

## DIARY DATES

### Thurs 7 Feb 7pm

HFOE meeting at Blondes Vegan Café,  
106 King Street, Cottingham HU16 5QE

### Thurs 7 Mar 7pm

HFOE meeting at Blondes Vegan Café,  
106 King Street, Cottingham HU16 5QE

### Sun 24 Mar

Great British Spring Clean - Woodland  
Cleanup (see page 4). Meet 1.30pm  
outside Ennerdale Sports Centre

### Thurs 28 Mar 7pm

Film show "Burned" at Cottingham Civic  
Hall HU16 5QG (see page 4)

### Thurs 4 April 7pm

HFOE meeting at Blondes Vegan Café,  
106 King Street, Cottingham HU16 5QE

### Thurs 2 May 7pm

HFOE meeting at Blondes Vegan Café,  
106 King Street, Cottingham HU16 5QE

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## New year New meeting place New day!

From Thursday 7<sup>th</sup> February 2019, Hull Friends of the Earth will meet on the **FIRST THURSDAY** of each month at Blondes Vegan Café, 106 King Street Cottingham HU16 5QE. Get together at 7pm for a chat and some of Blondes' delicious cake before starting the meeting at 7.30pm, finish by 9pm

### Note the new day of the week!

Blondes is almost opposite the Market Green, handy for buses and plenty of parking spaces. There are covered Sheffield cycle stands at the Hallgate/King Street crossroads 30 yards away, or uncovered ones near the Cottingham Green bus stop about 100 yards away.

The usual meeting room is up stairs but if that causes you problems just contact any of us (see the back page) and we'll make sure we can accommodate you.



# ECO Chit Chat



## New meeting place

We look forward to seeing friends new and old at our new meeting place, **Blondes Café** in Cottingham, on our new meeting day of **1st Thursday of every month**. If you've not managed to make it before, how about giving us a try? Call any of our 'regulars' (see back page) for chat if you like. If practical action is more your thing, we'd love you to join in the '**Great British Spring Clean**' on 24 March, or bring your questions to **the film show** on 28 March (see page 4).



## Anlaby Communities' Garden

has now received funding from Awards for All. They have a **garden planning workshop** on Saturday 26 January, 9:30-11:00 at St Mark's church hall, near Anlaby Common, facilitated by Andy Steele from EMS Ltd, who has been helping set up the garden.

If you wish to get involved in the project, or be kept informed about progress, please contact Gill King, Trustee & Secretary, on [acthu104@outlook.com](mailto:acthu104@outlook.com) with a request to be added to their mailing list.



## Greener Day

**'How to Go Greener Day', Sat March 30 10am - 4pm**, Toll Gavel United Church, Beverley, HU17 9AA. Explore ways of living more lightly on the earth. Speakers, stalls and workshops including eco-brick making.

**Vegan lunch and refreshments included in fee - £15.** Further info and bookings via [lindajanejohnson@yahoo.co.uk](mailto:lindajanejohnson@yahoo.co.uk) or Eventbrite.

PHOTO: Hilary Byers



Friends share happy memories of Angela at the tree planting

Hull FoE members and friends planted a Rowan tree in Angela's memory on the embankment near the Barmston Drain on Sunday 2nd December, close to the anniversary of her death in December 2017. David L had supplied the tree from the HFoE/YWT tree nursery on Newland allotments, and it was especially appropriate because of Angela's love of birds. By the time we were leaving the birds had already found it.

Angela wrote poetry, and Heather found the following poem she had recently written among her belongings. We thought it was especially appropriate for New Year.

### A Poem from Angela

To be clearer	as feather drift and float
in all I do.	In white and many colours too
When I remove clutter	soft and strong, straight and curved.
in my physical world	May they symbolise
Then my inner world	The light clear new life
will also be clarified.	I aim for.
Flight is pure and clear	
and may create design	<b>Angela Needham</b>



PHOTOS: Hilary Byers

## This eye-catching banner adorns the Veg Patch outside the Wilson centre on Alfred Gelder Street.

Its designer John Pickles says:

'We'll be planting the bed up again, probably in the first week of June, but people can get in touch with me if they want to be involved in some way, maybe with seed to donate. We're going to be growing seedlings for the bed at the Constable allotment.

