

The Movement for Compassionate Living

~ THE VEGAN WAY ~

New Leaves

No. 103 January - February - March 2012

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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.

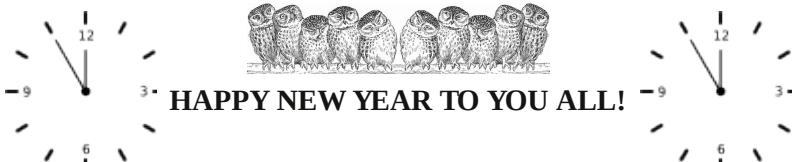
Wood from trees can be used for many constructive and productive purposes.

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.



This winter has proven to be the warmest for me in this house in all these years we have lived here. Finally I am warm – with special thanks due to global warming, I think. Not such a blessing after all when we look at the bigger picture. The doomsday clock was moved one minute forward: it is now five minutes to midnight. It was done because the scientists were concerned that the two areas threatening our life on earth (climate, and nuclear weapons reduction and proliferation) have not been dealt with adequately by the powers that be. However, in spite of this move closer to our doom they seem hopeful, stating on their website <http://thebulletin.org> "The Science and Security Board is heartened by the Arab Spring, the Occupy movements, political protests in Russia, and by the actions of ordinary citizens in Japan as they call for fair treatment and attention to their needs. Whether meeting the challenges of nuclear power, or mitigating the suffering from human-caused global warming, or preventing catastrophic nuclear conflict in a volatile world, the power of people is essential. For this reason, we ask other scientists and experts to join us in engaging ordinary citizens." (<http://thebulletin.org/content/media-center/announcements/2012/01/10/doomsday-clock-moves-1-minute-closer-to-midnight>)

My enjoyment of the warmth has been somewhat marred by various problems, concerns and stresses which manifested themselves in various ways in my body. Consequently work on *New Leaves* and for MCL has not gone as smoothly and speedily as I hoped for, although I am still hopeful that you all will receive your *New Leaves* in reasonable time. The latest hiccup has been twofold: I have a new and improved version of the desktop publishing program, and I ate something which turned out to be not in the best of conditions (I do not like throwing anything away). The new version of the program (free with my Linux operating system) is indeed an improvement, at least in the area of page numbering. In the previous version the numbers tended to have a life of their own, which meant frequent adjustments and corrections and never being certain if they appeared correctly. Kept me on my toes. In other areas there are some changes that I have not managed to work out yet. I

shall work them out for the next issue. This one you will have to take as it comes. If I have managed to get an article on the pages in a reasonably good way I will leave it there, hoping you will not notice anything the matter with it.

I have had a telephone call update from Plants for a Future. The plan now is to repair the shed and add a cellar and a lean-to to it. They have had quotes for the work which cannot be accurate because it is not clear how much of the wood needs to be replaced until the work is started. The quotes are more than the MCL grant, but PFAF have access to other money to cover the excess. I think the AGM will need to consider all this when we meet in May. Hopefully there will be a written report for inclusion in *New Leaves* prior to the AGM. We also need to consider the situation with Climate Friendly Foods – Forest Garden Project (who, like PFAF, received a provisional grant at the 2010 MCL AGM). The 2011 AGM requested a report from them on the project three months before the 2012 AGM. That will be published in April's *New Leaves* No.104.

The AGM will be here in Ystalyfera, near Swansea, on the weekend of 19th/20th May. The actual AGM will be on Saturday 19th May starting after lunch. The capacity of my house to accommodate people staying for the whole weekend has increased slightly. I am sure we can put up as many of you as want to come. Last time we had space for more people than wanted to stay. This year we hope to see more.

All that remains to say is "Hope to see many of you here in May".

Ireene-Sointu



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
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REPORTS FROM MCL FUNDED PROJECTS

VEGAN-ORGANIC NETWORK

THE CENTRES NETWORK

REPORT DECEMBER 2011



This winter Growing with Grace (GwG), a Quaker inspired project, became an Industrial and Providential Society and has changed from a workers' co-operative to a community owned co-operative and social enterprise. GwG are committed to stockfree organic methods and promote the values and principles behind their growing practices through education, training programmes and group visits. GwG network with the local communities and environmental groups to build a strong organic approach to as many growers as possible. They produce a variety of vegetables, salads and fruit, all within their 2.5 ha of greenhouses, which are retailed through their on-site shop and box delivery scheme.

