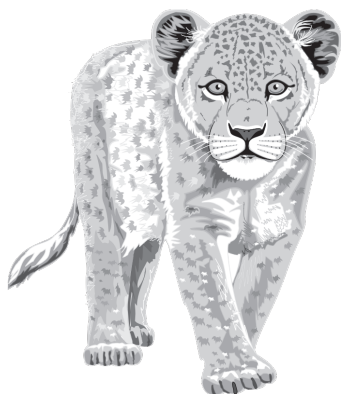


The Movement for Compassionate Living

~ THE VEGAN WAY ~

New Leaves

No. 102 October - November - December 2011



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The Movement for Compassionate Living - the Vegan Way founded in 1985 by Kathleen and Jack Jannaway

NEW LEAVES

is the quarterly journal of the Movement for Compassionate Living (MCL).

MCL promotes:



- a way of life that is free of the exploitation and slaughter of sentient beings, that is possible for all the world's people and that is sustainable within the resources of the planet.



- lifestyles that depend as much as possible on locally produced goods, thus avoiding the resource wastage and pollution of unnecessary transport and packaging.



- Vegan-organic methods of horticulture and agriculture that use no animals or animal by-products and are free from artificial fertilisers, pesticides and herbicides.



- the planting of trees, especially on the land freed from livestock farming.

Trees absorb CO₂ and store the carbon as wood, thus checking global warming; ruminant livestock (cattle, sheep, goats) emit methane, a far more powerful greenhouse gas than CO₂.

Mature trees of appropriate species produce maximum food per acre.

Wood from trees can be used for many constructive and productive purposes.

Woodland industries can provide livestock farmers with alternative sustainable incomes.

Global warming and nuclear war threaten the survival of all life. Politicians may have the sense to avoid nuclear war but they cannot stop global warming unless people change their lifestyles.

Our herbivorous ancestors turned predators aeons ago when the forests dried up and they lost their food supply. The forests grew again but humans remained victims of their killing habits. Now vegans have proved that we do not need to kill animals for food. Land should go back to the trees.

New Leaves is produced quarterly and distributed in January, April, July and October. The Editors do not necessarily agree with articles published.

SEASON'S GREETINGS

Another year is drawing to a close. Finally in October we had some really warm days here. My windowsill tomatoes ripened almost overnight: one morning green, at the end of the next day fully ripe. Even though the sunshine has been in short supply this summer there has been enough light for my pv system to produce a fair amount of electricity – enough for me to predict that this year's production will not be the worst since the system was installed.

The weather news around the world has been no better than in the last few years. Thailand's flooding has been in the news lately. The monsoon season brought floods to Pakistan and India. The BBC reported the floods to have been the worst in Pakistan's history with at least 1,600 people killed. The Red Cross website reported in September that the monsoon season has caused “massive displacement of populations across Pakistan, India, Bangladesh and Nepal”. The Horn of Africa is experiencing one of the worst droughts in 60 years, affecting more than 12 million people in Ethiopia, Kenya, Somalia, and South Sudan (see message from HIPPO charity on p.20). Meanwhile, here in industrial countries, people are consuming growing amounts of meat, the production of which affects the world's climate. Worldwatch Institute reports that meat production worldwide “has tripled over the last four decades and increased 20% in just the last 10 years.” (<http://www.worldwatch.org>)

We still have a long way to go before the world is vegan. One way we could all spread the message of veganism is to give a vegan video as a present. Animal Aid sells two good DVDs: *Earthlings*, and *The Witness*. For your gardening friends you could give VON's *Growing Green* DVD. Or we can all host an evening for family and friends to watch one or more of the many films available free on the internet. Examples are *The Witness* (www.tribeofheart.org/sr/sr_witscreeningroom_english.htm) or the Vegan Society's *Making the Connection* (www.youtube.com/view_play_list?p=932A35B5E6B8965A). *A Delicate Balance* is now available to watch free on their website, and many interesting documentaries, among others *Earthlings*, *The Cove*, and *Meat the Truth*, can be watched on <http://topdocumentaryfilms.com/watch-online>

I can lend MCL members *Testify*, *Vegan*, or *Whale Wars* (these three have to be watched on a computer). I can also lend a DVD of *A Delicate Balance*.

With best wishes for the approaching holidays, *Irene-Sointu*

REPORTS FROM MCL FUNDED PROJECTS
VEGAN-ORGANIC NETWORK
THE CENTRES NETWORK
PROGRESS REPORT SEPTEMBER 2011

Fir Tree Community Growers, St Helens, Merseyside

Fir Tree Community Growers have had a very successful growing season this year. Things got off to a good start with May being warm. We have concentrated on growing more higher-value leafy crops to help with financial stability. This inevitably meant a lot more work in picking and packing, with plenty for our 30+ disabled volunteers, their carers and our two apprentice volunteers to do. Jenny has also been involved in starting up Burnley Crop Share (<http://burnleyfoodlinks.org.uk/cropshare>). She has been involved with the conversion from a former council bedding plant nursery to a space growing stockfree-organic vegetables for trade.

On the education front the yurt (bought with a grant from the Centres Network fund) has been absolutely amazing. We have run "train the trainers" sessions for over 50 local community food growers, and they are always enthralled by the fact that we grow beautiful crops without animal manures. We have also run a series of open days, with members from VON attending and over 20 other local people, several of whom bought VON books and DVDs. It feels like an extremely positive way to spread the message gently and effectively.