I'm trying to make it more of a year-round veg patch. We've got garlic, onions, leeks and raspberries in there at the moment.'

**Contacts for John:** 07476 293999 [pickjohns@gmail.com](mailto:pickjohns@gmail.com)



# Thinking of doing Veganuary?

**Becoming vegan is fast becoming the lifestyle choice for people who want to reduce their impact on the environment. According to The Telegraph the number of vegans in Britain has increased by 360% in 10 years, and now over 1% of the population has adopted a completely plant-based diet.**

If we are trying to reduce our impact on the planet, it makes sense to look at what we eat. A vegan diet requires only 1/3 of the land needed to support a meat and dairy diet. And it tends to be the residents of poorer countries who are growing grain to feed to our livestock, livestock which convert only a small proportion of this feed to food that we can consume. These are the same countries which are short of water, while it takes 15,500 litres of water to produce 1 Kg of beef, compared, for example, with 250 litres to produce 1 Kg of potatoes.

## ***But what is involved in going vegan?***

I asked Frances Longbottom, a student of Chemistry at Hull University and a fellow Morris Dancer, about her experience.



Frances Longbottom

*Q How long have you been vegan, Frances?* 18 months

*Q What was it that first convinced you it was the right thing to do?*

I had already been vegetarian for about 6 years before I went vegan and this had already started to make me think more about my environment impact, as well as the ethical issues surrounding the dairy industry. I started reading

around the subject of Veganism and a few of my vegan friends eventually convinced me by showing me how easy it is.

*Q You live with your parents and two sisters, so what was their response? Was it difficult to fit in with family meals?*

One of my sisters and I went vegan at the same time, which allowed us to support each other, and my mum and my other sister were already vegetarian. This meant that family meals were fairly easy as most of our meals were meat free anyway so could be adapted to be vegan. It did however encourage us to be more adventurous and try new things to make sure we were getting the nutrients we needed. Mum was very supportive and encouraged us to try new things; she was actually a bit envious and impressed as she thought it was

something she could never do, but in May last year she also went vegan.

The meal that was most difficult at first was lunch, as a simple cheese sandwich was no longer an option. But with a bit more planning and a new love for hummus this also became second nature. One of the key things I have learnt throughout my journey is that planning is key and this has opened my eyes up to what I am actually eating.

*Q During the teenage years we are growing rapidly; did you or your parents have any worries about your getting the right nutrients?*

They weren't too worried as vegan isn't a big step from being vegetarian, and there's the potential for any diet to be healthy or unhealthy. As long as you have a varied diet then you should be fine. Reading around, I decided to start taking B12 as this is vital to making DNA and red blood cells. The body is unable to produce this vitamin and it usually comes from animal products.

*Q I think I would miss cheese and eggs. Are there any items that you miss? What do you find are good substitutes?*

At first I did miss cheese but nowadays there is a vegan alternative for everything. The best vegan cheese is Tyne cheese which is sold in Grain down Newland Avenue. However this is a little pricey, so tends to be a special treat. But Asda's own cheese is also good and melts well on a pizza.

When my mum went vegan she found it hard to find a milk that went well in tea. Eventually she found Oatly which is the most similar to milk, though I tend to stick to soya. Linda McCartney is the best meat substitute, and I really love the pulled pork burgers. Some places even serve vegan fish and chips made out of tofu.

*Q There are probably some plant-based foods that I've underestimated. What are your favourites?*

Cashews are amazing! They are used to make vegan cheese and we even make our own Parmesan with them. There is also Nutritional yeast which may not sound appetising, but is used in many vegan recipes as it has a cheesy nutty taste. I mainly use this in a white sauce for a lasagna and to make Parmesan.

