



SPRING 08 NEWSLETTER

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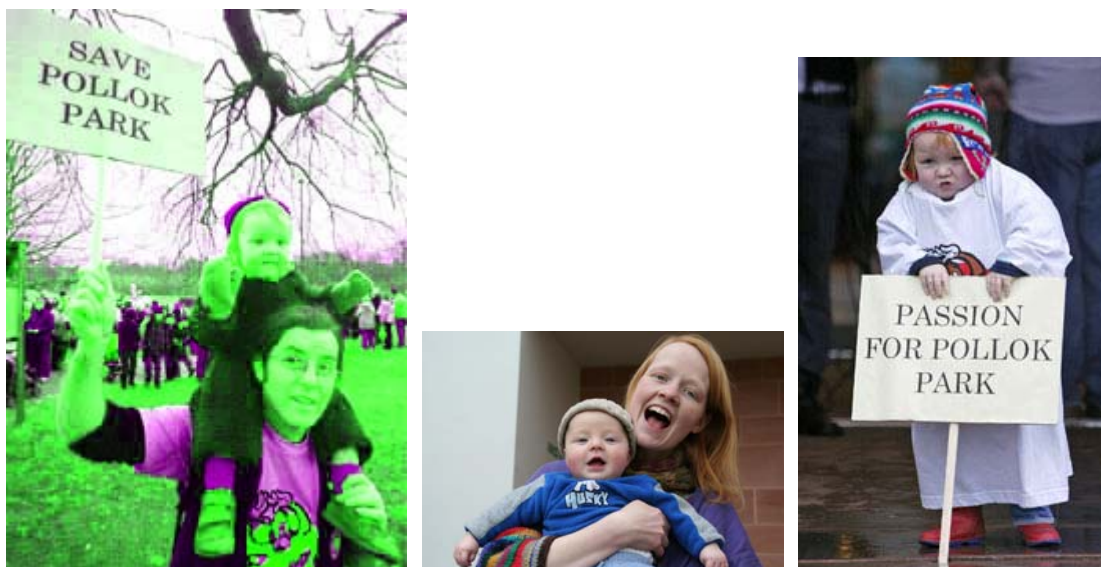
1. NOTE FROM THE EDITOR

Welcome to new members. This coming quarter year is filled with Bodhi related activities including a forthcoming residential workshop "Getting Real about Community", and two compassionate communication courses – one for beginners and the other for people who have completed a foundation course and want to learn how to creatively resolve conflicts. Another Permaculture Course with Ed Tyler in Argyll. Each quarter, I will be commissioning a personal profile article about a long standing member of Bodhi. This time we have the Alderslowes. Claralynn Nunamaker has offered to write a regular "Connection Corner" to help us hone our communication skills: the first one is about keeping to the facts – *Observation*. As we approach the possibility of buying land, our Finance Working Group has been weighing up the many ways of spending & investing money in land, communal buildings, infra-structure, houses. Several of our members are also involved in the Transition Network – a positive response to peak oil and climate change. I encourage all Bodhi members, wherever you are, to find out if there is a transition initiative in your area, and get involved in whatever way feels right for you. And if there isn't one, you could start one. There are now over 800 Transition Initiative around the world. So much is happening, our newsletter gives only an inkling. Please send your contributions for next Bodhi newsletter by the 30th July 2008

2. DATES FOR YOUR DIARY

Bodhi Events	Date: 2008	Location
Wesak – Bodhi Stall	10 th May	Tramway, Glasgow
Getting Real about Community	30/31 May 1 st Jun	Stroove House, near Largs
Compassionate Communication Introductory	7 th June	Blue Room, Monimail, near Cupar, Fife
Compassionate Communication Weekend	12-13 th July	Giffordtown Hall, Charlottetown, Ladybank, Fife
Mindful Living – Big Tent	26/27 th July	Falkland, Fife
Mediation & Conflict Resolution	23 rd August	Glasgow
Other Events	Date	Location
Towards Transition Glasgow	30 th April	8-10pm Rokpa House Glasgow
Roundwood Timber Framing Course with Ben Law	5 th May – 6 th June	Pestalozzi International Village, Hastings
Green Roof DIY Workshop	17 th May	Brighton
Hakomi Workshop	17/18 th May	Glasgow
Critical Mass Bike Ride	last friday in each month	5.30pm George Sq, Glasgow
Eco-Renovation Network	14 th May	Hillhead Library
Forest Gardening	21-22 June	
Eco Open Houses	28-29 June and 5-6 July 2008	Brighton
Permaculture Workshops	28 th June	Kilmartin House Museum
Practical Permaculture Gardening	5-6 th July	Brighton
Introduction to Permaculture	26-27 July	Brighton
Fruit Tree Grafting	9 th August	Brighton
Earth Rituals	26 th Sept to 3 rd August	Loch Voil, Trossochs