Avalach Centre for Plant Study, Isle of Arran, Scotland

We had a very successful open day on Sat 27th August this year, with almost 50 people over the course of the day. Amongst those attending were a good proportion of growers who showed keen interest in our vegan-organic techniques.

The field for growing the soft fruit bushes was successfully prepared in early summer with a good germination rate of red clover as a green manure fertiliser. While we had planned to plant up the bushes this autumn, having taken expert advice we are now going to postpone the planting until Feb 2012 as the weather has been predicted to become very cold in Oct/Nov. This will also give us time to construct even more windbreaks as the climate definitely seems to be changing to a wetter and wilder one.

Foundation work for the new greenhouse will commence in October 2011 and we will draw down the allocated funds shortly after that. Weather conditions this year have meant that we are slightly behind schedule, but we are acutely aware that we want to give VON / MCL the best value for money and to make sure that the investment is carefully utilised.

Again we are very grateful for MCL's input and look forward to disseminating the research from our experiences.

Best wishes from *Maureen and Keith Robertson*

Oakcroft Organic Gardens, Malpas, Cheshire

Oakcroft has taken on the feel of a rolling community this summer, with a mix of short and longer-term volunteers coming through. We've hosted four retreats that have included both meditation and gardening, which have proved a success.

As a project the garden is progressing steadily. In 2009 it had been mostly out of use since Mehr, its owner, retired some years before. Now we're looking at the realistic prospect of using all the available land for growing from the start of next season.

As well as being veganic we're aiming to be a no-dig market garden, and this autumn we'll be spreading a thick layer of plant-based (green waste) compost from a local source to nourish the soil and provide ground cover, helping to suppress weeds and retain moisture (critical in a year as dry as this one). We'll also be scaling up our own compost production. A highlight of the year was a superbly entertaining live demonstration of hot composting technique at our VON open day by Mick, dedicated friend of Oakcroft and all-round animal-friendly activist, over from Limerick.

We've also used green manures for fertility building in a variety of situations, and plan to combine them with a no-dig approach based on mulching the soil.

Our mainstay in terms of selling the garden produce has become the local weekly market in Whitchurch. We've also been supplying local shops, and running a small box delivery scheme which we now plan to expand in and around our two nearest village communities of Malpas and No Man's Heath. It's important to us to aim to sell the very freshest, tastiest and healthiest organic produce as locally as we can, and to make sure it's affordable to everyone rather than something seen as socially exclusive.

Tim Carey

CREATING WELHEALTH CO-OP PROGRESS REPORT SEPTEMBER 2011

Welhealth: A gift economy co-operative, forest garden, agroforestry, permaculture farm project, under development to transition to achieve a totally moneyless community. Also an MCL STAVV and community orchard. If interested, please contact: *petefreepeat@yahoo.co.uk*

House renovation – Budget £1000, spent so far £405

As stated in previous reports the house is the main project now. We should be starting soon making the windows and doors. We'd better get a move on, because there is only October before the year closes in!

Polytunnel and Shed – Budget £600, spent so far £356

Sian and I mended the top corner of the polytunnel. Next job is to make the large shed on the end, renovating the shed pieces that we have and replacing any rotten bits for new.

Forest Garden Nursery – the completion of this project was reported in NL issue 99. The nursery now supplies, on a gift economy basis, perennial edible and useful plants to various people and places.

We produced a colour advertiser to advertise locally the free nursery plants and trees on offer. Adverts were placed on all the local freecycle and freegle web sites, freegive pages on Facebook, and anywhere else we could advertise the free forest garden edible trees and plants we have grown in the nursery this year. We have had donations of money to help pay for costs, and lots of plant pot donations, trays, and a couple of very useful wheely bins from Ellesmere Port waste department. We made a chocolate mint bed out of a wheelbarrow ('anyone for a chocolate mint?'). More notices were put up to help people know where to find things.

The plants supplied this year have been 22 varieties of berry plants, nut and fruit trees, many sourced locally, and some perennial veg, and some herbs, including sweet chestnuts, hazels, plums, sea buckthorn, Chinese quince, Siberian purslane, tayberry, rhubarb, goji berry, titi pati, mints and more - 990 plants supplied in total so far, with about 100-150 left. These were supplied to 17 private households, two Anglesey forest gardens, two primary schools, one secondary school, Blaenau Ffestiniog Communities

First Green Town project, Bangor Forest Garden, Growing orchards along paths, Bolton, Ellesmere Port waste dept, Flintshire growers' new Ffynnonogyw forest garden, and the Anglesey vineyard at Cemaes.

Why free? It's primarily a gift economy of social inclusion and physical inclusion. Also it could be likened to a community tree-planting group which would also work together, at least cost, using grants to source trees, to tend them, and plant them. The object would be reforestation, and that is our object too. So we grow the trees and plants, at little cost, and provide them for free for others who plant them. It matters not where they are planted, but only that they are planted and that we contribute to growing food and useful perennials for the community for biodiversity, and for sustainability. Being free, there is a necessity to keep costs low, all are volunteers, and costs are paid by all who are interested and all who donate. By not selling there is no additional work of making attractive packaging, of accounting, of paperwork, of travelling to sell at market, of marketing, of the need for presentation, or persuasion.

Work done at Tyn Y Nant during this period

Members and visitors working here during this period were Alan, Sian, Slim, Frank, Jody, Vic, James, Liz, Dan, Tim, Phillipe, Xavier,



Macarena, Vivian, and Andrew. We had a great AGM gathering and later a music weekend when a musician member Andrew came to stay.

