

SOUTH EAST ESSEX ORGANIC GARDENERS

NEWSLETTER NO: 134 – JULY 2017

<http://seeog.org.uk/>

<https://www.facebook.com/groups/43705483846/>



SEEEOG was formed in 1994, to promote the principles of organic gardening by:
Composting organic waste
Protecting wildlife
Reducing pollution
Encouraging species diversity



Soil Association

Membership is currently £8.00 per annum, £12.00 family.

Is your local school a member of SEEEOG? If not, we offer free membership on receipt of application form!

Venue, notes etc.

Please use the entrance in Prittlewell Chase, Westcliff-on-Sea SS0 9AG (corner of Fairfax Drive and Prittlewell Chase). Our speakers start at 20:00 sharp, but Growing Together is always open from 19:00 to prepare the room, etc.

Please notify Graham Oster-Ritter if you wish to receive your newsletter by post/email, or change your email address: grahamoster@btinternet.com

For future reference, our newsletter copy 'deadlines' for 2017 are as follows:

September	-	Friday 25 August
November	-	Friday 27 October
January	-	Friday 22 December

May meeting

Jeff looked at the concepts of "green" and "organic" through time: people`s sense of self and place in the world from earliest of times as social evolution of humans and how they interacted within the natural world whilst hardly differentiating themselves from it. History implies that we gathered, cultivated, had oral culture, then later developed manuscript to devolve knowledge but it also separated/divided the social community. The loss of a green ethic that was intrinsic to living begins the processes of destruction of natural systems. This was compounded by the emergence of "enlightenment" views of the importance of the individual sense of self in the world. With industrialism, there is ever more fragmentation of the natural world and climatic consequences of this on top of cyclical dynamics of the Earth itself.

Jeff seems to be pursuing the depth of these concepts "green" and "organic" to rebalance them for our times.

Looking to Thoreau, Alcott, Romantics, geographers like Kropotkin, Reclus, and perhaps most importantly Humboldt with his amazing work, Kosmos (The Invention of Nature - Andrea Wulf). along with ecological poets like John Clare we see some of the momentum to rethink through scientific knowledge (Teaming with Microbes - Lowenfels and Lewis) that show the immense complexity of living soils and ecosystems that become fragile and destroyed by Pharma farming (see PAN UK and US). Organic growers revere the soil and our dependency upon it; only worms make it (Charles Darwin - worms and vegetable mould).

We need to be wary of "blood and land" stances on organics, the Nazi and Fascist survivalists and supra nationalists that is the stuff of Margaret Atwood – The Handmaid`s Tale.

We need to thank Jeff for this romp through time to enable us to reflect upon what we need to carry on doing and focus our energies to promote and provoke change.

SEEEOG stall at Leigh Road Baptist Church

When we arrived to set up, the church hall and garden had been transformed into a hive of gardening activity. Inside there were crafters a-plenty, including the notorious The Craft Club Workshops-Wool-Yarnbombs selling their wares and art on show from Metal Southend. As the bellies rumbled the All Fired Up wood fired pizza was on hand to quell the hunger pangs. It was a wonderful event with so many visitors, especially at the SEEEOG stall, which was busy throughout the event! The Church raised

over £1,500 towards their BUILD fund. Special thanks must go to Jane and Sharon for the work they put into this event. See our photo at <http://seeog.org.uk/>
<http://www.lrbc.org.uk/living/projects.php>

SEEOG stall at Essex Schools Food & Farming Day, Writtle College

By 07:30 the Writtle team (Ane and Ron, Carole and Vic, Jane and Sharon) were well on their way to Writtle, apart from Jane who managed an earlier arrival in time for a good breakfast in the canteen! The weather was cool and breezy this year. The ground was a little churned up when we arrived, which meant we had to park a little way from our marquee – there was much lugging of plants, tubs and general SEEOG paraphernalia! We were told to expect around 3,000 children from 63 schools at 09:45.

As with last year, we simply couldn't imagine it was possible. How could that many people filter through five marquees in four hours and get anything out of the event? After a good start, we were constantly on our feet talking to children, teachers and some helpers/parents.

This year we were in the Crops Zone and had brought quite a few plants in pots and tubs, including potatoes, broad beans, lettuce and tomato plants, including some herbs. We also took a compost display, complete with our trusty worms, showing three basic stages of compost making.