GwG is in its 10th year of farming with the Soil Association Stockfree Organic Standards formulated by the Vegan Organic Network; therefore no livestock or animal inputs are used. Compost is made from green waste collected from the local community by North Yorkshire County Council, and is peat free with Soil Association approval for organic use. They produce their own liquid feed for the propagating area and use green manures within a crop rotation to increase fertility. VON is still negotiating with the Soil Association to include in their apprenticeship scheme a stockfree organic module so that students can choose this option. So it's interesting that Eleanor Fairbrother, a Soil Association apprentice who is now into her second year at GwG, has made this positive choice despite the SA not yet having accepted this module. Maybe this will help the SA make up their mind!

The village of Clapham is directly opposite GwG and strong links have been built over the years with the school and Clapham Community Co-operative. GwG has a Bio-Diesel production unit produced from locally collected waste fat and this fuel is used in their delivery van and compost production machinery. The co-operative also has a beehive on site. They consider it a privilege to be able to provide bees with a safe environment, and celebrated the early pollination of their unusual fruit trees, which up until this year had to be done by hand. The honey was not harvested because they believe that the bees need it more than we do over the winter months. The fruit trees are part of the Forest Garden, a demonstration area based on permaculture principles. It is an inspiration to see and taste the apricots, peach, nectarines and large cherries grown in the North of England with no animal inputs.

GwG need funds to create an educational meeting space, as currently there is no acceptable place for people to meet in the winter months in particular, and on very hot sunny days it is difficult to find a comfortable learning environment. VON has made a grant from the MCL funds to purchase a 19ft yurt for this purpose. They will maintain a library relevant to sustainable, stockfree organic practices, put up display boards and install tables etc to house workshops, discussions and formal/informal meetings.

VON is also funding a DVD focusing on GwG's sustainable, stockfree organic methods for protected growing. This will enable the development of an educational programme through visual means both on the website and during visits by other growers, school/college groups on open days, workshops and discussions. It creates the opportunity to bring to life the growing season during the winter months for educational events.

GwG is fully aware of the importance during the current climate of educating and changing people's understanding as to how food is grown, and the importance of growing food for themselves. VON's DVD, *Grow Your Own*, is available to *New Leaves* readers for a donation, thanks to MCL. Sustainability, using stockfree organic methods, and building strong local community support to create local food for local people is what they and VON have consistently striven for. Although GwG have been building an educational programme for years they have been impeded by

not having a comfortable educational space for year-long events. VON has a long standing close relationship with GwG and is confident that their grant to provide a yurt for a meeting place and also a DVD will enable us together to promote the ideals that we share, and act as a catalyst for social change both with growers and the general public.

David Graham

DAVID GRAHAM INTERVIEW

Readers of *New Leaves* may be interested to take a look at an extended interview with David Graham (chair and co-founder of the Vegan Organic Network) which appears in the Winter 2011/2012 edition, issue 123, of *Vegan Views*. The whole magazine is now freely available to download online from www.veganviews.org.uk or else printed copies are available on subscription (see *Vegan Views* small ad page 22).

The interview covers the setting-up of VON back in 1996, and the progress made since, for example with the introduction of the ‘VON Standards’. MCL’s grant some years ago of £70,000 to help set up a VON centre is discussed (“It took us some time to realise that we needed more like £700,000 than £70,000 for a centre”), as is the eventual shift to setting up a network of stockfree farmers and growers as the next best way forward.

David’s radical background is well featured: his involvement in a multitude of alternative projects such as the direct action wing of the peace movement, Free Schools, and anti-racism, to mention just a few. As a young man he spent a year in prison as a conscientious objector (when conscription was still in force)

Despite VON’s progress David reflects that “... there remains something of an interesting, and at times frustrating, problem for us. This is because many vegans appear not to understand that the food they consume is grown using slaughterhouse by-products such as fish, blood, bone and animal manure. Vegans need to make this connection and support our campaign for change so that vegan-grown food becomes more widely available.”



CREATING WELHEALTH CO-OP

REPORT DECEMBER 2011

Welhealth: A vegan 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, don't be shy, please contact: petefreepeat@yahoo.co.uk

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

The house is the main project now. We should be starting soon to make the windows.

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

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 - This project is completed and all the grant money for it used.

Work is going well in the nursery. We have supplied many people, schools and organisations. People kept coming for forest garden plants until October. We got a large number of free pots from people, and one former nursery gave us all their nursery seed trays, which we could now use for propagating rather than using the non-vegan low price growbags. We have been seed collecting, and collected about 600 hazels, 500 sweet chestnuts, 200 Oakcroft damsons, 100 local red cherry plums, and sea buckthorn cuttings from the BFG and Pwllheli, and these are for growing next year. Potted up plants we had saved for ourselves.

Work done at Tyn Y Nant during this period:

Members and visitors working: Vic, James, Frank, Slim, Rowan.