The brand new one-year-old HP printer with all the wifi, frills, whizzes, bangs and pops, said 'no'. Then I fatally broke the tiniest piece of plastic inside it, and then I chucked it out to the Chester free stall. Now we are using an old Lexmark and at the present time this is saying no too, until I take it apart. (Has anyone noticed how a new printer /scanner / copier can be less than the price of the ink cartridges, so why bother with ink cartridges, why not replace the printer! We go the other way and have always refilled cartridges, but the manufacturers are making it more difficult to do.)

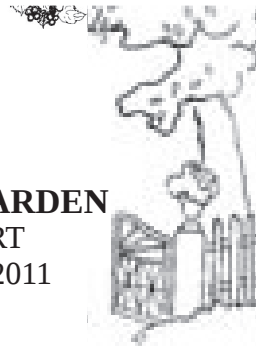
A garden plan of all of the land was made by Xavier, an architect, who has plotted on it the major growing areas. He came with a very keen interest in forest gardening, and spent most of the week working in the nursery, getting to know the plants and trees, and was very impressed with the whole layout, especially the 1000 seed-grown apple and pear trees around the fences, the small wind and solar power, and also the town house technique we use of humanure composting. It can be seen on the 'greenwomble' YouTube channel. He has an interest in forest gardening, and the urban town and city environment in Holland. As well as that, the majority of the few known purchased trees and donated known trees have been mapped, and so now there are just the many plants and trees that have been either donated or pinched from other friends, organisations, and forest gardens to map. It is so good to be able to show people how their trees and plants are doing when they come.

The weather has been good, rain and some sunshine all summer. We levelled and lowered the ground in front of the potting shed, so that the water now drains away to the sides instead of getting into the shed. The overgrowth and some trees were cleared from around the pond to expose the path around it. All the rootstock apple trees were mulched. Mulched all the Kent cobs and Tim's gift of organic hazels. The golden willows planted in a big cordon near to the house are growing very well.

The forest garden has been fruitful with many berries again this year, and plums and pears for the first time on many trees. And this year there is now a total of four seed-grown pear trees bearing some fruit, compared to last year's two, so it's going to be interesting tasting the two new ones when they ripen soon! We had to source some 'real' biodegradable bin bags when we ran out of the degradable ones. Now it turns out they may merely be degradable, due to USA regulatory standards mixing up degradable with biodegradable.

Finally we are getting the lab up and running to work in. Put a new light in the kitchen. Started electronics work on two projects, an LED voltage indicator for battery care, and manufacturing 12-volt LED lights. The work of mending fences, and chasing cows out, is ongoing as is making the shelter by the gate. Tentatively thinking about running some free small wind and solar electricity workshops.

Frank Bowman



BANGOR FOREST GARDEN

PROGRESS REPORT

JUNE-SEPTEMBER 2011

Wednesday 29th June 2011

Members working: Slim, Penny, Frank, Marit, and Alison.

It was a lovely day for gardening, and a lot got done. A lot of packaging polystyrene had blown along the front of the cabin, so we all painstakingly bagged it up. Jobs done were clearing the growth from the hidden bench by the pond, cutting back the overcrowding of the jostaberry, apple tree and elaeagnus, trimming overgrowth from the buddleia and rose arch, strimming, mowing, propagating area tidied, and compost bays sorted into different types of compost from branches to leaves and stalks, wineberries weeded, overgrowing brambles cleared from the thornless loganberry area, weeding by the yellow raspberries, and taking down the tarp to cover the cob oven, to be erected at the next workday.

Sunday 10th July 2011

Members, visitors, and volunteers working: Frank, Rowan, Marit, Slim, Pete, Jane, Jennifer, Mike, and Juliet.

It was a sunny day, at times overcast. We made a fire and had our meal around it. A rhubarb was moved to where the other one is doing well. The pond sides were cleared, and maybe next time I can bring some waders and we can do the middle. Some ripe blackcurrants and gooseberries were picked. Some of the willow and the buddleia was cleared from the pathway. Slim worked around the apple tree, clearing the space of bamboo, and mulched some of the raised beds with the cuttings. The awning was put up, and hopefully this time the incline of it will be good enough for the water to run off. After looking at old photos, we realised the corners needed to come to the front poles, to increase the incline for the run off. Pete dug out one of the side poles and, after a lot of 'digging stone', put in a new deep pole.

Wednesday 27th July 2011

Members working plus visitors: Sue, Ted, George, Frank, Johnathon, and Alison, also Dave and Tom.

It was a really hot day. We did weeding and pulled out overgrown brambles and nettles and ivy from around the wineberries and mulberry tree, and cleared a lot of bamboo out. We also took out a large invasive willow from that area. Later on some visitors arrived to have a look round the garden.

Sunday 14th August 2011

Pete kindly offered to be responsible for the day, and it is a rarity, but as it turned out he was the only member that attended! Pete writes, "You will be pleased to know that Sunday's BFG has passed without the help of the police or fire brigade I was the only person to attend. I managed to do some clearing of brambles by the cabin, cleaned the bamboo that Slim had cut the leaves from, and picked a load of ripe wineberries and a few raspberries too. Two of the university's security team came along on patrol and had a chat - I gave one of them most of the bamboo canes for his tomatoes, and I took what was left."

Wednesday 31st August 2011

Members working plus visitors: Dave and Tom, Johnny, Hazel and Frank.

