for approximately 5 mins.

If you have a freezer, bulk cook several dishes in the oven at once, and freeze some for future meals.

Turn off switches when not using appliances.

Foodbank Supporter

Local photographer, Laura Babb, made contact with the foodbank via our Instagram page (where we are @b30_foodbank) to let us know about plans for a sponsored walk.

Laura completed the 96 mile solo Scottish trek last month while appealing to friends to sponsor her. The appeal, and her great picture and film updates on Instagram, did the trick and Laura raised a wonderful £550 in total.

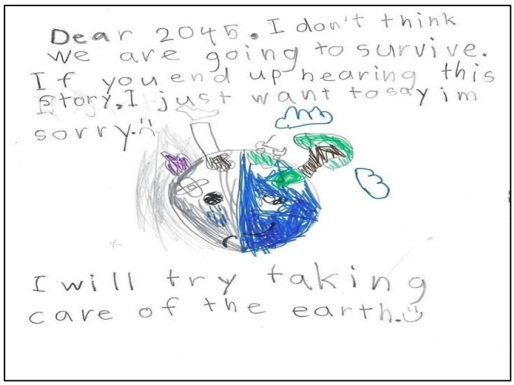
Thanks Laura, for thinking of the needs of our increasing number of clients and to all those who supported her so generously.

What we do Matters!

From looking at energy saving bulbs, to recycling, and reducing food waste. These became the starting points for our first Eco Church group at The Cotteridge Church around 2yrs ago. Who would have imagined that now in 2022 we would have achieved our Bronze Award from Eco-church , taken part in the COP 26 march in Birmingham in November and raised awareness of climate issues through worship and words.

So what's been happening at The Cotteridge Church?

A small group of us began talking about the Climate Emergency and what we could do to make changes that would reduce our carbon footprint both individually and within the church building. The footfall in our building is high and so are our energy costs. The building isn't insulated well and of course is old. We are fortunate that one of our members had the foresight push for Solar panels to be installed so this does give us some small income to offset the fuel costs. Lighting was an area we could change and so LED bulbs have been replacing the older type. We are looking at zoning the heating too and turning off heating to rooms when necessary. Insulation is a priority but how and when remains in the planning.



We heard about…ecochurch.arocha.org.uk. They provide a tool which you can use to see how eco- friendly your church is in areas of Land Buildings, Lifestyle, Worship and teaching, Community and Global engagement. It has been a valuable way of discovering where are within the church setting and I really recommend it to you. You can attain awards from them Gold, Silver and Bronze. We were delighted to see we had reached the Bronze Award and are going to celebrate this during Big Green Week.

Re-cycling all our paper and cardboard and looking at using eco-friendly products has been important too. We already use some Fairtrade items but there is always room for more in our Coffee Bar and kitchen.

I think getting the language and ideas about Climate Change onto everyone's agenda has been crucial to us . Whether it is ideas about reducing food waste or conserving heat in our homes ..knowing however small the change it will make a difference.

We celebrated Climate Sunday and of course were involved in supporting COP26. I never thought that at 76yrs I would be attending a rally in Birmingham but how heartening it was to see so many walking and standing up for action over our Climate and our Planet. Please let our government listen and act as we all know time is running out.

We all know how important this is both individually and in our church settings. Please spread the message and know that everyone of us can make a difference .Make meal plans….batch cook… hang washing out to dry…change to LED bulbs …turn down those thermostats….so many ideas.

As Anne-Marie Bonneau (zerowastechef.com) says..

"We don't need a handful of people doing zero waste perfectly…we need millions doing it imperfectly "

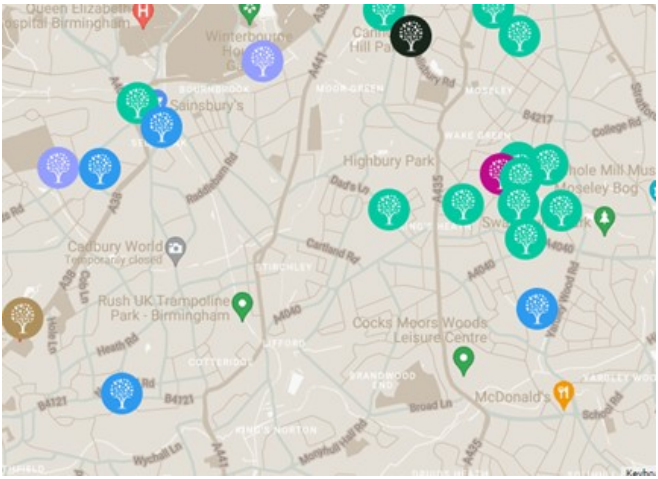
What we do matters.