3. Bodhi Member Profile: THE ALDERSLOWES



Our name came from wondering what name to give our first child. After much contemplation we decided that the most equal thing would be to put our names together - Alderson and Lowe. And it is with equality that we try to continue our lives, despite outside pressures to change internal dynamics, we enjoy sharing as many of the tasks as we can (though Danny has never quite mastered breast-feeding!). Last September we were delighted by the birth of our second son, Luis Len Franti, 2 years after Robin Wiwa's grand entry to our world.

Indeed both our boys have activists' names, and both are showing their commitment to making the world a better place. Luis has been on several demonstrations already, and Robin is quite an old-hand at it! In the Save Pollok Park campaign he appeared in most of the National and local, Glasgow, Press, as well as the TV (so we are told, we dont have one).

Danny was a community gardener until last May when he was voted in as one of Glasgow's first Green Councillors, in Southside Central Ward. This is keeping him more than a little busy (though it is only supposed to be a part-time post), probably because of his dedication to people and campaigns which he has been supporting for years. In this role he has managed to sort out some ridiculous issue (over ownership of a front-step) for Gorbals Recycles which should open soon; and has brought new faces to many a table including the Govanhill Swimming Baths and the St Francis Centre (the busiest Southside community centre, which the council want to close down).

Lusi is always busy, starting up a local resident group (for our street), starting up an outdoor children's nursery (as a parents' cooperative) as an advance on the outdoor 'parent and toddler' type group she has been organising for 1.5 years. And of course she is still working for Bodhi, now as a volunteer on the finance working group.

The Alderslowes are all looking forward to the day that Bodhi buys land, and then the 'real work' can begin!!!

4. TRANSITION NETWORK MISSION

The mission of this embryonic charity is: to inspire, to encourage, to network, to support, and to train communities as they consider, adopt, adapt and implement the transition model in order to establish a Transition Initiative in their locale. The transition model emboldens communities to look peak oil and climate change squarely in the eye and unleash the collective genius of their own people to find the answers to this big question: for all those aspects of life that this community needs in order to sustain itself and thrive, how are we going to: significantly rebuild resilience (in response to peak oil) drastically reduce carbon emissions (in response to climate change)? Typically, self-determined solutions will involve some flavour of relocalisation. If there's not already a Transition Initiative in your area, you could start one with a few friends.

<http://transitionnetwork.org/Primer/TransitionInitiativesPrimer.pdf>

<http://transitiontowns.org/TransitionNetwork/TransitionNetwork>

Scottish Transition Network: Eva Schonveld: evaschonveld@yahoo.co.uk

5 VOLUNTEER OPPORTUNITIES WITH BODHI

There are many ways you can help with Bodhi. You could set-up your own local group and link it to the Transition Network. We need people to steward on our stall at forthcoming events – Wesak & Big Tent for starters. You could start a local “mindful living” group. Help with fund-raising. Participate in a Bodhi event. Learn Compassionate Communication (NVC), Learn Permaculture.....

6. BODHI FINANCE WORKING GROUP - Leilani van Koten.

In January of this year the Bodhi directors met at Wiston for a weekend of looking at.. finance and legal structures! This was generally seen as somewhat daunting at first, but we were ably assisted by Alec Walker, from Findhorn, who came to share his knowledge and experience – of what works and what to avoid.

Following on from this we created the Finance Working Group, to explore in detail the possible legal and financial structures that would best support establishing an eco-village. We are interested in the idea of establishing a Community Land Trust that would probably be structured as a Community Interest Company, Community Benefit Society or Limited Liability Partnership. This Trust would then own the land and build and own the houses, renting them out to the residents.