We did cutting and clearing away of the bracken and the growth around the strawberry tree. Same with the overgrowth around the sedum telephium, the monkey puzzle tree, and the Japanese wineberries. The lovage was cut back to give space to the small but very productive apple tree. A side branch needs to be cut off to allow it upright growth and balance, but we left it on, to use it in the spring for scions for apple grafting. All the bracken at the back of the cabin was cleared. The lower branches of the Italian alder were pruned to allow light and space into that corner, and the wood cut for firewood. The paths were strimmed. We picked the Japanese wineberries, most of the plums at the bottom of the garden, and the damsons at the top.

Sunday 11th September 2011

Members, visitors, and volunteers working: Alison, Frank, Pete, Jane, Sue, Ted, Dave, Tom, Mary, Sarah, Will and friend, Janine, Stuart, Helen.

It was a jam-making day today, and although it was raining heavily nearby it

kept off apart from a few spots now and again. We got the fire going at the firepit and got the big pans ready for the jam. While that was going on other jobs were being done. There was the big task of completely tidying up the propagating area of nettles and overgrowth, and it looks really good now. Also tying the Japanese wineberries back from the path by the services building. A very large part of the upper trunk of an ash tree had split and fallen down, at the back near to



the compost toilet, and some of the lower parts of this were cut for firewood. Alison did a garden tour for visitors. Hazel delivered the damsons she'd taken to cold store, and after doing some foraging we added in some sea buckthorn, golden hornet crab apples, cooking apples, and elderberry. It made a great jam. We sieved it to take out the bits, and it had a lovely flavour, very sweet and sour.

Wednesday 28th September 2011

Members working plus visitors: Dave, Tom, Frank, Slim, Dylan and Emily.

It was a beautiful sunny warm day. Jobs done: cutting the logs down by the fire pit, clearing the overgrowth around the Victoria plum, the rubus, and the sedum telephium by the ginkgo, and by the propagating area. Tom cleared the pond, using the waders - they don't leak! Cleared the sea buckthorn propagating bed. A better idea is to propagate the sea buckthorn by planting small cuttings into pots or growbags.

Frank Bowman

NOVEMBER EVENTS

Compassionate Derby ~ Saturday 5th Nov 11.00 – 17.00
Darwin Suite of the Assembly Rooms, Market Place, Derby

Lincoln Veggie Fayre ~ Saturday 12th Nov 10.00 – 16.00
Trinity United Reformed Church Hall, Garmston St., Lincoln LN2 1HZ

Truro Vegan Christmas Food Fair ~ Saturday 19th Nov 11.00 – 15.00
Truro City Hall, Boscawen St., Truro TR1 2NE

AZALEA VEGAN TRUST

In memory of Kathleen Jannaway

When, towards the end of 2008, I was asked by Ireene-Sointu to join her and Christina Palfrey in the about-to-be-formed ‘*New Leaves* Editorial Collective’, one of the most interesting aspects of MCL for me was that we had the £70,000 Alec Spring legacy to distribute to assorted vegan projects, with the aim of making a real difference to them.

Before very long this was added to by a further £42,000 from the estates of Beatrice Camm and Janet Higgins. Although I don’t think I ever met Alec or Janet, I do remember Beatrice Camm slightly. I met her a few times at vegan events in London in the late 1970s and recall her as a very sweet older lady (although perhaps younger than I am now!).

In the dozen issues of *New Leaves* produced so far by the editorial collective, reports from projects we have given grants to (or else applications for new grants) have been ever-present, taking up almost a third of this magazine’s content. We have been able to give financial help to the Vegan Organic Network and some of their associated growers, also Welhealth, Bangor Forest Garden, a vegan-organic community ‘care farm’ project, and (provisionally) Climate Friendly Foods, and Plants for a Future.

Of course it has not always been easy at MCL’s AGMs to decide who to allocate these grants to (and what conditions to attach to some of them), but arguably these are headaches worth having.

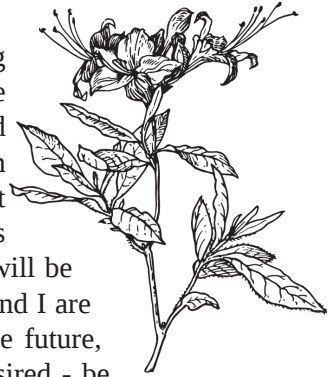
However MCL is a rather informal organisation, and finds it difficult to receive and distribute large amounts of money. It was partly because of this that I began to look into the possibility of establishing something to provide financial benefit to assorted vegan-friendly projects that would perhaps, in the long run, have more potential.

The result is the Azalea Vegan Trust, which was set up on 23rd August this year, with myself, Ireene-Sointu, and Sue Lyons (all of us living in South Wales) as trustees. The objects of the trust are:

- (1) *To advance the education of the public about veganism, for the benefit of people, animals and the environment.*
- (2) *To support and assist charities, organisations or individuals who -*

especially at grassroots levels – are trying to make a significant contribution to the development or promotion of veganism. Projects supported may not themselves be entirely vegan, but will need to include a significant vegan dimension.

The name ‘Azalea’ was chosen after looking through long lists of plants, flowers, and trees. We start with the relatively modest sum of around £2,300, which is money left over from the Vegan Summer Gathering (which I used to run, but which came to a halt in 2005). The trust is completely separate from MCL, but I hope there will be close links - which is likely anyway since Irene and I are part of both. It means that if, at some point in the future, MCL receives further legacies these could - if desired - be channelled through the trust.