The event ended at 14:30 and we eventually arrived home around 17:00. Well worth attending – there are a few photos on our website, so do have a look.
<http://seeog.org.uk/>

With grateful thanks to everyone who made this visit such a success

Visit to Kings Seeds

The visit to Kings Seeds was one of the most interesting mornings I have had for a long time; the field of Spencer Wave Mixed Sweet Peas are breathtaking. Peter Miller took us through the history of the company and the how the seed was processed. Some of the seed dressing machines are over a hundred years old. Have a look at our photos at <http://seeog.org.uk/>
Phil

SEEOG GROUP NIGHTS

Monday 17 July: SEEOG AGM at 19:30, followed by 'The Future of Organic Seed' at 20:00

AGENDA

1. Apologies for absence
2. Minutes of last AGM
3. Chairman's Report
4. Treasurer's Report
5. Election of Officers
6. Election of Committee Members
7. Any other business

'The Future of Organic Seed' by Colin Turner, Seekay Horticultural Supplies, Shoeburyness

Flux and uncertainty? New legislation?

What does the future hold for the UK's organic produce and the ability to purchase seed at realistic prices? <http://seekay.co.uk/>

Monday 18 September

Tracy Mackness, The Giggly Pig Company

As Tracy Mackness describes in her website, she is an Essex bad girl turned good. She is now the owner of the successful "farm to fork" Giggly Pig Company, with its distinctive pink and black vans and its slogan "No fat or crap in our sausages!" She is passionate about pigs, farming and the challenges of running a small business. She has also written a book about her past called 'Jail Bird: The Life and Crimes of an Essex Bad Girl'. <http://www.gigglypig.co.uk/index.html>

Monday 20 November

John Little, Green Roof Shelters

Green Roof Shelters Ltd brings together some of the foremost experts in green roofs planted for biodiversity, designing habitat creation and low maintenance native planting, alongside designers experienced in producing buildings, structures, and retrofit products that enhance our environment. These include John Little, Dusty Gedge, Dan Monck, Duncan Kramer. <http://greenroofshelters.co.uk/>

OTHER FORTHCOMING EVENTS

Monday 24 July: Summer Term - Leigh Community Centre, 13:00 to 15:00

£4 per child (suitable for ages 4+)

Come along for a 2-hour workshop organised by South East Essex Organic Gardeners.

Don't forget to bring an apron or old over-shirt as you may get mucky!

Tickets need to be purchased prior to the event. To reserve a space, call 01702 477248 or email enquiries@leighcommunitycentre.com

Tickets can be held for up to 4 days.

Tickets are non-refundable.

Parental supervision is required at all times.

Saturday 12 August, 10:00: Visit to walled garden at Riffhams (kindly arranged by SEEOG member Phil Fawcett)

The address is Graces Lane, Little Baddow, Chelmsford, CM3 4AX. There's full information on the estate at <https://historicengland.org.uk/listing/the-list/list-entry/1000239>

This is a visit using car share. If you wish to give or receive a lift, please contact Carole.

'About eighteen months ago I was fortunate enough to start working in the walled garden at Riffhams. The house and garden were built in 1815 and designed by Sir Humphry Repton. The walled garden had been left fallow for many years before I started; It had been kept weed-free, the soil was left bare, so soil conditions are very poor. I have started to improve it by digging in humus and green manure plants. Part of the garden I have planted with wild flowers and made a bee garden with three bee hives. I have planted a fruit garden and the rest is formal vegetables.'

Phil

Sunday 20 August, 14:00: Westcliff Land Cultivation Society's Summer Show at Springfield Drive Allotments, Westcliff-on-Sea

Free admission, barbecue, plants and produce, stalls, teas, bric-a-brac, raffle and live music

Sunday 3 September, 11:00 - 15:00: Manchester Drive Allotment Society Open Day

Manchester Drive (opposite Cricketfield Grove), Leigh-on-Sea, SS9 3EZ

Free admission – there'll be plenty to see and do. As usual, hoping for good weather and lovely music!

Walking Together 2017 sponsored walk: Saturday 16 September, 09:00

Trust Links invites you to join them for their annual sponsored walk to raise funds to allow them to continue to deliver support services for people in the local area with mental health problems. The 8.5 mile walk will start and finish at their 'Growing Together Rochford' site and will take in the picturesque countryside, mudflats and wildlife alongside the River Crouch. To register for the walk, or for more details, please contact communications@trustlinks.org or call 01702 213134.