We are currently working on a detailed comparison of these different options in order to ascertain which is most appropriate to our situation. If anyone out there has knowledge in this area, any tips/help would be gratefully received!

In terms of trying to get a sense of how money flows in and out of your community you might also want to look at the New Economics Foundation 'Plugging the Leaks' project and website <http://www.pluggingtheleaks.org/>

Also a good little book with a whole section on DIY money and currencies is the Little Money Book by David Boyle available from Alasdair Sawday Publishing (<http://www.fragile-earth.com/>). If you want to borrow a copy let me know and I can pop it in the post.

A few weblinks from the book are:

<http://openmoney.info/>

<http://www.ithacahours.org/> (which Jonathan refers to in his article)

http://www.smallisbeautiful.org/local_currencies.html

7. THE CONNECTION CORNER - Claralynn Nunamaker

Just the Facts. Getting to "Yes" through Observation

How do you get to a place of "yes" in the middle of a disagreement? If you can clearly observe just the facts, both sides will be able to say, "Yes – that's true." You will create common ground where you are, for a moment, in agreement.

The key to making an observation is to remove your interpretations and evaluations. Leave out your judgment or criticism. Judgmental words or labels like wrong or bad (there are plenty more!) are not observation language. Likewise, leave out words that convey criticism – stupid, silly, insensitive, etc. Even words like always, never, hardly ever, or rarely can easily help create more friction.

Stay with what is observable. What words were spoken? What was actually done? When someone comes home at 1 a.m., simply observe "He came home at 1 a.m." Leave out the "really late" and "again." Leave out the "He never thinks about any one else." Leave out "Doesn't he know I have to get up at 6 a.m.?"

One helpful trick when making an observation is to think in terms of what a video camera would record. The camera has both sight and sound, so it can record that *He came home at 1 a.m. and was singing*. If it's helpful, go back to what was recorded on up to three previous occasions, e.g. "He came home a 1 a.m. each night this week."

If you do include previous occasions, please heed this important caution -- stay with only 1-3 examples. This is so you don't overwhelm the other person. I can hear and pretty easily agree with "You came home at 1 a.m., Monday, Tuesday and Friday night." In contrast, I'll probably start to withdraw or feel irritation if someone says, "You came home at 1 a.m. Monday, Tuesday and Friday night this week, last week, the week before that, and each night between Christmas and New Year's..." You get the idea?

Another helpful hint is to think of yourself as a witness in a court of law. Every time you add a word that's coloured with judgment or interpretation, let the solicitor's voice remind you to stay with just the facts. "It was unbelievably late!" If you look at just the facts, it becomes "It was 1 a.m."

A true observation will usually sound boring. And it can *feel* boring. It will also usually be pretty short, often under 15 words. If it leaves out a lot of things you'd really love to get in there, just remember there's something even more satisfying and important - finding that place where you can both say "Yes."

Claralynn Nunamaker is an NVC trainer candidate based in Fife. Her Connection Corner aims to help you communication more compassionately with yourself and others. The ideas are based on the work of Marshall Rosenberg and the Center for Nonviolent Communication. www.cnvc.org Please send your comments, suggestions and questions to Claralynn at claralynn@CompassionateCommunication.org.uk

8. BODHI YAHOO GROUP

Just to let folk know, we have a yahoo e-mail group to allow networking among Bodhi supporters. It is described as follows: 'Keeping Bodhi members in touch. Can be used as a forum for discussion, exchange of information and arranging meetings and events.' Go to: groups.yahoo.com/group/bodhi-eco-project/ to join up, or e-mail me and I'll send out a yahoo invitation: leilani@dsl.pipex.com. I hope to be networking with you soon!

9. AFFORDABLE HOUSING – Lusi Alderslowe

You may have read about Steve James' straw bale house in the press. It cost him £4,000 to build. The Big Issue, who describe it as a 'Hobbit Home' wonder whether homes like this could solve the affordable housing crisis in Scotland. Of course, we know that it is not the cost of the home, but the cost of the land in a location likely to get planning permission, which is so prohibitive. Steve points out that if every man, woman and child in Scotland (about 5,125,000 people) had a home and garden like his then it would take up an area equivalent to a circle with a 20 mile diameter! That is about the size of Glasgow! Of course there would be no space for roads, parks, commerce or industry if squeezed into such a tight circle, but who would want to live so close together when we could so pleasantly spread ourselves!