The trust is in memory of MCL’s founder Kathleen Jannaway (1915-2003), and this is partly because it emphasises the desirable close link between the trust and MCL. But it’s more because, as for many of us who were fortunate enough to know Kathleen, she was a very inspirational figure. I knew her best in the 1970s when she was secretary of the Vegan Society, and I was editing *Vegan Views* magazine. I remember how supportive and helpful she was (despite being forever busy), and I remember her compassionate but pragmatic outlook on life, and I hope she would be pleased to be remembered in this way.

The objects of the trust include the words “*to support and assist ...especially at grassroots levels*”. I have often seen how larger organisations, especially when they grow to take on staff or office buildings, neglect the grassroots and the smaller projects. Some of the grassroots projects that MCL has given grants to would not easily have found that money from elsewhere, and I think there is a niche for a sort of ‘umbrella’ trust that is not trying to fund its own projects but can simply concentrate on how best to distribute money, not exclusively to grassroots projects but always remembering their importance.

I have no experience of setting up a charity so it has been (and continues to be) a learning curve, involving ploughing through a seemingly infinite

number of pages on the internet, many of them on the Charity Commission's website. One page leads to another, and another, and yet another, and you can soon forget where you started! It is possible to pay a solicitor or an organisation to do all the preparatory work, but this would have eaten up most of the existing money, so I decided to try doing it myself. The trust deed we signed closely follows the wording suggested by the Charity Commission, and is six densely-packed A4 pages long.

We're in the process of setting up a bank account, and may soon register with HM Revenue & Customs to get tax relief, but more to the point a charity number. We aren't yet registered with the Charity Commission because for that you need to have an annual income of £5,000 or more. This will come at some point, because I anticipate most income coming from legacies, including my own as I don't have any children.

If anyone has any advice (or experience with this type of small charity) we'd be glad to hear from you. We've already been in touch with the Cyril Corden Trust, the closest similar charity. They do good work in supporting vegetarian, vegan and humanitarian charities and, for example, have in the past funded books and videos by Viva!, the Vegetarian and Vegan Societies, and the Vegan-Organic Network.

In the meantime we have a small amount of money available now to support any worthwhile projects.

Malcolm Horne

Email: azaleavegantrust@gmail.com

Tel: 01792-792442

No website at present, but this will follow later

MCL ENVELOPE STICKERS

Global warming can be checked and people better supplied with food and other necessities if we use land for trees that absorb CO₂ not for livestock that emit methane a much more powerful green house gas.

Details from
MCL, 105 Cyfyng Road
Ystalyfera, Swansea SA9 2BT
www.mclveganway.org.uk

Available for £1 per 100
or 1p each from
MCL, 105 Cyfyng Road
Ystalyfera
Swansea SA9 2BT

Cheques payable to MCL
and send s.a.e.

NOTES FROM A NOVICE FRUIT GROWER

Following Gloria Kitson's article on her mini orchard (*New Leaves* 101) I thought I'd write about my own experience of trying to grow fruit here in Derbyshire.

About three years ago we planted some blackcurrants, gooseberries, jostaberries, and a loganberry. We have had quite good crops, enough to bottle some: just put the fruit and a little water in a pan, bring to a simmer, then put in warm jars (old coffee jars work well) and fill to the brim. They kept perfectly for quite a few months.

We also have three Kentish cob hazels but, as Gloria said, the squirrels always eat them. Last year, having pruned the branches to about six feet high so I could reach the nuts, I wrapped fleece around the fruiting branches. However, when I unwrapped them, all the nuts had disappeared, so round one to the squirrels! This year I cut up some plastic tree guards and fitted them over some of the branches - so far so good but I suspect the squirrels will reach them somehow. If anyone has found a way to outwit squirrels, I'd love to know how.



I suppose top fruit take longer than soft fruit to produce a good crop. The plum tree we planted about five years ago has yet to produce any flowers, let alone fruit, so this year we planted a Victoria plum as well, hoping for better luck. Like Gloria, I planted a James Grieve apple three years ago and this year it has produced just one apple. Perhaps more mulching is required, or more patience. I have had better luck with a variety called Fiesta which I planted in the lawn two years ago. It has about six reddish apples on it - I'm quite excited, a crop of my own apples at last.

I have been inspired by Martin Crawford's book *Forest Gardening*, and his amazing collection of plants and seeds for sale at the Agroforestry Trust. For example, I'd like to try some chokeberries, kiwis, and ground cover raspberries, but am running out of space, perhaps the rest of the lawn could be dug up!



Jill Barton

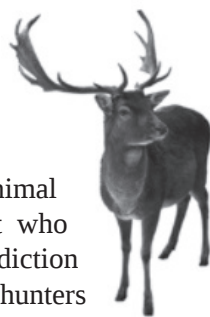


ANIMAL RIGHTS – HUMAN WRONGS

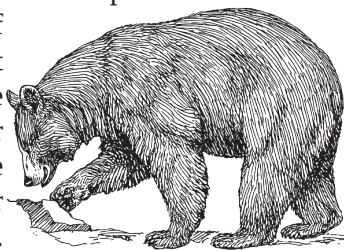
Our lives are a journey of discovery and learning. And if our hearts and minds are open there will be changes in our lives. Becoming a vegan was one such change relatively late in my life. Having been brought up on a small family farm, with a few animals who were relatively well cared for as long as they were allowed to live, I never encountered the horrors of factory farming, never knew about pain caused to animals when they were experimented on, never saw any other animal but fish being killed, and I never liked fishing anyway for some reason. After becoming vegan these things began slowly to filter through to my consciousness. In the early 90s I did a course at one of the London University colleges on Ecofeminism. One of the books I read then had an eyewitness account about the bond between a cow and its calf: the cow had walked a long distance to be reunited with its calf after the calf had been sold and separated from its mother. That story with its vivid description of the agony of the mother cow crying for its baby brought home to me the fact that animals have feelings too.