I haven't anything to report on the grant work this quarter, as the electronics work, building the shelter, and removal work, has taken up most of the time available at the end of this year. Also throughout the year we've been short handed, unable to

afford to feed any wwoofers that would have liked to come, but we have had freeconomists and members staying and people interested in forest gardening. Perhaps we spent too much time on preparation of beds and growing food in the polytunnel and the work of the trees and plants in the nursery this year, while we should have got on with the house. So the growing will be put on the back burner next year and the priority will be the grant work to be done on the house.

Even so we have been busy. We have been very lucky that the weather has been mild so far! Slim drove five cows out of the field that had come in through the weak part of the fence in the corner, and we mended this piece of fence. (Fencing is a pain at first, having to transport posts, netting, etc, but it's a surprisingly great job when you get into it - taking a flask and spending the day doing it refreshed me). All the solar/ wind shunt regulators were mended. Fitted new lights in the caravan, lab and workshop. We had a problem with one failing solar electric panel where water had got into its connection box and destroyed the Schottky diode.

We have discovered and have been making links with two potential Gift economy projects, one in Austria called Garden of Generations, and the other Free and Real in Greece, who I have yet to correspond with to find out more about. This is important, as possibly we can join up projects if they are similar.

At the very end of the year three weeks was spent building a 24 ft by 8 ft shelter on the hard standing by the gate, and it was a rush to get it done before any harsh weather came in to stop work on it. The bill for it was about £50, using new wood waste offcuts to make trellis panels for the walls, 100-year-old still good floorboard nails, floorboards we had in stock, 24 fence posts, and donated polytunnel visqueen for the roof.

The prototype windmill tower has been on test and has been working well. One thing which is noticeable is that the windmill on it gives far more electricity than the other one nearer to the buildings. From November to December we were busy removing stores such as pots, wood, cable, solar hot water panels, and other hardware, from our other farm which has now changed hands.

Frank Bowman



BANGOR FOREST GARDEN

PROGRESS REPORT

OCTOBER - DECEMBER 2011

Sunday 9th October 2011

Members, visitors, and volunteers working: Tom, Dave, Mary, Jane, Charles, Fern, Alison, Rowan, Frank, Jane, Pete, Hazel, Jody.

The day was windy and warm, and the rain kept off. Charles got busy on sealing up the big gap at the end of the cabin with some exterior OSB (an engineered wood product), filling in the gap with expanding foam, and sealing the edges, so that now there's only a small piece of OSB needed to finish it off at the top. It will be done next work day. We got the fire going to boil the kettle for teas. Work done: Cleared the last of the thorny tangling brambles from around the wineberries. Dave and Pete sawed and chopped through most of the large wood to make logs and dry stacked them for the fire under the awning. The awning was supported with a rope to prevent a tear from getting larger. The tear needs sewing up next work day. The yellow raspberries and plants down the bottom were mulched using the woodchip pile the tree surgeons left. The fallen juniper branch was cleared from the wineberries. The wineberries were tied back from the path in front of the services building, and some of the larger branches were laid down on the ground in a gap, hopefully to root and fill up the wineberry line next year. All the jostaberries in the growbag were potted and the larger sea buckthorn plants potted in big pots. We potted 172 sea buckthorn cuttings and 66 mulberry cuttings. It'll be interesting to see how many grow in the spring. The mulberry tree was tied back on to a good stake to straighten and stabilise it.

Wednesday 2nd November 2011

Members working plus visitors were Dave, Tom, Frank, Rowan, Stuart and Alison.

It was a windy day. We got a good fire going to get the kettle boiling and eat lunch around. Jobs done: Tidying the wood down by the firepit, and chopping some into

small pieces. Some of the back wall by the tree had fallen down again and Tom got on with building it back up (the stones are like marbles!). It's looking good so far. Rowan got on with clearing the growth from around the top trellised seat. Stuart and Frank mapped the garden and put stakes in the ground at different parts. These are going to show the plants and trees in groupings rather than labelling every plant. Dave cleared a lot of growth from around the dogwood and there is a lot of space in that area now. Next workday we can pollard what's left, and that should be enough for weaving the gaps in the compost toilet. Stuart made a start on the overgrowth of brambles by the sea buckthorn. Rowan was searching for spare self seeded ash to use on his Welsh hill top tree planting project. Tom checked all the wheelbarrow tyres, and we need a new valve in one which is leaking. This is the first year that the majority of the medlars have bletted and ripened on the tree, and they can be eaten straight off. They do have a custard and apple flavour with a bit of caramel.