One of my favourite meals is Mac and Cheese as it is so easy to make! I use the Bosh recipe which can be found on their website. I also love a veggie crumble. All you have to do is cook some root veg, coat in a white sauce, top with a crumble topping and put it in the oven. Very simple and very yummy!

*Q What about when you eat out? Is it getting easier to find vegan options? [I notice that the Vegan Society have a current petition to get vegan options on the menu in every school and hospital].* Hull is a great place to be vegan as there are many places to eat out. Newland Avenue is really good as most of the cafes down there have vegan options; I can highly recommend

*continued on page 4*

## WEA Course, Creating Healthy Gardens

10 weeks starting **Wed 23 Jan 2019**, 10am to 12 noon at

Friends Meeting House, Bean Street, Hull HU3 2PR

More info Lausanne on 07816 141169

**Mon 18 Feb 2019—Fracking Update Meeting**, in which we hope to show a film and hear an update from the local campaign against fracking.

7.30 pm at the Friends Meeting House, Bean Street, Hull HU3 2PR

**Sat 2 March 2019—Hull Seed Swap** Come along and and browse the range of seeds others have brought. If you bring

seeds of your own you can swap for free, otherwise a small donation is requested. There will be other activities on offer, details to follow. Transition & Permaculture Hull is one of a number of members of the Hull Food Partnership collaborating to produce this event, with Hull Veg Cities, Down to Earth and more.

10.30 am to 3 pm at the Jubilee Church Hull, 62 King Edward Street, HU1 3SQ

### Jenny Parsons

Transition and Permaculture Hull  
www.transitionhull.co.uk 01482 845356

**Sunday 24 March 2019**

## Great British Spring Clean Woodland Cleanup

Thomas Clarkson Way, off Ennerdale, Bransholme

Come and help us make a difference!

**Everyone welcome!**

**Meet 1.30pm outside Ennerdale Sports Centre**



Let us know you are coming if possible, contact: Karen: 07531 191867; or Hilary: 01482 445747

Local residents especially welcome; if you have local friends or family do bring them along. We provide litterpickers and bags; bring gardening gloves and stout shoes. Children need an adult! Well behaved dogs need a lead with a person!

*Thinking of doing Veganuary? continued from page 3*

Artisan which has great cake. Blondes in Cottingham and V-word in Hessle are completely vegan and will definitely have you going back for more. Zest at Hull Uni has good soup. Even the mainstream places have vegan options now, including Pizza Express, Nando's...

*Q Any advice you'd like to give to people considering going vegan?*

Don't worry about changing your diet all at once. I would advise going vegetarian first and then slowly start to cut out dairy. I stopped drinking milk and swapped to vegan butter, then eventually I stopped eating cheese. There are many websites that will offer support and groups such as Vegans upon Hull on

## Hull Friends of the Earth presents



**On Thursday 28 March 2019**  
7pm for prompt 7.30 start  
At Cottingham Civic Hall [Oak Room]  
Market Green Cottingham HU16 5QG

Drax Power station imports wood from USA through Hull Docks and it is subsidised as a 'renewable' fuel. **But is it?**  
**Admission Free**, donations welcomed.  
Further information from Hull FoE:  
0792 520 1605

Facebook. Since becoming vegan I am a lot healthier and more adventurous with food and it's not as difficult as I thought it would be.

*Well, I can vouch for the fact that you have plenty of energy when it comes to dancing, Frances, so you are a good advert for a vegan lifestyle!*

Frances Longbottom, interviewed by Hilary

www.vegansociety.com; http://vegans.uk



# Waste to fuel - a solution for our plastic problem? <sup>5</sup>

*In our July 2018 edition of Hull ECO we looked at the Energy Works plant on Cleveland Street, currently being tested prior to starting production of electricity from waste soon. Here Eve looks in more detail at the processes involved and their potential to solve both our plastic waste problem and our need to move away from fossil fuels.*

*It is now widely known and discussed that plastic is becoming a huge global problem. This has been brought to our attention by programmes such as Blue Planet II and Drowning in Plastic. It is evident that something needs to happen to combat this issue. However, while we ditch our plastic straws and switch to reusable coffee cups, what happens to the billions of tonnes of plastic which is already out there?*

**Only approximately 26% of plastic is recycled each year and 36% utilised for energy recovery** meaning that the majority, at around 38% is landfilled. Plastics can take billions of years to degrade in landfill, and in doing so releases greenhouse gases such as methane. The increasing landfill volume also causes issues with fire outbreaks and water pollutants from the dyes. It is imperative that a method of disposal for this plastic is developed, otherwise the world will be overrun with plastic waste.