Sandra Walton - The Cotteridge Church

The Queen's Green Canopy

The Queen's Green Canopy (QGC) nationwide initiative was created to mark the Platinum Jubilee The QGC was due to conclude in December – the end of the Jubilee year. However, as the official tree planting season in the United Kingdom is from October to March, the initiative will now be extended to include the full tree planting season, beginning in October 2022 and concluding in March 2023.initiative will be extended to the end of March 2023 to give people the opportunity to plant trees in memoriam to honour Her Majesty.

The Queen's Green Canopy is proud to be creating a living legacy with over a million trees planted in Her Majesty's name across the nation during the first planting season, October 2021 to March 2022. The extension of the QGC initiative will build on this legacy and serve as a lasting tribute to Her Majesty's extraordinary service to her country and her people.



The interactive map created by The Queen's Green Canopy to showcase the planting projects across the United Kingdom will also continue to the end of March 2023, giving people an opportunity to be part of this special legacy.

https://queensgreencanopy.org/get-involved/individuals/

BOURNVILLE VILLAGE

SUGGESTED RULES OF HEALTH

If you will follow the rules below you will be healthier and therefore more cheerful. You will probably live ten years longer than those who ignore them.

Do not take more than three meals a day. Have regular times and keep to them; allowing at least five hours between.

Take no solid food of any kind between meals; this rule applies with double force to children.

Do not take flesh meat more than once a day. The German army before Metz suffered much from disease; they were compelled to have largely a meat diet; when besieging Paris the amount of meat consumed was comparatively small and there was a remarkable absence of disease. All vegetables are most wholesome and of better flavour when cooked as soon as taken out of the garden; bake and stew as far as possible, the most valuable salts and properties are lost in the water when boiled. Use oatmeal porridge for breakfast.

Avoid intoxicating liquors, tobacco, pork, aerated drinks, and all drugs as far as possible.

Never allow water to stand on tea more than three minutes, or tannic acid is developed which is injurious.

Be sure that bread and other food is well cooked. Bakers' bread is improved by a second cooking, say 10 minutes in a hot oven.

Apples are the most wholesome fruit: they should be used freely, both raw and cooked.

When you come in tired, rest a few minutes before taking a meal.

Eat slowly, and always get up from the meal with an appetite.

SANITARY ARRANGEMENTS ETC

Furnish your sleeping apartments with single beds; double beds are now little used in civilised countries except in the United Kingdom. A mattress is much more healthy than a feather bed.

Take a cold bath, a sponge bath, or if you have neither, dip a towel in water and rub the body over with it, followed with a dry towel. Baths are provided in the back kitchens, so that it may be possible to have a warm bath at least once a week, without the expense of costly hot water apparatus and you have the advantage of drying by the fire.

Live in the open sunny air as much as possible.

Breathe through the nostrils with the mouth closed, especially at night.

Take walking or other exercise in the open air for at least half an hour daily.

Unless the weather is very damp and misty have your windows open at night and day. Every room is furnished with a Tobin ventilator, which should always be kept open, you thus have fresh air when fear of rain or snow would prevent opening the window.

Sleep is much more refreshing when the room is dark, so keep no artificial lights burning in it. Gas should never burn in a room without a door or window open as the fumes are very poisonous. One ordinary gas jet is calculated to consume as much oxygen as 12 to 14 persons besides giving off carbonic acid and other poisons.

If possible cultivate your garden with the help of your own family. Man's natural place is on the land. Work in a garden enlarges the minds and strengthens the bodies of your children.

Rest a least 8 hours of the 24, and if you cannot sleep all the time do not worry about it. If you lie flat upon your back the heart and all the organs of the body rest.

Rise early, and if possible get into the fresh morning air.