The website: The plans are that Stuart is going to set the pages of the website up to be seen on the BFG computer on the next Sunday workday, so that we can see how it will look and if any changes need making. It's probable that we can use a free website on Google, and he will set it up on there and manage it and will relay any enquiries to the BFG for answering, as Sarah used to do. We will also look at combining the BFG Yahoo group and Google group to be just the Google email group, so we have only one and which synchronises somehow to the new Google website, so that more people can get to look at email notifications and diaries, and get to know quickly what activities are going on . Frank is going to look at a simple Facebook page or group to post details of workdays.

Sunday 13th November 2011

Members, visitors, and volunteers working: Tom, Dave, Mary, Stuart, Alison, Frank, Jane, Pete, Sue and Ted.

Work done: Stone walling, weaving hurdles from dogwood, and website: Stuart got on with getting the website up on the computer to have a look at it. There were problems with the computer, which took up time, but eventually it was loaded. The plan now is that Stuart is going to put a basic version of the site up using Google websites, and once that's up we can decide what else to add to it. Also, the BFG now has a Facebook page. Jane got a good fire going for the tea. We cleared the brambles by the sea buckthorn. The dogwood was further cut back and pollarded down to about two feet. There is a lot of clear space in that area now. The good pieces of

dogwood were bundled and taken over to the firepit to work on weaving into the gaps in the compost toilet door. Ted rebuilt the little trellis fence on the compost toilet. Tom and Dave got on with the rebuilding of the stone wall at the back of the firepit. (Of interest: Ted and Sue are using Hempcrete - see www.wikipedia/wiki/Hempcrete - for the walls for their house extension, it has good insulation properties and is carbon negative, and they've already completed one building using this method.)

Wednesday 30th November 2011

Members working plus visitors: about 25 people (twice), including Stuart, Simon, Alison, Frank.

It was a bit of a rainy and wild day. But luckily the downpour kept off until right at the end. Jobs done: Stuart's work on the BFG web site is good, it's a two page website and should be going up soon. Simon and Alison set up a tarp for a shelter and Simon mended the bricks on the oven with new cob and got on with the bread and pizza prep for his workshop, while Alison got the cob oven going. We all enjoyed the food at the City farms and Community gardens Gathering taking place at the CALU (Centre for Alternative Land Use) rooms. About 25 or so came to the garden to sample pizza made on the cob oven, which Simon was demonstrating how to use. He was giving out literature on cob oven building, all the while baking the pizza. Later another 25 or so came around on a forest garden tour, given by Alison and Frank, and that ended up with another feast at the cob oven! We also all attended a workshop at the gathering. Thanks to Simon and everyone who made it a great day. We gave out literature advertising the garden too.

Sunday 11th December 2011

Members, visitors, and volunteers working: Tom, Dave, Stuart, Alison, Frank, Jane, Pete, Sue, Ted, and Rowan.

Work done: Stone walling, Christmas wreaths, Yurt platform cleaning, and tarp repairs. The weather kept off today, and the kettle was put on the fire for the teas. One of the posts supporting the firepit tarp had fallen down so a new robust support post was dug into the ground, and the tarp put back up. Pete was showing us how to do Christmas wreaths using red dogwood, willow and holly. Luckily there were still holly berries on the tree. The pile of dogwood was cleared and some good pieces used for the wreaths. Stuart brought the computer back which has developed what

looks like a serious hardware fault. We decided to see if a shop in Ruthin could diagnose it. Dave brought a karcher pressure washer with an attachment which washes surfaces, and he completely cleaned and de-mossed the slippery yurt wood platform, while Rowan cleared the soil from around the edges. It looks good now, and could probably do with some chicken mesh stapling to it for safety. Tom got on with the stone wall again, and it'll not be long before it's back up. Ted brought some sail twine and needles and we sewed up the tear in the firepit tarp which had increased in size since the last workday. Ali is looking into getting more tarp material and the possibility of getting a grant for it. We went off early, some going to the Christmas Fair at Moelyci.

Frank Bowman



AZALEA VEGAN TRUST

In the last *New Leaves* I wrote about the establishment in August 2011 of the Azalea Vegan Trust (in memory of Kathleen Jannaway), which will hopefully work in tandem with MCL in the future. We have now had our first trustees meeting, and are making initial grants of £500 each to HIPPO (for their work in supplying vegan food aid abroad, especially Africa), and to the Drimlabarra Herb Farm (Avalach Centre for Plant Study) in Scotland. Both these projects were featured in the last issue of *New Leaves*. The Drimlabarra grant is to help with the groundwork needed in erecting a glasshouse for indoor growing space.