The issue of plastic waste has now become ever more relevant for the UK government to address as public interest increases. That along with China's recent ban on waste plastic import causing a build-up in recycling plants could put pressure on the UK government to make more investment into research

and employment of different recycling options for waste plastic. Reuse or recycling of waste plastic may be the preferred options for reducing how much plastic goes to landfill. However, this is not always an option and it is often fought by major companies who want their own style of packaging rather than a uniform product that can be easily re-used. **The answer for plastic disposal may come in the form of Thermochemical Processing.** Thermochemical means chemical change via heat. The two main forms of this which can be applied to plastic are pyrolysis and gasification.

**Pyrolysis** is the thermal degradation of long chain polymers, such as those in plastics, into shorter chain molecules in the absence of oxygen. This process occurs at high temperatures ranging between around 200°C-500°C. Pyrolysis can be used to convert plastic into fuel oil which can be used in diesel engines. Typically, pyrolysis produces liquid fuels and chemicals. The pyrolysis takes place in a chamber or reactor which is heated up to the high temperatures required to break down the material into the liquid products.

**Gasification**, like pyrolysis is a thermal decomposition, but takes place in a gasifying medium which could be air, steam or carbon dioxide. Gasification requires higher temperatures than pyrolysis, typically running between 700°C and 1200°C. The gasification route sees waste plastic used to produce gasses which can be used in gas turbines, thus tackling both the issues of waste management and the ever-reducing amount of traditional energy sources. One such gas which can be produced

from gasification is hydrogen which is gaining interest as a clean fuel.

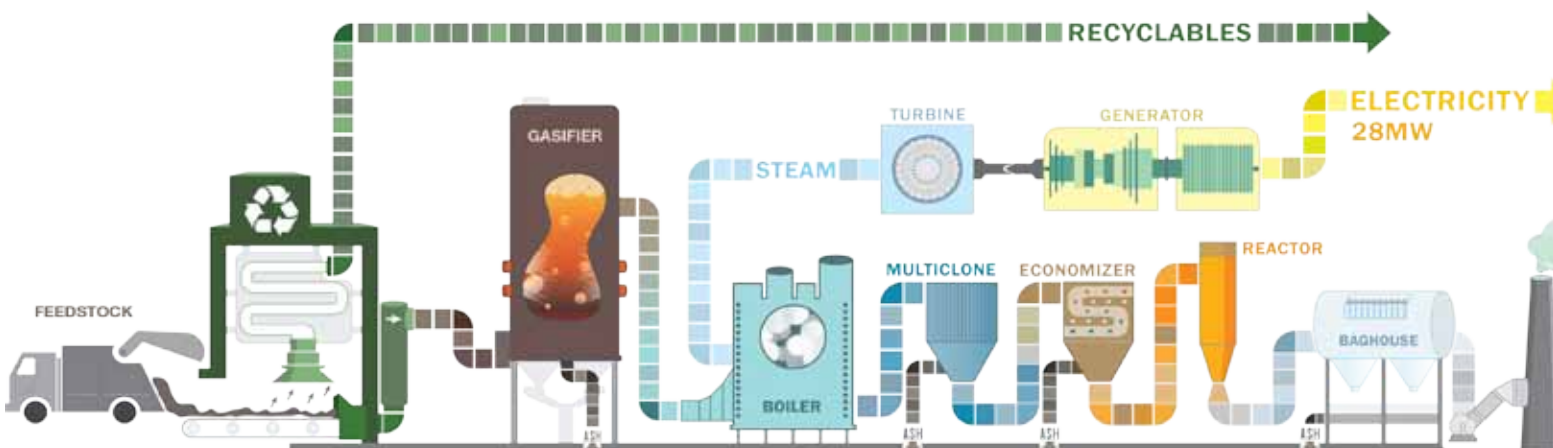
Gasification is the process used at the **new Energy Works site on Cleveland Street, Hull.** This site uses municipal solid waste as its feedstock and converts it into syngas (synthetic gas) which is then burnt to raise steam to turn a turbine and thus create electricity.