Isn't it strange that so many people are literally living on top of one another in highly unsustainable homes, in dampness and fuel poverty with little access to green spaces, whilst this could be solved by some quality changes to the planning regulations, and peoples' habits? Hopefully Glasgow's Green Councillors will see their motion passed in the City Chambers which wants to make zero-carbon housing standard in Scotland's largest city (this means super insulated, passive solar gain, and a heat exchanger on ventilation so no heating required! These are being built in Germany).

Sadly, Steve hasn't got planning permission for his home, and is in conversation with the planning authorities about what to do with it. He is considering opening it up to the public as an educational centre. Somewhere that people could come and learn many of his skills in constructing such a wonderful example of a solution to so many of today's problems. From timber construction, to water recycling and sloping green roofs to DIY off-grid power supplies. Check out his website at www.envisioneer.net.

10. EVENTS IN DETAIL

WESAK CELEBRATION – HIDDEN GARDENS

10th May in Tramway, Glasgow 10am to 5pm. Our stalls at this annual pan-Buddhist celebration of the Buddha's enlightenment have been a real highlight of our outreach activities over the last couple of years. For quite a number of bodhi supporters, the stall has been their first point of contact. The theme of this year's Wesak is generosity. Giving is a natural expression of our connectedness with each other; it not only adds to the wellbeing of others, but can also greatly enrich the giver. I have been asked to take part in a panel discussion on the theme, so I will be there; but we urgently need volunteers to help with the stall. Hopefully you would have time to enjoy some of the programme and stalls . Please ring us on 0141 946 8096 if you can help with the stall. www.thehiddengardens.org.uk

11.00 Opening procession followed by **welcomes, offerings, chanting**

12.00 Meditation (Tramway 4) **Storytelling for children** (Yurt)

12.30 Dana - donation of lunch (Boilerhouse)

1.45 Meditation (Tramway 4) **Walking meditation** (The Rill)

Drumming workshop for children of all ages (on lawn – or in Yurt if wet)

2.30 Symposium: Generosity (Tramway 4) Ven Rewatha (Maryhill Buddhist Vihara), Karl Kaliski (Cloud Water Zen Group) and Dharmacarani Ratnadevi (Western Buddhist Order). Short talks, discussion and audience Q+A. Chaired by Prof Perry Schmidt-Leukel, Professor of Systematic Theology and Religious Studies, University of Glasgow

4.00 Closing ritual (under ginko tree – Tramway 4 if wet)

With an ancient Buddhist chant: 'SABBE SATTA SUKHI HONTU' – may all beings be happy. Let's hear it in as many languages as possible! We'll end with a brief recitation of some of the Buddha's words on loving kindness.

ECO-RENOVATION NETWORK

May 14th 7.30pm. Hillhead Library

Nigel Griffiths has written the recently-published Haynes Eco-House Manual. This will be an excellent opportunity to ask all your eco-renovation questions to an expert in the field. All events are free and refreshments will be provided. There will be a chance for discussion and questions after the talks

HAKOMI WORKSHOP 17TH and 18TH MAY '08

Workshop being organised in Glasgow with **T. Flint Sparks Ph.D, Zen Buddhist priest, psychologist and Hakomi teacher** from Texas, who serves at the Austin Zen Centre. <http://www.flintsparks.com/fs/welcome.htm>

Details and venue to be confirmed, but we will be weaving together meditation practise and the Hakomi Method. This looks like a rare opportunity to work with a very accomplished teacher. Possible themes are 'Reweaving the Fabric of Community' and 'Loving Presence and Mindfulness in Community'. Hakomi is an experiential bodymind therapy based on using mindfulness for assisted self-study. <http://www.hakomi.ca/>

Diarmid says this of his training experience with Flint: 'Flint is one of those precious human beings who embody what they teach, one of those beaming Zen guys who light up the room when they enter and calm you down with a simple smile. Through his work Flint gracefully unites spiritual depth and psychological understanding.'