Another book, *Rape of the Wild*, written by Andree Collard with Joyce Contrucci (1988), gave me my first glimpse into the world of animal experimentation with some gruesome details. This is what is said about the experimenter in the book: “Ultimately, the desecrator of animal life ends up desecrating all life including his own, for he reduces life to discrete mechanisms of measurable quantity. He denies the complex interaction of all life systems, within and without the individual animal, plant, human being. He denies the political, social and economic elements that come into play in that interaction and inform self-perception, perception of others, emotions, motivation and reason.” (p. 70) The writer goes on to quote Joan McIntyre speaking of whales: “We can pile up the tables and weights and lengths and ages and measures until it reaches the sky, but it won't get us an understanding of the living creature. The way to understand a living creature is to live respectfully in its presence, to approach it with tact, grace and love.” (pp. 70-71)

Hunters are dealt with in similar vein to the animal experimenters: “Hunters often pose as conservationist who love nature, giving rise to yet another contradiction comfortably entrenched in this culture. In point of fact, hunters



do not love nature as such but rather how they feel *in* nature as they stalk and kill her animals. ... Perhaps from the animal's point of view it is immaterial whether it is killed by the claws of a bear or by the bullet of a hunter. But it makes an enormous difference to the continuation and *quality* of life whether human beings kill like the bear or like the hunter. Bears do not kill gratuitously for 'pleasure', status, profit, power, masculinity. Hunters do.” (p. 52)



As the course name suggests, it was more concerned about ecology and feminism than animals and their lives. So although those books made an impression on me, the animal rights aspect of veganism for the time being was overshadowed for me by environmental and health concerns. The situation remained like that through some rocky patches in my personal and family life, which took most of my attention until a few years ago. Within the last few years I have been introduced to new information which has awakened those old beginnings. I have seen films, read books, and heard accounts of some activists. All the new information combined with my previous environmental, social, political and health concerns has brought me to an ever stronger belief that unless something changes drastically we, the human race, are indeed committing suicide, as stated in Kathleen Jannaway's last leaflet. And we are doing it while committing mass murder which is part and parcel of the destruction of our environment and our health.

One area where the environmental and health issues really come together is the system of factory farming which is huge business particularly in the USA. In the UK the application for a pig factory farm by Midland Pig Producers (“one of the largest pig production companies in the UK” declares their website) is still awaiting a decision from the planning authority. The full horror of these farms, and the damage they cause to human and environmental health, is amply described in the book *Eating Animals* by Jonathan Safran Foer, who, on becoming a father, embarked on a journey of discovery about food. It is a very interesting and informative book, but for a vegan the conclusion is disappointing as Foer adopts a vegetarian diet as opposed to a vegan one while condoning “humane” meat production.

Dominion, written by Matthew Scully and published by Souvenir Press in the UK in 2011, almost ten years after its publication in the USA, is another book dealing with factory farming and has the following verdict: "Factory farming isn't just killing: It is negation, a complete denial of the animal as a living being with his or her own needs and nature. ... It confronts us with the animal equivalent of Abraham Lincoln's condemnation of human slavery: 'If slavery is not wrong, nothing is wrong.'" (p. 289)

Matthew Scully, like Jonathan Safran Foer, went on a journey, but that journey was a more extensive one. It covered not just animal agriculture but the whole gamut of animal suffering caused by humans with their scientific, moral, and philosophical theories and studies giving legitimacy to it all. And in reporting on the journey Scully does not shy away from calling things what they are: "When a man's love of finery clouds his moral judgement, that is vanity. When he lets a demanding palate make his moral choices, that is gluttony. When he ascribes the divine will to his own whims, that is pride. And when he gets angry at being reminded of animal suffering that his own daily choices might help avoid, that is moral cowardice." (p. 121)

There is much in the book that is familiar but much also which is not. One thing I had never heard of is Safari Club International (SCI). Its members claim to be conservationists and humanitarians, hunting all over the world. As one member is quoted as saying: "Everyone benefits, especially the human population, because the price of an elephant license will now pay for a desperately needed schoolroom or a teacher's salary for a year." (pp. 76-77) Another quote from Joseph Wood Krutch after that quote calls this kind of hunter "the Spirit that Denies".

Animal welfare organisations have achieved improvements in the treatment of animals. However, animals still get abused, used and killed in huge numbers. And many have become extinct or are close to extinction. Loss of biodiversity is not just a sad loss of an animal or a plant but it affects the whole of nature and our life on this earth. Achim Steiner, Executive Director of the United Nations Environment Programme states: "Many economies remain blind to the huge value of the diversity of animals, plants and other life forms and their role in healthy and functioning ecosystems from forests and freshwaters to soils, oceans and even the atmosphere." <http://www.un.org/apps/news/story.asp?NewsID=34642&Cr=biodiversity&Cr1=> The captain of Sea Shepherd, Paul Watson, says in the film *Whale*

Wars (Discovery channel): “If the life in the ocean dies, we die. Civilization ceases to exist. That's how interconnected it is.”