Saturday 7 October: Apple Day, 11:00 - 14:00

St Laurence Orchard, Eastwoodbury Lane (at the junction with St. Laurence Way), Southend SS2 6UY

Farmers' Markets 2017

These are the two markets where we have a stall and always appreciate help, produce and plants where available! We would like to put a request in now for seasonal produce/products/gifts to sell at the December markets – even bird boxes, planters, etc?

Leigh-on-Sea Town Council's Farmers' Market at Leigh Community Centre, 71-73 Elm Road, Leigh-on-Sea, 09:00 to 12:00, apart from December (08:30)

Friday on 21 July, 18 August, 15 September, 20 October, 17 November and Saturday 23 December

<https://www.facebook.com/events/1818935024986153/>

Rochford at the WI Hall, West Street, 09:30 to 12:00

Saturdays on 1 July, 5 August, 2 September, 7 October, 4 November and 2 December

<https://www.facebook.com/rochfordfarmersmarket>

NEWS

Allotment Bird Survey 2016

More at <http://seeog.org.uk/2016/01/seeog-allotment-birdtrack-2016/>

For more information, please email ga.adamson@gmail.com

Allotment news

National Allotments Week 2017: 14 to 20 August

What are you doing for National Allotments Week? This year, their theme is "Growing the Movement" - a celebration of all the hard work put in by voluntary association management committees, plotheaders volunteers and councils managing, creating, developing and safeguarding sites. So let's tell the world about our thriving movement; they want to hear about new sites, site regeneration and innovative projects across the UK to include in their National Allotments Week press release. Please email diane@nsalg.org.uk with details.

Crapes Fruit Farm: mid-year update

A few fresher days to end June are most welcome after the long period of sunshine and the good growing temperatures which matched, nicely, the earlier rainfall. The 3.5m well on the premises still measures a level of 1.3m - not bad for here at the end of June.

The June drop is in progress. Some breezy days will help shake off the failing fruits.

The chilly winds after blossom have left our quince trees without fruit; most have fallen off, as with the cherries, also. Plums are looking fine. To date, we have not seen any hail stones here.

At the moment, those of you local to Crapes will find raspberries, apple Juice and the beginnings of our new seasonal vegetables. We are again delivering whatever is available around Colchester each Friday. Should have news of the first plums come mid-July!

Ben's Diploma site is at: <http://dreadbensdiploma.weebly.com/index.html> - just hover over Projects at the top of the screen to view each of one.

Garden Organic news

1. Vic and Carole journeyed up to Doddington Hall & Gardens in Lincolnshire for Garden Organic's AGM back in May. The Members' Day programme included the President's Address (Tim Lang, Garden Organic President and Professor of Food Policy) and the keynote speech (inspiring the next generation of the Food Growing Schools) by Chris Collins, Head of Organic Horticulture. Tim Lang said that UK gardeners need to wise up about Brexit - lots of controls and processes to change? See <http://seeog.org.uk/2017/05/garden-organics-agm/>

2. EU petition to ban glyphosate gathers over 1m signatures

With over a million signatures on the petition, the ECI organisers can now call on the European Commission to respect the signatories' demands. This could include refusing a new licence for glyphosate. Currently the licence runs out at the end of 2017, after a temporary renewal last year for just 18 months.

Garden Organic has been at the heart of the campaign to ban glyphosate. Gardeners do not need to use such toxic chemicals when dealing with weeds. For further information on the subject see [Glyphosate - the Debate.](http://www.gardenorganic.org.uk/news/eu-petition-ban-glyphosate-gathers-over-1m-signatures)

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3. Principles of Organic Gardening

The essence of organic growing is to work within natural systems and cycles. The basic principle is that the soil is as important as the plants it supports. Their booklet, *The Principles of Organic Growing*, describes the organic approach to gardening - what to do and what to avoid. After the Introduction, they list the five pillars of organic gardening and describe the thinking behind them.

<http://www.gardenorganic.org.uk/principles>

GM news

ChemChina completes Syngenta takeover, targets emerging markets
Chinese state player wants to double the size of the Swiss agrochemical giant

EXCERPT: "Developing countries around the world, including China, need Syngenta for its technology, for its products and for its services," [ChemChina Chairman Ren Jianxin] said. "India is another major growth market with a huge population ... and I believe Africa will be the other major growth market for Syngenta," he added.