We have a little money left over, but for the time being are capping any grants to £500. (We haven't actually managed to open a bank account yet, but it will hopefully happen very soon. In this day and age it seems you have to jump through all manner of hoops to set up an account!)

Malcolm Horne

Email: azaleavegantrust@gmail.com

Tel: 01792-792442

GRASSROOTS THIRD SECTOR SUPPORT FOR 2012'S UNITED NATIONS EARTH SUMMIT

This year sees the latest United Nations Earth Summit. This will mark the twentieth anniversary of the first, and a return to Rio de Janeiro.

Rio +20 will be the fourth Earth Summit and the first since 2002. Its objectives are to secure political commitment to sustainable development, to assess progress towards internationally agreed commitments, and to consider the new and emerging challenges. Summit themes will include how to establish an institutional framework for sustainable development.

Many voluntary and community organisations have been lobbying the Government to give credible support to the UN Summit. National VCOs already supporting Rio +20 include WWF-UK, CAFOD, Friends of the Earth, Tearfund, Peacechild International, Practical Action, UK Youth Climate Coalition, Population and Sustainability Network, Christian Aid, Foundation for Democracy and Sustainable Development, United Nations Association, International Institute for Environment and Development, Trades Union Congress, and Stakeholder Forum for a Sustainable Future.

Most of these organisations have a lot of grassroots supporters, whose concerns should in turn be heard and addressed by local government. During last September a UN conference was held on Sustainable Societies – Responsive Citizens. This focused on civil society input to Rio +20 and was attended by representatives of VCOs, UN institutions and member states, the news media and academia. Altogether over 1,000 stakeholders registered to make an input – the main conference outcome was a declaration which will be taken to Rio.

Sustainability Links is urging nationwide grassroots level support for the Summit and is facilitating third sector involvement through the Government's localisation initiatives.

MCL members can help promote the UN initiative where they live. All around the UK the UN Summit presents opportunities for individual actions to help change the world, recognising that it is as individuals that we're responsible for choosing what we buy, how we travel, how we use our money and time, and what we eat.

All Earth Summits promote an idea whose time is long overdue – ie, that as individuals we must increasingly hold decision makers to account. Former Earth Summits have emphasised the importance of using our collective power to influence change towards a more sustainable and fairer world.

The Links website gives more information about how we can all support the UN through our involvement in local decision making processes. Why not log on and adapt the dummy letter for use in your own area? In case you don't get a reply (give your point of contact a month or so to respond), the same web page also has a dummy letter requesting the information under the Freedom of Information Act.

Sustainability Links (www.sustainabilitylinks.org.uk) also gives access to a number of new guides written especially to help you take part in local decision making. These will shortly be available as downloads, but in the meantime you can email Links with your order. Titles currently available include *Greening Local Democracy*, which explains the important historical links between UN Earth Summits and Government localisation policies. Free copies of Links' monthly Summit action reports are available too. Send your free guide order / free subscription requests to: info@sustainabilitylinks.org.uk

MCL supporters have particular reasons to support the UN through involvement in local activities.

On the occasion of its 50th anniversary the UN published a number of aspirational resolutions. One of these was “We call upon our educators to motivate the people towards harmony with nature, and peaceful coexistence with all living beings. We believe in the sanctity and the integrity of all life forms.”

And in 2007 the UN published *Livestock's Long Shadow* – the most authoritative and damning study of the unsustainability of eating meat, and the industry that has grown to support such a diet.

Website: www.sustainabilitylinks.org.uk



VITAMIN B12: THE IMPLICATIONS FOR VEGANS

Imagine you are Early Man or a monkey, foraging in the trees for leaves, fruit and nuts. You would get lots of dirt and insects rich in B12. Indulging in a bit of cannibalism, eating the occasional enemy killed in territorial disputes, might also boost your B12 levels, whereas now, as a civilised modern vegan human on a sterile fruit and veg diet, you get no significant amounts of B12 unless you eat kilos of comfrey leaves and seaweed, or eat chemically supplemented foods. Vegan Indians not on a sterile diet are apparently okay, as was I when eating from the trees of my vegan organic forest garden on Tenerife.

It is important to remember to be compassionate to yourself and your children as a vegan, and to make sure your vitamin B12 levels are sufficient, as there are no significant amounts of B12 in natural vegan foods, and damage to the brain and nervous system through pernicious anaemia due to low B12 can be irreversible. Although some may find ‘I can’t think or feel anything’ to be an enlightened meditative state, it would not last for long!