This use of waste plastic provides an inexpensive feedstock for the pyrolysis and gasification processes turning what was a waste material into valuable fuel. **The products have uses similar to those of petrochemicals and, like fossil fuels, have the disadvantage that they release greenhouse gasses when burnt.** However, they can be used immediately in society without the need for huge changes in infrastructure.

In today's society, cars still run from liquid fuel, and houses are still heated using gas. Pyrolysis and gasification simply mean that these fuel sources come from petrochemicals which have already been extracted from the earth and made into plastic rather than drilling for virgin fuel. Although both technologies require high temperatures, this energy can be recovered by the exothermic processes (when molecules break down and release heat energy) and from burning part of the fuel produced, meaning that no external energy is required.

**These technologies may offer a 'bridge the gap' solution which sees a reduced need for drilling for fossil fuels, while simultaneously tackling the issue of ocean plastic and the overuse of landfill.**

Eve Andrews



# Plastic pollution of the seas - what is to be done?

## David Attenborough's "Blue Planet" documentary having brought this issue into public consciousness, there is now lively debate among environmentalists about the way forward.

With six times as much plastic resin being produced now as in 1975, and a further quadrupling of production likely by 2050 if current trends continue, the problem is unlikely to go away. Aside from their now well-publicised killing of marine birds and mammals, plastics degrade into microparticles and are ingested by plankton and then pass on to krill which form the basis of fishmeal for our salmon farms. We will inevitably end up eating our own plastic.

In July of last year, Friends of the Earth launched their Plastic Pollution Action Plan, aiming to persuade MPs to commit to legislation which would

- ▶ begin phasing out unneeded plastics
- ▶ end pollution from hard-to-replace plastics, e.g. car tyres, clothing
- ▶ aim for near-zero plastic pollution by 2042 – the end of the Conservative Party's existing 25-year environment plan, which has already pledged to end the use of "avoidable" plastic.

### **Begin with packaging**

The vagueness of these goals would seem to undermine the possibility of legislation, but since around half of all the plastic produced in the world is for packaging, this appears a good place to begin reduction. In January 2016 the Ellen Macarthur Foundation made packaging the focus of its report "The New Plastic Economy". This concluded that although at present only 5% of packaging is recycled after it has been used, with effort around 20% could be re-used, and a further 50% recycled. Building on this, Louise Edge, Greenpeace's plastics campaigner suggests the following measures for packaging:

- ▶ Introduce clearer labelling as to the type of plastic present.

- ▶ Avoid mixing different plastics in one item – closures and sleeves made of a different plastic compromise recyclability.
- ▶ Avoid coloured plastic, especially black.
- ▶ Eliminate polystyrene (PS) and polyvinyl chloride (PVC), as they are impossible to recycle and seriously degrade other recycling streams if present.
- ▶ Invest further in re-use and recycling for polythene and polyethylene terephthalate (PET) containers.

In fact, some larger businesses are already moving towards these goals. For example, Coca-Cola recently committed to having one bottle/can retrieved for every one sold by 2025, and to its PET containers having 50% recycled plastic by 2030. Online grocery supplier Ocado has promised to eliminate PS, PVC and black plastics by next Spring. However Suzanne Westlake of Ocado warns that food deteriorates faster in paper or cardboard, and removing plastic altogether from food packaging will lead to an increase in food waste.