For more info contact Diarmid: diarmidbaillie@gmail.com

BODHI SPRING RESIDENTIAL – GETTING REAL ABOUT COMMUNITY

30th31st May, 1st June 2008 at Stroove House near Wymes Bay

For all Bodhi Supporters, family & friends. This will be an Open Space Event where the agenda is created by the people who come. This weekend will be co-facilitated by Leilani Van Koten and Justin Kenrick. Children are very welcome and creche facilities will be provided. Places are limited to 30 people so early booking is recommended. Please send a deposit of £20 and fill in the form below. As a non-profit charity we invite donations based on generosity – we estimate that the average cost of the weekend will be about £60 to £70. Please make cheques payable to **“Bodhi”** and send to: **Larry Butler, 14 Garrioch Drive, Glasgow G20 8RS,**

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I would like to attend the Bodhi Spring Residential 30May to 1st June 2008

Name _____

Address _____

_____ PostCode _____

Email _____

Tel _____

Special needs such as diet or access: _____

Do you need a lift? Yes / No Can you offer a lift? Yes / No
If yes, how many seats? _____

The Big Tent Festival, 26th and 27th of July

The Big Tent is a weekend of celebration, music and creativity which champions the work of the environmental movement. A diverse cast of artisans, musicians and performers from all over the world come together against the beautiful backdrop of Falkland Palace. An Eco Campsite is added this year as well as a Food Village featuring local and organic food and a folk music tent. There will also be zones featuring environmental lifestyle, renewable energy, holistic therapies and treatments as well as a fantastic children's area. <http://www.bigtentfestival.co.uk/> Bodhi will be hosting a tent on the theme of “mindful living” – we need volunteers to look after the stall. Please contact Larry or Ratnadevi if you can help (0141 946 8096)

PERMACULTURE - Argyll

I now have details of the next Permaculture Introduction Day and full Permaculture Design Course. The Introduction Day will be held at Kilmartin House Museum on Saturday 28 June 10-4pm at a cost of £20. It is recommended that students attend this day as not only is it an introduction to the wide subject of Permaculture but also to Ed Tyler and his approach to teaching the course. Ed is a Diploma holder in Applied Permaculture Design and has taught the Permaculture Design Course at Kilmartin House Museum for the past three years. He has an informal, hands-on, teamwork approach and a great camaraderie develops as each module progresses. The 72 hour Design Course is run in modular form over five months at weekends, starting in August. Each day is run from 10-6pm and Ed tries to incorporate a walk in the landscape every day. The course prepares a meal together on the Saturday evening, giving students time to relax together, though this is not compulsory! Each module costs £50 for tuition. Accommodation is available at a nearby bothy for £10 per night.

Preference will be given to those attending the Introduction Day when booking the Full Design Course. You may wish to view Ed's new blog

www.edwardtyler.wordpress.com Also, for the dates for the diary in the newsletter- Ed has a a new website/blog - check it out. <http://edwardtyler.wordpress.com/>

The next course dates are as follows:

28th June '08 - Introduction to Permaculture
30th & 31st August '08 - Module 1
27th & 28th September '08 - Module 2
25th & 26th October '08 - Module 3
29th & 30th November '08 - Module 4
31st Jan & 1st Feb '08 - Module 5

Please contact Sally Wilkin at Kilmartin House Museum for bookings/further enquiries
sally@kilmartin.org

FUTURE EVENTS AT THE AVALACH CENTRE FOR PLANT STUDY 2008

OPEN DAYS – SATURDAYS: 3RD MAY, 28TH JUNE & 30TH AUGUST

Includes guided Herb walk around the farm, free vegan food and herb tea tasting. 12 noon – 5pm With Maureen & Keith Robertson Medical Herbalists
DRIMLABARRA HERB FARM, KILDONAN, ISLE OF ARRAN TEL 01770 820 338
keithandmo@tiscali.co.uk

The plant study weekends look fantastic - 'let nature be your teacher' (what a great quote) - full of information and yet lots of time to spend with plants looking at thier detail and admiring them. I did a plant study with these hosts once, it was a fantastic time to connect, including intuitive painting, and meditation with the plant. It was really energising and re-connecting.