Some manufactured products such as soy products and spreads may be supplemented with laboratory chemical B12, usually in the form of cyanocobalamin, but this is unnatural and therefore not easily assimilable and toxic (cyano means cyanide!). ‘Natural’ might mean animal-derived, and ‘vegetarian’ lacto-vegetarian. There is no B12 inherent in such food itself, but it is ‘fortified’ with maybe only minute amounts of probably the cheapest, worst and not necessarily vegan supplements. Check out the products yourself to be sure.

B12 is a cobalt compound and in its natural form is methylcobalamin, a form easily assimilable by the body, where it is stored in the kidneys and liver, and where reserves can be depleted over a few years. Most tablet supplements are animal-derived and/or cyanocobalamin. Avoid hydroxocobalamin injections, again a toxic chemical. In short, methylcobalamin sub-labial tablets are the best solution. I have been taking them for some years and have maintained my levels since being dangerously low. A daily tablet of 100 micrograms is recommended for maintenance of levels, and of 1000 micrograms to raise low levels. Folic acid and iron supplements may also be necessary.

I have been raw vegan for over twenty years, and the B12 story began for me when I experienced extreme fatigue (other symptoms are tinnitus, sore tongue and mouth, tingling in limbs, and depression). Blood tests revealed dangerously low B12 levels, enlarged blood cells, and low blood count (ie. bigger but fewer blood cells), low folate and iron levels, and my doctor administered hydroxocobalamin injections. After the second one my face exploded in numerous eruptions, one of the many ‘side-effects’ (read ‘direct-effects’) indicated by the manufacturer but denied by the

doctor from whose treatment I withdrew. My levels had risen from way below to way above the norm, which is also considered problematic. Normal is 200 to 900 picograms per millilitre. My test results mysteriously disappeared from the computer! Once my levels had dropped again months later, I regularly took the recommended amount of methylcobalamin tablets without further problems. Such extreme injections, I discovered, should only be used for treatment of pernicious anaemia, not B12 deficiency, but tablets are more effective anyway.

It is of course more of a problem for a raw vegan not eating supplemented processed foods, but the supplements are as stated dubious, and raw food does provide the many enzymes destroyed in cooking that help our body assimilate such nutrients as vitamins. If we return to those primeval ancestors, we find according to Dr Brian Clement that “the gastrointestinal tract has structurally lost an anatomical pocket that cultured these bacteria (B12) in previous times”. This highlights the fact that bacteria (or ‘dirt’) is rich in B12, which is why ferments are a source. The methylcobalamin I take (obtained from the internet) is extracted from the residual fermented brine in olive silos - thanks to the Spanish for this appetising treat! Otherwise it is animal or genetically derived like the other forms of supplement.

Another aspect is the Intrinsic Factor which is necessary to absorb the B12. It is a secretion of the stomach called glycoprotein, a mucin in the intestinal wall, but again unlike monkey, man may be lacking in us ultramoderns. B12 deficiency is also a common problem for non-vegans, particularly as one ages.

So seaweeds and fermented foods contain B12 in a form not assimilable by the body; tablet supplements are not nutritionally wholesome, but in their best form are a necessary compromise here. As a committed raw vegan for many years I was very disappointed to have to accept that what I considered to be the perfect diet to which I had dedicated my life had a potentially fatal flaw. I only wish to help, not to condemn veganism which I have had to accept cannot therefore be 100% natural. Some vegans do not accept B12 as a problem, including myself once, but we need to face reality and deal with it or it will become more of a problem. Doctors seem to automatically reach for the blood test syringe when you say you are vegan, and we need to protect ourselves and our children from the serious consequences of an anaemic diet. So let's be compassionate to ourselves, have a blood test, take the vegan methylcobalamin tablets if necessary, and avoid the dubiously derived, maybe non-vegan and noxious supplements.

Dave Davis

“Recently sublingual methylcobalamin has become available in 1 mg tablets. Such tablets have higher bioavailability than the older cyanocobalamin. No cyanide is released with methylcobolamin, although the amount of cyanide (2% of the weight, or 20 micrograms cyanide in a 1mg cyanocobalamin tab) is far less than ingested in many natural foods.” http://en.wikipedia.org/wiki/Vitamin_B12

The Vegan Society sell a VEG-1 vitamin tablet which has an appropriate amount of B12 for vegans.



BOOK REVIEW: STOLEN LAND – STOLEN LIVES AND THE GREAT CON TRICK OF DEBT!

I have had this book for some months now, but due to circumstances started reading it only a couple of weeks ago. So unfortunately I have not quite finished reading it. However, I do consider the book an important contribution to our understanding about the situation in the world now, and how to go about achieving a better society for us all. Therefore, I have decided to write this review now – or rather my thoughts on the book and how it has influenced my understanding.