At a recent web-based seminar organised by the Innovation Forum ([www.innovation-forum.co.uk](http://www.innovation-forum.co.uk)), some further government measures were proposed:

- ▶ A tax on single-use disposable plastics
- ▶ Banning of "biodegradable" plastics which rely on oxo-additives, as these merely fragment but do not destroy the plastic
- ▶ Government procurement policies which specify packaging with a low plastic content

Controversy still reigns over deposit/return schemes for plastic bottles: they have been introduced in some continental countries. However, others argue that where kerbside recycling of plastics is already well established, as in the UK, such schemes will "cherry-pick" the more valuable plastics from the waste stream and undermine financially hard-pressed local authorities.

## ***Is it my waste in the oceans?***

But does the fate of post-consumer waste plastic in the UK in fact impact on the world's seas? In a landmark collaborative study from the USA "Plastic waste inputs from land into the ocean" published in the journal *Science* in 2015, Jenna Jambeck and her colleagues estimated that somewhere between 5 and 13 million tonnes of plastic were entering the oceans each year. For each of the 192 coastal countries of the world, they combined the size of its population, the amount of solid waste generated per person, the proportion of this known to be plastic, and the extent of its mismanagement.

20 countries were calculated to be responsible for 83% of the waste – all were in Asia or Africa except three – Turkey, Brazil and the USA. 16 were middle-income countries whose economies are growing faster than their infrastructure can cope with – China and Indonesia being the top two contributors to marine plastic debris. When the authors merged data for the 23 coastal countries of the EU into a single entity, they found it would come 18<sup>th</sup> in the list.

Consider, too, that over half a million tonnes of fishing gear, mostly plastic, is lost each year and continues to float around for decades – nearly half the plastic in the ocean gyre now known as the Great Pacific Garbage Patch was found to have originated from fishing vessels. As Judith Thornton of Wales's Centre for Alternative Technology has put it:

***"Sadly, marine plastic has very little to do with what we do as individuals in our day to day lives...that's not to say that current initiatives relating to drinking straws and bottle recycling aren't environmentally useful, simply that they won't make this particular problem go away".***

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**Rohan Lewis**

# What happens to our waste?

WE ARE ALL CONCERNED ABOUT PLASTICS ENDING UP IN THE OCEANS, AND WE KNOW SOME LOCAL AUTHORITIES (LAs) HAVE BEEN SENDING THEIR RECYCLABLES ABROAD TO COUNTRIES WHERE THERE IS LESS CONTROL OVER WASTE MANAGEMENT. IN HULL FOE WE HAD BEEN ASKING OURSELVES WHAT HAPPENS TO THE STUFF WE PUT IN OUR BINS. WE INVITED HULL CITY COUNCIL TO COME AND TELL US.

At our meeting on Tuesday 4 December Liz Smith and Matt Broadhead of the Hull City Council's Policy and Partnerships Section gave us a presentation. It was wide ranging; in this article I've focussed on answering 'What happens to our waste?'

The Government's 25 year Environment Plan is expected this month (Jan 2019). Their Waste and Resources Plan was due out before Christmas but has not appeared yet. The current Waste Plan sets LAs a target of 50% of waste to be recycled by 2020. The UK has reached 45.6%. ERYC is the best performing LA in England for recycling and composting at 49%; **Hull CC is the best performing city.**

Households are the first line of action in sorting for recycling. It's important that we put the correct things in the correct bins. If you are not sure, both HCC and ERYC have leaflets in several languages; Hull FoE also have some on our stalls. If in doubt, put the stuff in the grey bin to avoid contamination (as explained below).

## Blue bins

Once collected, both Hull and ERYC blue bin waste goes to Wilmington for pre-sorting assessment. If a bin lorry has too many of the wrong items, the whole lorry load can be rejected. This adds considerably to the Council's costs because they then (at present) have to send the whole lot to landfill. Contaminated waste costs HullCC about £500k a year to dispose of. When Landfill Tax was introduced in 1997 it cost £7/tonne to tip in landfill; now it's £88.95/tonne. So the councils are strongly committed to reducing contamination and the rate is coming down.