Paul Watson and the crew are just some of the many heroic animal rights activists liberating animals from places of captivity and torture, and campaigning to get public support for the ending of our use, abuse and killing of them for our entertainment, sport, food or any kind of experimentation. They are opposed by huge organisations, both commercial and voluntary, who want to keep the status quo or to extend their rights to use and abuse animals, although they do not call it abuse. Safari Club International (SCI) wants to protect and extend their members' right to hunt animals and take home the trophies (animals or their parts) from their local and international jaunts. From a document (dated October 2009) on their website I gather that there are 18.6 million hunters in the USA and that “since 2000 alone, SCI has spent \$140 million protecting the freedom to hunt via state and federal policy advocacy, litigation & education.”

The UK Countryside Alliance was created in 1997 as a response to the Labour Government's pledge to ban hunting with dogs. Their website claims that they have over 105,000 members and that they defend and promote "country sports and rural life at Parliament, in the media and on the ground." Its charitable arm is called the Countryside Alliance Foundation.

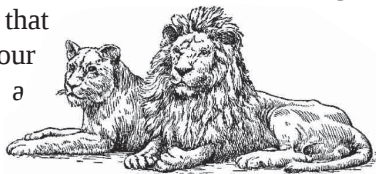
The Alliance is very scornful of the League Against Cruel Sports whose position is perhaps weakened by the fact that they are not against all killing. However, they do work hard on ending all bloodsports, providing police with evidence for prosecutions. They also own 36 areas of land in Somerset and Devon, which provide sanctuary to wildlife and places for the League to use to monitor and investigate hunting and shooting activities.

Jim Barrington, the Alliance's animal welfare consultant who used to be an executive director of the League, writes a blog in which much of the vitriol is expressed, and in which the hunt havoc and any violence on the part of the hunters and their supporters is merely called “harassment”. On the other hand, the blog goes on to say that “many hunting people have had to contend with harassment and far worse from anti-hunting groups ...”

Everything I have learnt by reading, by watching films, and by discussing things with people involved - one very close to me in particular whose

honesty and integrity I trust - points to the fact that animal rights activists are caring people who would not hurt a human or a non-human animal. In a way it should be self-evident: the experimenters and the hunters hurt and kill; the animal rights people save and help. People who have been brought up to believe they have a right to inflict violence on other living beings will very likely do so. At the moment, and hopefully always, hunting with dogs is illegal in the UK. However it still happens, and hunters and their dogs still kill. It is the hunt sabs who, by their presence at the hunts, sometimes manage to stop it by just being present or by helping animals to get away. The hunters and their supporters do not like the hunt sabs and sometimes attack them. I was told of an incident (and have read of others) where one hunt sab was pushed to the ground and beaten viciously by the hunt supporters. The person telling me about it had tried to go and help the person on the ground, but was physically thrown down a wooded bank. Another hunt sab was pushed to the ground by a hunter, who then encouraged the horse to walk on the hunt sab. The horse, however, seemed to possess the kindness and moral sense the hunter lacked: it trod carefully over the prostrate sab.

We should each, according to our ability and opportunities, join in the campaign to save the animals and/or fully support those who commit their lives to it. Ultimately saving animals is saving our world BUT the only reason we need is that non-human animals are not ours to use, abuse and kill. They have their own lives to live. Scully writes: "Every being has a nature, and that nature defines the ends and ultimate good for which it exists. In discerning these purposes we perceive what that being is, what it can do, what it must do to find its completion and fulfillment ..." (p.300) And later: "We are defined by our reason, not by our urges, passions, or preferences." (p. 301) By our reason, even with our limited knowledge about non-human animals, we can surmise that the purpose of their existence is not to be our food, or our entertainment, or to provide a cure for our ills.



I shall give the last word to Scully: "How we treat our fellow creatures is only one more way in which each one of us, every day, writes our own epitaph – bearing into the world a message of light and life or just more darkness and death, adding to the world's joy or to its despair." (p.398)

Ireene-Sointu

BARRY HORNE MEMORIAL MARCH & PROTEST AGAINST HUNTINGDON LIFE SCIENCES



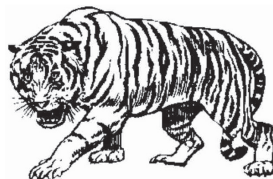
On November 5th, it will be exactly 10 years since Barry Horne died aged 49 in the hospital wing of the prison where he was serving 18 years for various criminal damage and arson actions mainly against companies involved in vivisection.

This year we will be marking the anniversary with a rally and march in Huntingdon town centre, followed by a protest at the gates of Huntingdon Life Sciences, the world's most notorious animal research centre, and the focus of many protests and actions during Barry's hunger strike campaigns.

We will be meeting at Riverside car park off Riverside Road, Huntingdon PE29 3RP, from 11:30, for speeches, info, food etc. At 13:00 there will be a short march through Huntingdon Town Centre. Straight afterwards we will be getting back in our vehicles and driving a few miles out of town to protest at the main site of Huntingdon Life Sciences, where tens of thousands of animals are tortured and killed each year.

We expect to see many of Barry's old friends there, and also many more activists who have joined the struggle in the past 10 years. Please keep this date free, and join us on November 5th as we remember Barry's courage and compassion, and renew our determination to continue the fight for an end to all animal suffering and exploitation.