It looks set to be an exciting time to be involved in the volunteer work weeks too, since this will be a new beginning as the first time these have ever been offered on this vegan, organic farm. Check it out!

COMPASSIONATE COMMUNICATION - Introductory session

Sat 7th June 2 pm – 4 pm

The Blue Room, Monimail Tower, Monimail, Near Cupar, Fife.
Suggested donation £3 - £5.

Weekend workshop:

Sat 12th and Sun 13th July, 9-30 am – 4-30 pm

Giffordtown Hall, Charlottetown, near Ladybank, Fife. Facilitated by Claralynn Nunamaker, trainer candidate in NVC. Information about Nonviolent Communication (NVC) can be found at the Center for Nonviolent Communication, www.cnvc.org.

Compassionate Communication helps connect us with what is alive in ourselves and in others moment-to-moment, cutting to the heart of what we presently feel and need, and helping us to articulate that skilfully. The skills presented in this workshop are based on Nonviolent Communication (NVC), developed by Marshall Rosenberg. The focus is on enriching life and our sense of connection with each other as we are now. These workshops can be challenging, fun and can create a deep sense of connection.

Bodhi Eco-Project strongly values deep, effective and heartfelt communication and holds the development of such skills as a central criteria for full membership of the project and residency in our village. Bodhi supporters will receive a discount of £10 for the weekend. To become a Bodhi supporter, and to learn more about the project visit bodhi-eco-project.org.uk.

Recommended reading: To get the most out of the weekend workshop attendees are recommended to read Marshall Rosenberg's book '**Nonviolent Communication: a Language of Life**'.

Cost of weekend course:

For people without NVC experience: £55 / £45 for Bodhi supporters.

For people with some NVC experience who would like to use this as a refresher: £40 / £30 for Bodhi supporters.

Please bring food to share for lunch. Tea and coffee will be provided.

Directions: Monimail is west of Cupar and Giffordtown is near Ladybank in Fife. Lifts from Ladybank train station available on request.

To book: For the introductory session please e-mail leilani@dsl.pipex.com to book a place. For the weekend workshop please complete the form below and send a deposit of £20 to: Leilani van Koten, Monimail Cottage, Monimail, Cupar, Fife, KY15 7RJ. Please make cheques payable to 'Bodhi'.

NAME:

ADDRESS:

EMAIL:

PHONE NUMBER:

**ONE SMALL STEP -- MEDIATION & RESOLVING CONFLICT USING
COMPASSIONATE COMMUNICATION**

Saturday 23rd August, 9:30-4:30pm in Glasgow (venue tbc)

This workshop is for people who have already done a foundation training in compassionate communication. We will learn to focus on and connect at the level of needs, creating the groundwork for taking the first steps in resolving conflict and disagreement. We'll review the basics of Nonviolent Communication, and explore how to apply NVC in mediation situations.

Compassionate Communication is based on the work of Nonviolent Communication, developed by Marshall Rosenberg and the Center for Nonviolent Communication, www.cnvc.org. To book a place send a £10 deposit payable to Bodhi

GREEN ROOF DIY WORKSHOP

17 May 2008 - NOW TAKING BOOKINGS

Learn about green roofs and how to build one for your garden shed. Run in partnership between Brighton and Hove Building Green and Brighton Permaculture Trust. Full details and bookings at: www.brightonpermaculture.co.uk

CODE FOR SUSTAINABLE HOMES CONFERENCE

22 April 2008 – 930am to 4pm – NOW TAKING BOOKINGS

Find out about new legislation to make all new houses lower carbon – a one-day conference run by Low Carbon Trust in association with RIBA Southeast. Further details at: <http://www.lowcarbon.co.uk/events/code-for-sustainable-homes-conference>

BRIGHTON PERMACULTURE TRUST
COURSES AND EVENTS April – August 2008

For full details and bookings please visit: www.brightonpermaculture.co.uk

ECO OPEN HOUSES

28-29 June and 5-6 July 2008

A joint project between Brighton Permaculture Trust, Low Carbon Trust and Brighton & Hove City Council. Full details of the event will be announced in May. See: www.ecoopenhouses.org

Has your house got any eco features? Would you be willing to open it as part of the event? If so please see full details at: www.ecoopenhouses.org

FOREST GARDENING - A two-day course

How to grow fruit, nuts, salads and perennial vegetables as a low maintenance, highly productive garden ecosystem. Includes a site visit.