CLOTHING

Do not sleep in any clothing worn during the day. Do not wear tight waistbands, corsets, or anything that will interfere with the circulation.

The best clothing gives the largest amount of heat with the least possible weight.

Have boots made to fit the feet with wide soles and with low heels. Boots last much longer if the same pair is not worn two days in succession. In wet weather put them to dry gradually overnight at least 3 feet from the fire with soles towards it. Wear strong boots and keep your feet dry. Many a cold will be avoided by looking well to your boots and seeing that they are water tight. Always change them at once when coming into the house. Blacking destroys the leather; it is much more sensible to use dubbing all through the winter months.

Anger and worry will wear you out much more rapidly than hard work. Cultivate a cheerful and thankful spirit.

In a truly happy home Father and Mother will conduct family worship at least once a day when the Bible should be read and a hymn sung.

To each of the first residents on his estate George Cadbury issued this list of suggested Rules of Health

Circa 1890.

Foodbank

Last month the B30 Foodbank received 1543kg of goods and gave out 2225kg, feeding 239 clients on 119 vouchers.

Urgently Needed

- Baked beans, rice (500g), pasta sauce, tinned fish (tuna, mackerel, sardines, salmon), tinned fruit in juice (not prunes or grapefruit); sweet biscuits (not multi-packs), tinned spaghetti, jam/honey, liquid/ bar soap, strong carrier bags, nappies sizes 4, 5 & 6, laundry powder/liquid (not family sized).

Low in stock

- tinned tomatoes, tinned/packet soup, squash, UHT semi-skimmed milk, dog food, instant hot-chocolate (not cocoa powder), long-life fruit juice (not needing refrigeration), instant coffee (not decaffeinated), porridge (not greater than 500g), ready-made custard (tinned/ carton); UHT whole milk, tinned rice pudding, tinned/packet vegetarian meals, tinned meat (ham, corned beef, pork sandwich, pulled pork, chicken), sugar (500g), chocolate and snack bars, gender neutral shower-gel, gender neutral shampoo, toothpaste, single or duo wrapped toothbrushes, toilet rolls, washing up liquid

Please do not donate:

Decaffeinated drinks or fruits infusions, Bottled water, Large bottles of lemonade or coke, Any foods containing alcohol, Cooking ingredients, Fresh produce including vegetables, eggs and bread.
Non-dairy items or gluten free items, Coffee beans, Large boxes of teabags (120's or larger), Very large boxes of cereal or porridge, Loose tea,

Thank you helpers

Click on the different links below to find out what's happening in your church

(Crl + click on link)

https://www.facebook.com/rowheath.pavilion/

https://ssjandh.org

https://bournvilleparishchurch.org.uk/

https://www.facebook.com/BournvilleParishChurchStFrancisOfAssisi/

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https://www.weoleyhillchurch.org.uk/links.php

https://www.birminghamvineyard.com/

https://www.facebook.com/vineyardbham/

https://b30.foodbank.org.uk/

https://www.birminghamchurches.org.uk/news/

https://ctb30.org.uk/

CHURCH CONTACTS

For further details of worship and/or activities at any of the churches please contact the people below:

- St. Andrew's Methodist Church
  Revd. Farai Mapamula - 427 1747
- Bournville United Reformed Church
  Revd Leonora Jagessar - 472 0730
- Society of Friends, Bournville
  Claire Bowman - 07753 635438
  Room Hire, 471 2155
  annegiles57@gmail.com
- St. Francis Church, Bournville
  Rev Canon Richard Wharton - 472 7215
- Rowheath Pavilion Church
  Inter regnum
  Office - 458 1711.
- Society of Friends, Cotteridge
  Chris Martin - 475 2088
- The Cotteridge Church
  Revd. Mike Claridge - 433 5176
  Revd. Roger Collins - 459 4009
  or Church Office - 433 5518
- Ascension Stirchley
  Revd. Catherine Grylls - 443 1371
- Catholic Church of Ss Joseph and Helen
- Catholic Church of St Paul's
  Father David Barry - 458 1236

"Points" is published by Churches Together in Birmingham 30 for the exchange of ideas and news. Opinions do not necessarily reflect the official policy of the churches as a group or individually.

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Next Issue's Focus will be

Kindness

Deadline for articles: 17 November