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



MESSAGE FROM HIPPO CHARITY

(see Hippo advert back page)

The long drought continues. At Wamba in Samburu we are now regularly feeding nearly 400 people. They have been divided into four groups based on geographical location and each Monday the members of one of the groups are given enough food to last them for the ensuing four weeks. The food is costing 28,000 Kenya shillings (£200) per week. That's just over £2 per person per week. These people of the Samburu tribe were traditionally dependent on animals but the cattle and sheep are now all gone, the first victims of drought.

The work at Wamba will be much more than just a feeding programme. The women in these groups are being encouraged to help themselves in the future by growing their own food - copying the Naisula Women's cooperative group who with HIPPO's help have learned how to grow food crops on their 'shamba', selling the surplus to raise funds for their group. Conscious of the risk of creating dependency through the distribution of free food our organiser Priscilla has made them understand that it is temporary until they can grow food for themselves, establishing their own shambas. Not bad for people whom all the big charities constantly say cannot change from their nomadic pastoralist lifestyle!

Not surprisingly word of our help has spread - on the bush telegraph you might say - so that every day Priscilla finds more people waiting outside her house, strangers who have come from a distance to plead for food. Some are very weak from hunger and their long walk and these are getting a cooked meal before they leave with their rations of maize meal, beans and Textured Soya Protein. It is increasing the demand on our funds - but could you send them away hungry?

We want you to realise that many people there would have died during the last two months had it not been for the donations HIPPO has received and translated into food. Only HIPPO is operating there. We count it a God-given privilege to have the chance to save the lives of these people and at the same time to help them towards a more sustainable way of life that is not dependent on animals.

If you have not yet given to our hunger relief fund please send us a contribution - anything you can afford will help. Remember, even £2 will

keep one person alive for a week. Why give to organisations that will use your money to replace cattle when the drought ends? We don't know when the drought will end in Samburu but when it does if we have any money left over it will go towards developing sustainable non-animal solutions to that area's problems. HIPPO is financed almost entirely by vegetarians - please forward this appeal to your vegetarian friends. The administration of HIPPO is done voluntarily. 100% of your donation will go to help those people. We may feel hard-pressed in these difficult times but believe me they have nothing.

With thanks in anticipation

Neville Fowler

Cheques payable to 'HIPPO (Famine Relief)' should be sent to HIPPO, Churchfield House, Weston under Penyard, ROSS-ON-WYE HR9 7PA, or payment may be made direct to the HIPPO Account No: 40-16-23 11313738 at HSBC. If possible please send us confirmation (by letter or email: hippocharity@aol.com) that you want your donation to be Gift Aided, with your postal address as required by Her Majesty's Revenue & Customs.

THE MCL MEMBERS' CONTACT SCHEME

The Contact Scheme aims to provide opportunities for mutual support, co-operation and friendship, and/or to further the aims of MCL locally and regionally. Details of contacts are provided only to those participating in the scheme.

The Contact Scheme offers a great opportunity to get in touch with other MCL members who are following or working towards compassionate, cruelty-free living.

At present we have contacts in Antrim, Bedfordshire, Belfast, Birmingham, Bucks, Cheshire, Clwyd, Cornwall, Derbyshire, Devon, Dorset, Edinburgh, Essex, Gwynedd, Hampshire, Hertfordshire, Isle of Wight, Kent, Leicestershire, Lincolnshire, London, Middlesex, Norfolk, North Yorkshire, Northumberland, Nottingham, Powys, Shropshire, Tyne & Wear, West Glamorgan, York, Co. Galway (Eire) and Goult (France).

**For further information please send a stamped addressed envelope to
Ireene-Sointu, 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT.
Tel: 01639 841223 or e-mail: mcl.ystalyfera@googlemail.com**

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Publications

MCL c/o The Sumac Centre, 245 Gladstone St., Nottingham NG7 6HX, UK

Tel: 0845 458 9595, e-mail mcl@veggies.org.uk

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should be typed or clearly hand-written and marked 'for *New Leaves*'. Any press cuttings/references should be recent and identified with name and date of the source publication. Food items promoted in articles and recipes should be appropriate to MCL's policy of encouraging use of produce that can be grown in the writer's local region, rather than imported crops.

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Vegan Views An informal forum for vegan views and news, subscription £5 for three issues. See www.veganviews.org.uk or SAE to 1 Church Hill, Woodlands, Dorset BH21 8LW. Next issue (No 123), out in November, includes an extended interview with David Graham, chair of the Vegan-Organic Network. Plus articles, letters, recipes, and more.

Wales Vegan/Y Figan Cymreig, bilingual (Welsh-English) magazine, £3 for 3 copies a year. Bron Yr Ysgol, Montpellier Park, Llandrindod, Powys.

Veggies and Sumac Centre: Catering for animal and social justice campaigns. Vegan cafe (Fri, Sat, Sun); vegan-organic demonstration garden; distribution of MCL booklets & leaflets; compilers of the *Animal Contacts Directory* (£5.80 incl. p&p / £5 unwaged). 245 Gladstone Street, Nottingham NG7 6HX. Tel: 0845 458 9595. www.veggies.org.uk.

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For those who can afford it, we suggest an annual subscription of £5.00 for UK residents (*overseas subscribers – please add a further donation to cover extra postage costs*). Less will be accepted, however, and more will be welcomed – this will help us to send *New Leaves* to those who will read it and hand on the ideas but who cannot themselves afford a subscription. Such donations also help with the costs of stalls and meetings.

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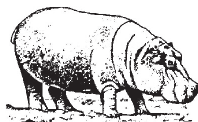
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