<http://www.gmwatch.org/en/news/latest-news/17703-chemchina-completes-syngenta-takeover-targets-emerging-markets>

Lauriston Farm

Their share offer closed on 24 May and everyone has given such incredible support to their Social Farming Initiative and in total has invested £30,870. In addition, during the share offer they received grants totalling £15,000 which means the total funds they raised were £45,870 against a target of £35,000. They say that they are completely humbled by this.

Their First Steps

With this achievement they have been able to submit their preliminary application for LEADER funding for the new food quality kitchen, boot/changing room, enlarged meeting/eating room and a heritage educational room/weavery. They have applied for 80% funding for these buildings, which their charitable status allows. If they pass this initial stage they have to submit a full application by early July for a decision on 14 September.

They cannot start any building work (which they think will take one month) before this decision so they have decided to aim for a mid-October start for the Social Farming Day Experiences for adults with mild to moderate learning difficulties. They are adjusting the business plan to reflect this and will be publishing this revision shortly. They are still aiming to be full with thirty participants a week by the end of March next year.

In the lead up to the October start date they will be holding a series of 'taster days' hopefully to attract potential participants and organisations who may want to work with them. They will be publicising these dates in the next couple of weeks.

If they are unsuccessful with LEADER funding then they will scale back the building work to achieve the food quality kitchen, boot room and new enlarged meeting/eating room.

In the meantime, they have started work on the business planning with the Society becoming registered with HMRC and the first wages being drawn down for the Social Farming Project Manager and biodynamic apprentice from the start of July.

They are currently interviewing for a replacement to fill Eelco's farming boots and have been blessed with some truly wonderful applications. Once this position has been filled in the next two weeks they will be able to start planning the arrival of the pigs, chickens and also make a start on next year's vegetable growing.

You can keep yourself updated by going to their website at <http://www.lauristonfarm.co.uk/>

Manure/Compost

This information is now on our website, apart from updates, of course, which we trust won't inconvenience too many people.

Members' contributions

1. Are Backyard Gardens a Weapon Against Climate Change?

We already know that backyard gardens are great fun, they can provide the freshest produce and that gardening as a child has lasting effects - but what about their impact on the environment?

<http://modernfarmer.com/2016/10/backyard-gardens-climate-change/>

2. Fancy a break? An all-round green experience? If you wish to recharge and get away from the hustle and bustle of city life, this is the place for you. Silence is here only interrupted by the sounds of nature. At night you will sleep really tight and in the morning you will feel perfectly re-energized. This is also a place to detox by eating organic and living green. Gozo Green Living is situated in a quiet, bucolic area on the outskirts of Qala (Island of Gozo, Malta), at walking distance from some of Gozo's most

enchanting beaches, yet at 10-minutes' walk from the main square and all village amenities. You can read the full text by visiting their website at <http://seeog.org.uk/2017/05/gozo-green-living/>

3. Birds & Bees: A farming philosophy that puts wildlife first!

Birds and Bees actually started life ten years ago as a project to create some space on their farm for wildlife. Back then, everyone was farming to the edge of every field; great for farming yields, but not so good for birds, bees and butterflies which had nowhere left to live. Ten years later, they have over 150 acres of land dedicated to wildlife, home to thousands of species. Every year they make the farm better for wildlife, but they realised that to make a bigger difference they needed to encourage more people to look after birds and bees in their own gardens, and more farmers to farm in a wildlife friendly way. And with that, Birds and Bees were born. Watch their video to find out more...

<http://www.birdsandbees.co.uk/about-us-pgid216.html>

4. Compost Rocks!

Join dirtgirl, scrapboy and Costa the garden gnome and find out how Compost Rocks the world! Head here for FREE fun for the whole family.

<http://www.dirtgirlworld.com/>

5. The Beautiful Upside of Ugly Produce

How Canadian project the Misfits has expanded to 300 US stores, making ugly produce successful for shoppers and retailers alike.