21-22 June 2008 - NOW TAKING BOOKINGS

PRACTICAL PERMACULTURE GARDENING - A two-day course

This course explores how Permaculture Principles can be applied to create beautiful, productive and wildlife-friendly gardens.

5-6 July 2008 - NOW TAKING BOOKINGS

For full details and bookings please visit: www.brightonpermaculture.co.uk

FRUIT TREE GRAFTING - A one-day course

Learn how to propagate fruit trees by grafting on this practical course.

9 August 2008 - NOW TAKING BOOKINGS

For full details and bookings please visit: www.brightonpermaculture.co.uk

Please help us to publicise our courses and events where possible. Please refer people to our website, from where we can be contacted. Please do not publish our email address as this leads to fraudulent use and excessive spam

VOLUNTEERING WITH BRIGHTON PERMACULTURE TRUST

We carry out practical gardening and landscape work in our orchards and plot at Stanmer and also in school grounds. There are also volunteering opportunities helping run courses and helping with admin. If you are interested in volunteering for Brighton Permaculture Trust please contact us via the web site:

www.brightonpermaculture.co.uk

ROUNDWOOD TIMBER FRAMING COURSE WITH BEN LAW

5 May - 6 June 2008, Pestalozzi International Village, Hastings.

<http://www.pestalozzi.org.uk/EVENTS/>

EARTHSHIP BRIGHTON TOURS BY LOW CARBON TRUST

Regular tours. For details please visit: www.lowcarbon.co.uk

EARTH RITUALS

Sept 26 – Oct 3

Led by Larry Butler; Ratnadevi & Siddhisambhava. This retreat offers a nourishing combination of yoga, chi kung and meditation to re-centre ourselves and enjoy a felt sense of connectedness with all the elements (earth, water, fire, air and space) and with each other. The retreat may well give rise to the inspiration for personal and/or global change and there will be opportunities to design our own, creative rituals to support these changes. Getting out of the rut of old behaviour patterns can be hard; the power and fascination of ritual helps to establish new habits in our lives that are conducive to making our dreams come true.

Dhanakosa operates on the basis of generosity, seeking not to exclude anyone on account of individual financial circumstances. However, all of our income comes from donations made by friends and visitors such as yourselves, so we ask you to make a donation towards the running of the retreat centre. Suggested donations for 2007 are as follows Suggested donation for a week: **£315** waged, **£235** low wage, **£155** unwaged

DHANAKOSA Buddhist Retreat Centre, Balquhiddy, Lochearnhead, FK19 8PQ,
01877 384 213 E-mail: info@dhanakosa.com www.dhanakosa.com

11. FLAPJACK RECIPE

It was good to meet you all at the NVC workshop in Glasgow at the weekend. Some of you asked for the flapjack recipe. This comes from The Cranks Recipe Book. So here it is as printed in the book:

Butter or margarine 5 oz. (150 g)
Raw brown sugar 3 oz. (75 g)
Black treacle or black molasses 3 oz. (75 g)
Porridge oats 8 oz. (225 g.)
Salt, pinch

Melt the butter, sugar and treacle in a pan - do not let it boil. Mix in the oats and salt and stir thoroughly. Press into an 8" (20 cm) square tin and smooth over the surface with a palette knife. Bake in the oven at 190 C (375 F/Mark 5) for 25-30 minutes, until set and golden brown. mark into portions while still warm, then leave to cool on a wire tray. Store in an airtight tin.

Makes 12 pieces.

I hardly ever follow a book recipe exactly. I used sunflower oil instead of butter - lower cholesterol, vegan, etc. I put a few nuts in.

The important thing is to get the right balance between dry stuff and sticky stuff, or the flapjacks will fall apart.

This stuff is high in fat, sugar, carbohydrate, etc. You have been warned!

With best wishes,

Peter Bennett

Please send your contributions for next Bodhi newsletter by the 30th July 2008

info@bodhi-eco-project.org.uk
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Glasgow G20 8RS

www.bodhi-eco-project.org.uk

Charity#: SCO37550