

Pledge your allegiance and join the 'I can' team—today !

How many times have we heard, if only....

If only I had more time

If only I were 10 years younger

If only I had more power

If only I could influence others and make a difference

If only the Government 'made' people recycle

If only everyone did their bit for the environment

If only.....

We make so many excuses and have so many limiting beliefs, imagine for one minute that you could do something so massive it would make a worldwide difference—Wow ! - what would that feel like?

I'll let you into a little secret... You Can !

You can make a huge difference, and feel fantastic in the process, it's easy, it costs nothing, except a little time and energy, everyone will benefit, especially you.

So what's the secret? Are you really ready to commit to will you read the secret and think it's so simple I just can't be bothered at the moment and let your opportunity to shine just slip away? It's your choice, but I know what I decided and my goodness has it made a difference.

The process is quite simple if you can answer YES to these questions:

Q1: Are You already doing your bit for the environment?

Whether that be the 3 'r's Reduce—Recycle—Reuse, or and do something else

Q2: Can you spare a few minutes of your precious time?

Congratulations you can share the secret and become one of the exclusive 'I can' members of Merseyside Environmental Trust.

Membership is 'free' all you have to do is commit some of your time and energy into others by offering advice and support whilst they go through the process of becoming 'u can' members and then possibly 'I can' members themselves

My problem is if only.... 'I can' decide what to do and who to speak to first....

Examples of support for prospective new members of the 'u can' club could be as follows: + Composting—how many primary schools are signed up to the 'five a day' eating campaign and do not know what to do with leftover fruit and veg? They may have

heard about composting and in some cases tried it, but unless someone has actually explained or shown the school what kind of mix is needed for good useable compost, then I'm afraid they may fall by the wayside. Your experience may be all they need to make a dif-

So why not contact your local school now and see if they need a little support? If you don't have the knowledge or experience but have a family member that does then it's your 'I can' task to encourage them to help.

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'I can'



Just back to school and thinking of Christmas

As a supporter of MET I am passionate about many things including my family and the environment. As a new school term begins we begin to get the garden ready for the winter months and start planning for Christmas. How sad are we.

Wanting to try something different and really out of my comfort zone I thought I do a spot of shopping on the internet and see what I could get for my money and where I could make a difference by buying greener products.

I was to say the least pleasantly surprised at just how many really good sites I found and at prices that didn't give my bank manager or my husband cause for concern.

See what you make of them.... And for those of you without a computer then maybe this is another 'I can' challenge, by finding someone who does have access and can help you browse around this magical place they call the worldwideweb

If you and others can see how simple it is to join the 'I can' campaign, and just how easy it is to do their bit for the environment we can together make lasting change not just for our generation but for our children's children. What better legacy can we leave?

Now you have the same problem I have if only you can decide what to do and who to speak to first



Gifts for her

Buying on the internet is just so easy and non better than www.buybugz.co.uk for whimsical butterflies & dragonflies. All handmade in fair trade workshops. Perfect gift under £5

www.greengreenplanet.com sells beautiful gifts that won't harm the environment and won't break the bank, but will make you feel so good.

www.jungleberry.co.uk Original designer jewellery is handmade by local

Producers in the Brazilian Amazon. Made from fruit seeds and woods.

www.organickers.net organic cotton clothing, made in India, sourced from small farmers. Clothes designed for comfort in exercise, especially yoga

www.thegreenapple.eu Eco and ethical from recycled glassware, fair trade jewellery and organic teas and lots more

www.enamore.uk.net creates exquisite clothing, lingerie and accessories from organic fibres. Includes hemp, cotton and silk. UK designed and limited editions

www.the.greenlife.com for eclectic, unique gifts that are ethically sourced and produced.

Visit all of these on line and enjoy the experience.

Buying with a clearer conscience
Quality products at affordable prices

Gifts for him

www.ameleon-skincare.net Performance, quality cosmetics for that special man in your life.

www.elato.uk.net Outdoor clothing and equipment which has been ethically sourced and manufactured in Bolivia. Ethos behind the product is that a fair trade price is paid,

www.initialideas.co.uk Over 300 exciting and fantastic original presents and gadgets that you just won't see around.

www.pakucho.co.uk these guys specialize in pigmented cotton from Peru. Pakucho mean 'brown cotton' in ancient Inca language. Coloured cotton has been grown

by descendants of the Moche culture for thousands of years.

www.precisiontimewatches.co.uk make buying swiss watches less expensive this year with up to 40% off RRP

www.refinetrade.uk.net Refine Trade believes their stock tells a story of a person with hopes and dreams—by buying their

Products they believe you become part of that story. Fair Trade customized and designed casual clothing.