<http://civileats.com/2017/05/11/the-beautiful-upside-of-ugly-produce/>

6. Settlements by David Spero

Settlements is a photographic record of a small number of communities and individuals, based in Britain, who are building and exploring alternative land-based, low impact ways of living. Taken between 2004 and 2015, the photographs chart a period in their evolution and growth seen through homes, infrastructure and community portraits. They reveal a way of life that challenges the mainstream, suggesting different narratives for the future and contributing to our collective imagination.

Please visit www.davidspero.co.uk for more information or to buy a copy.

7. Doctor: Plant Two Vegetable Plots and Call Me in the Morning

Gardening isn't just a way to pass the time: There are basically endless benefits from attending to a garden, from rising property values to providing delicious fresh produce. A UK think tank called The King's Fund takes those a step further, urging doctors to actually prescribe gardening to patients.

<http://modernfarmer.com/2016/05/healthy-garden/>

8. Phillyrea has been out of favour a long time – this piece about the plant by Mary Keen is from 2004, encouraging gardeners to try it out. But those 13 years pale in comparison to the last time it was popular – in the 17th and 18th centuries!

This blog About Phillyrea teaches you...

<http://modernmint.co.uk/phillyrea/>

9. Easy peasy soil ID test. Also, it's Soil Stewardship week!

[https://www.facebook.com/photo.php?](https://www.facebook.com/photo.php?fbid=10211030494337206&set=o.116782107874&type=3&theater)

[fbid=10211030494337206&set=o.116782107874&type=3&theater](https://www.facebook.com/photo.php?fbid=10211030494337206&set=o.116782107874&type=3&theater)

10. A street in Brooklyn has vegetables growing for people to pick for free, amazing idea.

<https://www.facebook.com/foodisfree/photos/a.233384676748311.57857.201890633231049/1311150662305035/?type=3>

With grateful thanks to Darren and Simon..

New members

Earlier this year the Committee decided to recruit new members by offering incentives to anyone joining on Potato Day. This incentive consisted of 16 months' membership for the price of 12, a free draw for a gift voucher to value of £20 and a visit to an organic garden or allotment.

It has been decided to extend the draw to all members who renew their subs by Sunday 30 July 2017. The draw will take place on September Group Night.

Pesticide Action Network UK

Urgent Action on Pesticides

The UK election is over and Michael Gove is the new Secretary of State for Environment, Food and Rural Affairs. He has the power to decide how pesticides will be used and regulated in the UK after Brexit. If pesticide rules are weakened, more toxic chemicals will end up in UK food, fields and parks. It is vital that Michael Gove is made aware of your concerns about pesticide regulation. Please take a moment to email Mr Gove.

It will only take a couple of minutes, but will help to make it clear that, post-EU, we want stronger, not weaker, pesticide regulation. THANK YOU!

<http://www.pan-uk.org/advocacy/>

Pesticide Action Network North America

Once again, Monsanto's newest genetically engineered (GE) seeds are causing serious problems for farmers. "Xtend" soy and cotton are designed for use with the drift-prone herbicide dicamba. In just the second year of planting, dicamba use has already dramatically increased -exposing the non-GE crops in neighbouring fields to damaging herbicide drift.

When the U.S. Department of Agriculture (USDA) gave dicamba-resistant crops the greenlight two years ago, scientists and farmers warned that pesticide drift would be a serious problem. And it is.

Please speak up today and urge decision makers to protect farmer livelihoods over Monsanto's bottom line at [http://www.panna.org/take-action/usda-pull-monsantos-ge-seeds-market?](http://www.panna.org/take-action/usda-pull-monsantos-ge-seeds-market?utm_source=action&utm_medium=alert&utm_campaign=drift&link_id=1&can_id=9ed2b15575d3ed383385017a7b6be122&email_referrer=california-lead-the-charge-2-2-3-2-2-2&email_subject=monsanto-v-farmers-here-we-go-again)

[utm_source=action&utm_medium=alert&utm_campaign=drift&link_id=1&can_id=9ed2b15575d3ed383385017a7b6be122&email_referrer=california-lead-the-charge-2-2-3-2-2-2&email_subject=monsanto-v-farmers-here-we-go-again](http://www.panna.org/take-action/usda-pull-monsantos-ge-seeds-market?utm_source=action&utm_medium=alert&utm_campaign=drift&link_id=1&can_id=9ed2b15575d3ed383385017a7b6be122&email_referrer=california-lead-the-charge-2-2-3-2-2-2&email_subject=monsanto-v-farmers-here-we-go-again)

<http://www.panna.org/>

SEEOG library

Any book may be borrowed by members at a cost of 20p per book for each 2-month period. We would very much like to hear from anyone who could take out a few of the books from the cupboard and set them out on Group Night. Our Library needs to be used more!