Hull's blue bin waste then goes to a Materials Recycling Facility, J&B Recycling in Hartlepool. ERYC's goes to BIFFA near Birmingham. Why does it have to travel so far? There are no suitable premises nearer. (The sorting process is highly mechanised and represents considerable investment). The waste is sorted into its component recyclables: plastics, metals, glass, paper etc and sold for making into new products. About 80% stays in UK, 20% sent abroad.

**Brown or green bin** waste (food and garden waste) is composted in enclosed vessels; both HCC and ERYC use the same plant at Wilmington. Nationally the average household wastes about £60 worth of food a month and households waste more than restaurants.

**Grey bin** waste currently goes to landfill near Knaresborough, but once the Energy Works plant currently nearing completion on Cleveland Street is in operation the waste will be sent there for gasification to generate energy. (See Eve's article, page 5).

## Conclusion

My starting point was to wonder whether any of my plastic waste ends up in the oceans. I don't feel I really found out; I guess I'd have to ask J&B Recycling what happens to that 20% of waste that is sent abroad, but it's highly likely that most of it goes to manufacturing plants.

Hilary, with notes from Rohan

## Rainbow Garden



The Mayor



Crafts at Rainbow



Crafts at Rainbow



The Rainbow Cake

## Rainbow Community Garden celebrated 20 years in October

Jennie and her team's transformation of wasteland at the back of houses on Levisham Close off Endike Lane, and their involvement of people of all ages and abilities, has inspired other community gardens throughout the city.

PHOTOS: Hilary Byers





# Hull Friends of the Earth

## HULL FOE MEMBERSHIP

Contact details		Payment details	
		Please note: the membership year runs from 1 April to 31 March each year.	
Name	Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Mx <input type="checkbox"/>	I enclose:	
Address		Membership fee (£10 waged, £5 unwaged)	£
		Donation	£
Postcode		Total	£
Telephone		Please make cheques payable to: <b>Hull Friends of the Earth</b> , and send to: Membership Secretary, Hull Friends of the Earth 187 Sutton Road, Hull HU6 7DP	
Email			
<b>How do you want to receive ECO?</b> <i>Please tick as appropriate</i>  By email (in colour) <input type="checkbox"/> In print by post (black and white) <input type="checkbox"/>		<b>I WANT TO PAY BY STANDING ORDER</b> We encourage members to pay by Annual Standing Order. Cheques are being used less and less frequently and a standing order helps you to remember to pay and saves us sending reminders. If you wish to pay by standing order please instruct your bank to set up the payment to: <b>Hull FOE Sort code: 05-05-25 Account no: 27534801</b>	
<b>YOUR DATA IS IMPORTANT</b> The change in General Data Protection Regulation means that we need your permission to hold your data. We will keep your details safe and we will only use them to manage the organisation and keep you informed. PLEASE SIGN IN THE BOX BELOW TO GIVE YOUR CONSENT FOR US TO HOLD YOUR DATA WHILST YOU ARE A MEMBER. <div style="text-align: right;"><i>Many thanks.</i></div>			
I hereby give my consent for Hull Friends of the Earth to store and use the data provided above for business purposes. I understand that I have the right to see the data stored at any time and that I can request its removal at any time. SIGNED _____			

### SHARE YOUR NEWS?

Hull ECO welcomes news and views of all things environmental in Hull and East Yorkshire.

**Deadlines are the first Thursday in January, April, July, October**

Please send to Hilary (*details below*).

Coordinator:	Lee-ann Williams, 59 Meadowbank Road, Hull HU3 6XL	Tel: 07583 194313 Email: leeann@hfoe.org.uk
Membership Secretary & ECO distribution:	Karen Wood, 187 Sutton Road, Hull HU6 7DP	Tel: 07531 191867 Email: hullfoetreas@gmail.com
ECO Editor:	Hilary Byers, 170 Victoria Avenue, Hull HU5 3DY	Tel: 01482 445747 Email: hilary@amskaya.karoo.co.uk
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