The book was published in 2011, but I assume it took a while to write and put together. In addition to new material it includes the writer's earlier published and some unpublished letters and articles. It also includes a number of poems – some written by Shirley-Anne Hardy, some by others. It even includes, on page 214, Shirley-Anne Hardy's letter published in *New Leaves* issue no 99 (January 2011).

At the beginning of the book Shirley-Anne Hardy writes about the language in this new book stating: “Thus in so far as linguistics are concerned, in my vocabulary – *man embraces woman!*” (p. xviii) In brackets readers are pointed to the above-mentioned letter. This reminds me of what I wrote in my note (*New Leaves* 98 p.20): first a male was “more natural”, then “worthier” leading to “more comprehensive” and finally “the Interpretation Act of 1850 where it was stated that masculine included the feminine, thus confirming the more important status of a male human being in society”.

That brings me to consideration of the importance of various issues and struggles we are involved in. MCL and *New Leaves* have not had much to say about the land question, having placed more emphasis on what to do with land (when we have access to it) and on veganism and all it entails. Many members are involved in various campaigns relating to these issues. They are all worthwhile and we should not cease doing any of it. Yet I agree with Shirley-Anne Hardy that resolving the land question is the linchpin for achieving a favourable result for the whole of humanity, our fellow creatures and our world. This is implied in the dedication of the book: “To those who, through long ages, have striven to establish justice in society – without which freedom cannot be, nor ever peace on earth.”

We each have a limited scope for action, with limited resources and energy which we should use as best we can. However, I think we should also respect each other’s

campaigns and struggles. It will surely enrich rather than diminish us. My experience has been that women's concerns are usually dismissed as less important than many other struggles. Just like Shirley-Anne Hardy declares: "I find my concern about the secondary female – the human one – swallowed up in a far greater concern about the **primary** female in our life: Gaia, the Earthly Mother ..." (p. 214, also in *New Leaves* no 99, p. 20) Once again the fact that a number of people feel that 'man' does not include them is dismissed. Yet I believe it would not cause too much trouble to take note of it and to choose one's vocabulary with more care. There are enough words to choose from: 'human', 'person', 'humankind', 'humanity' etc. I must say that the use of the word 'man' with its concomitant pronouns 'his' and 'him' throughout the book made me feel excluded and slowed my reading noticeably. Now that I have got that off my chest I can go on to the "worthier" matter.

The Natural Law of Rent is introduced in the first chapter of the book. *The Land Question* (reviewed in *New Leaves* no 97) deals with it also. However, when reading *The Land Question*, the word 'natural' relating to a law did not register in my mind to any noticeable degree. In all my various readings and studies I had never encountered the idea or the phrase. Now, having read *Dominion* by Matthew Scully and then coming to this new book by Shirley-Anne Hardy, the phrase and the idea have become alive in my mind. I went back to Scully's book to see what was said there about a "natural law".

Natural law is just that, a law and not a theory. If anything it serves as a kind of anti-theory, an understanding of natural properties, an acceptance of things as they are... It compels us by reason to perceive purposes and goods beyond our own desires and decrees, to heed natural boundaries, to respect and live within an order of which we are a part but not the center. It asserts what the philosophers call a teleological view of a moral universe with a detectable structure, direction, and broad design beyond our power to alter or escape. Our lives do have a purpose, written into our very nature. (p. 301)

Matthew Scully applies the natural law to animals and their right to their own lives as their nature dictates. There is no mention at all about the land question or the natural law of rent. It seems to me that Matthew Scully, like so many of us, has been and still is ignorant of the natural law applying to land, namely that the land belongs to no-one, but we all have an equal birthright to land which was stolen from us centuries ago. Now instead of communities getting the rent from those using and getting an income from the land, and thus providing for the needs of the local community, the owners of title deeds to large areas of land glean all this for their own coffers. Shirley-Anne Hardy tells of the real price for all this:

But the real 'price' in all this, of course, is the price paid by the community in having been tricked into surrendering their precious rental fund – created

from the fruits of their labours and intended by a beautiful natural law for their own succouring; a fund able, as we shall see, to remove all social pain and distress from their lives, and in addition to provide a basic income for all. Tricked into surrendering it for what? To support a layer of so-called 'land ownership' which is not only unnatural and superfluous to society, but is wholly destructive to it. (p. 27)

In the pages of the book we find interesting information about how the land tenure was worked out in past civilisations. We are told that the phrase "wipe the slate clean" originated in ancient Mesopotamia; the royal Clean Slates "cancelled personal debts ... and returned the land to its traditional holders." (p. 87) We are told that "the question of the just sharing of land, and of the revenues arising from land settlement, has been with us for a very long time – in fact, for as long as the history of civilization, or settled societies, and that the way it was dealt with, or not dealt with, settled the fate of those civilizations of the past." (p. 85)