Sheffield University Allotment Project

We have been asked to spread the word about MYHarvest (Measure Your Harvest), which is an opportunity to participate in an exciting research project that will estimate the contribution people who grow their own fruit and vegetable crops are making to UK national food production. Perhaps you could include information in your newsletters to plot-holders or put a link on your allotment page www.myharvest.org.uk

At present, there is a recognition that own-growing in the UK makes a really important contribution to food security, healthy diets and general well-being, but we currently have a poor understanding of how much own-grown food people are able to produce. This will be key to providing the vital evidence base to support the use of land for growing spaces within our cities and towns, at a time when people are becoming increasingly interested in growing their own fruit and vegetables.

The National Allotment Society is supporting the research team at the University of Sheffield who are working with members of the public growing food in allotments, gardens and other own-growing spaces across the UK to understand the yield of typical UK fruit and vegetable crops.

By providing the team with the area of land they use to grow a crop and the weight of the crop they harvest participants would be:

1. Contributing to a first national estimate of own-grown food production in the 21st century.
2. Helping us to understand how much allotment and garden space we need in the future to ensure sufficient access for the growing number of people in our cities and towns.

You need to go to <https://myharvest.org.uk/> for full details.

Facebook: <https://en-gb.facebook.com/MYHarvestUK>

<http://seeog.org.uk/2017/04/myharvest/>

Soil Association news

We were delighted to attend the Soil Association's celebration of their 70th anniversary at The Royal Horticultural Halls in London last month. The purpose of the event was to celebrate the many people and organisations that have been part of the vibrant organic community over the last seventy years, while reaffirming their commitment to transform the way we eat, farm and care for the natural world.

We had to arrive by 10:00 – for a prompt 10:15 start. The morning consisted of a 'street party' gathering of innovative organic producers, a warm welcome by Helen Browning CEO, a speech 'by a very special guest' who just happened to be Prince Charles, followed by a delicious lunch. We were pleased to meet Ian Nutt (Food for Life Partnership) who introduced us to Northbury Primary School, in Barking, to whom we sent a small donation recently following a devastating fire in their garden back in April. There were some faces we recognised (Monty Don, Patrick Holden and Hugh Fearnley-Whittingstall), and many we didn't, so you will enjoy looking at their photos at <https://www.soilassociation.org/blogs/2017/june/hrh-prince-charles-celebrates-70-years-of-the-organic-movement/> and our own at <http://seeog.org.uk/>

What also became clear was how much we still have to do. Hugh Fearnley-Whittingstall said 'I see an army of nudgers and shovers'!

Prince Charles aptly reminded us that 'the future of humanity may depend on more sustainable farming methods, the organic market is still small and fragile and change is not happening fast enough. Today the role of the Soil Association is more important than ever'.

As the world around us is faced with fast-paced change, it has become clear that the Soil Association must address a range of issues with renewed urgency: healthy soils, organic farming, resilient farming systems, children's health, better public procurement and public health budget cuts. Efforts to campaign and address these crucial issues with policy and project work.

Here is a small selection of photos from the day for you to enjoy - <https://www.flickr.com/photos/soilassociation/albums/72157682594046054>

Carole and Vic

SEEEOG Committee

Ron Bates	Chair	01702 477681	anebates@hotmail.co.uk
Ray How	Vice-Chair	01702 544632	ray.how@btopenworld.com
Ane Bates	Treasurer	01702 477681	anebates@hotmail.co.uk
Graham Oster-Ritter	Membership	01702 558871	grahamoster@btinternet.com
Carole Shorney	Secretary	01702 201914	caroleshorney@hotmail.com
Vic Shorney	Committee	01702 201914	caroleshorney@hotmail.com
Jane Ponton	Committee	01268 565776	JaneAPonton@hotmail.com

P.S. Our AGM starts at 19:30 sharp on Monday 17 July and we look forward to seeing as many members as possible at Growing Together. The month of July is also the time when we must think about our subscription renewals (and even introducing a friend, relative or neighbour, perhaps?)

P.P.S. Don't forget the free draw for all members who have paid up by the end of July.