Researching this edition of MetMail has been really good for me, not being one to shop on-line it has been quite an experience and so much choice.....

Feeding children well on a budget

Save money on grocery bills when buying organic foods by starting a vegetable and herb garden—use big pots or window boxes if you don't have a very large garden.

Cut down the amount of red meat, especially lunch meats—well known contributors of saturated fats. When you do use meat, use it lightly, around once or twice a week and mix it up.

Use half organic and half the usual. It's cheaper and you won't get as many chemicals.

Lowering the risk of contamination for children and pregnant mothers: Don't renovate your home during pregnancy or early childhood to avoid exposure to sometimes toxic dust. If renovation is unavoidable choose non-toxic materials and try and protect against dust dispersal.

Pamper yourself and your children with products that aren't loaded with toxic or untested chemicals and read the list of ingredients on the products.

There are lots on the market including those fantastic bath bombs, organic soaps and bath salts.



An Eco-friendly Household

Looking for detergent that grows on trees? Try soapods—a nut native to India and Nepal that's been used for centuries as a detergent.

Prevent and remove limescale from your washing machine with a Mango Ball, as well as preventing limescale it works as a water softener.

Trying to avoid using detergent products

altogether but still need high performance cleaning?

Eco Balls are a revolutionary laundry washing system that cleans your clothes without the need for any harsh chemicals. They produce ionized oxygen which penetrates deep into the fibres to lift out dirt.

If you care about the environment and want to go green but don't want to try too hard, then we can help you make those little changes that will make the world of difference.

Subscribe to MET today—don't delay.....

Can you reduce your home's carbon footprint? It's easier than you think to change your beloved house into an energy efficient haven.

Can't live with or without Chocolate

So much good organic and fair trade chocolate around, thank goodness. And if you don't fancy popping out to the shop for it then order on line.

But what about organic wines, beers, ciders, spirits and juices?

There are so many these days to choose from, good quality and value for money.

So why wait for an excuse there are bargains to be had, and it's certainly worthwhile trying out some of the brands that are unfamiliar, you never know you might just enjoy them.

Good quality hampers too. In fact you are never stuck for a present these days from smoked

salmon and organic food certified by the organic soil association. They are as varied in selection as they are price and usually with free next day delivery.

Realfooddirect.co.uk

Westcountryproduce.co.uk

Grembo.co.uk

Burrensmokehouse.ie.

Patisserieorganic.co.uk



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MET's 2007 AGM

NOVEMBER

Anyone wishing to join us this year then
please contact Lyn

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Or email lyn.lowther@ntlworld.com

The Trust was founded 21 year ago as 'an Alliance of Public, Private and Voluntary Agencies and Individuals working for the improvement of the Outdoor Environment in Merseyside'

MET still strives to raise environmental awareness across the region by dialogue, organizing public events and meetings in partnership with other like minded groups.

MET has representation on panels and advisory groups that make decisions about our environment such as

- Airport expansion
- Transport & Health
- Sustainability
- Mersey Estuary
- North West Environment Link
- Liverpool Community Environment Network
- Environment Agencyand many others

MET works with schools and community groups to improve their local environment through Environment Week offering practical help, funding and publicity advice.

MET has produced guidance to living lightly and developing environmental policies. A recent seminar involved major stake holders in Regeneration in this 'City of Culture'.

MET is funded through subscriptions and donations and in kind by the University of Liverpool. We are continually looking for new supporters committed to the need for an independent environmental voice in Merseyside.

How to make a really useful 'I can'

'I can' make a difference and just to remind you of how significant your efforts are we have printed this special 'I can' label for you to cut out and stick around a rinsed out can. Your 'I can' is especially useful as a pen and pencil holder and will be a constant reminder of your 'I can' challenge. Great fun to make and kids of all ages will enjoy this exceptional range of 'I can' range of re-useable products. Will now have to put my thinking cap on to come up with more for the next edition of MetMail, if you have any thoughts kindly email them to me, alternatively post your ideas in, that way I can actually see what you are suggesting. Many thanks and enjoy your exclusive 'I can' product. Lyn