Shirley-Anne Hardy also delves briefly into the history and teachings of the Essenes and the writings of Francis Neilson. Most of the focus on Francis Neilson is related to the book *In Quest of Justice* published in 1944. Shirley-Anne Hardy quotes as an introduction brief extracts from the book's covers:

In Quest of Justice is the record of a search for the fundamentals of man's spiritual and physical existence. Francis Neilson defines justice as "the law of Providence inherent in nature", and traces this concept through all the earliest communities – in China, Persia, Egypt, Babylonia, India, Greece and Rome ...

The law is as ancient as justice itself and can be traced through the Old Testament, in Vedic literature, ancient Chinese history, in the Code of Hammurabi ... The landmark was the symbol of economic justice ... "Thou shalt not remove thy neighbour's landmark, (Deuteronomy 19:14) ... (T)he earliest use of the boundary stone has been found in China (2112 B.C.)

The seekers after justice in every age had an identical message ... Economic justice was the tradition of the people ... (p. 113)

More articles, letters, quotes and poems follow. All that I've read are very interesting and show how well Shirley-Anne Hardy is aware of what goes on in Scotland (where Shirley-Anne Hardy lives) and elsewhere. I just want to mention one more thing here which I found interesting. One article starting on page 178 is a critique of the proposal put forward by a development group in Scotland. The critique compares that proposal with what is published about Bioregionalism in a book *Boundaries of Home: Mapping for Local Empowerment*. The Scottish proposal, although called a Bioregional proposal, is found to be nothing like the movement espoused in this book. Later on in the book Shirley-Anne Hardy has this

to say: "Far wiser would it be for us to ally ourselves with the inspired, earth-sprung and earth-oriented Bioregional movement – the movement which offers us the only sane patterning for a society of the New Age, and a movement waiting, as I have already pointed out, for its Geoist land reform embrace!" (p. 257) (Geoist = Georgist – Henry George)

The book is imbued with the writer's spirituality, but even so those who have no truck with anything supernatural will find much to interest and inform them within its covers. I think we all should read this book, and also *The Land Question*, together with Kathleen Jannaway's *Self-Reliant Tree-Based Autonomous Vegan Villages*. I believe that without the land reform outlined in Shirley-Anne Hardy's books it will be very difficult if not impossible to achieve what is presented in Kathleen Jannaway's booklet.

Shirley-Anne Hardy's booklet *The Land Question* is available to download freely from www.highlandperthshirenews.co.uk by clicking on the Public Downloads button. It can also be bought for £1.60 (stamps accepted) from The Peregrine Press, The Rocks, Pitlochry, Perthshire PH16 5QZ by sending a 9" x 6" self-addressed envelope with basic stamp. *Stolen Land – Stolen Lives and the great con trick of DEBT!* is available from Waterstone's in Dundee and costs £7.95. It is also available from the UK website <http://www.word-power.co.uk> and from the USA website <http://www.schalkenbach.org> for a reduced price of \$10.

Irene-Sointu



EVENTS FEBRUARY – MARCH 2012

The Viva! Incredible Veggie Show 4 February 10.30 – 16.30 Free Entry

Cambridge Guildhall, 3 Parsons Court, Wheeler Street, Cambridge CB2 3QB

www.viva.org.uk/vegetarian-vegan-roadshow-2011/cambridge.html

Critical Perspectives on Animals in Society conference 10 March

St. Sidwell's Centre, Exeter

Everyone is welcome to attend and registration is free with vegan refreshments and evening entertainment provided.

<http://animalsinsociety.wordpress.com>

Brighton VegFest 17 – 18 March

The Hove Centre, Norton Road, Hove, BN3 4AH

www.brighton.vegfest.co.uk



LOOK TO YOUR SOUL, MAN

I am enclosing an early draft of my article *Look to Your Soul, Man* for your perusal. I am not requesting publication since it is too big for *New Leaves* and has, in any case, already just been published on a USA website. (The web address www.vedicworld.org takes you to the Vedic Cultural Fellowship page, see Newsletters at the bottom right of the page and my article is in the December 2011 Newsletter, with some lovely illustrations from Jennifer Beckman).

My request is that, if you feel it is suitable to mention in the January 2012 *New Leaves*, it will bring it to the attention of any interested member. Sadly, although it was written for publication in *Vegan Views* it has also proved far too long and it cannot easily be edited or serialised without losing impact. I have actually written a shorter article entitled *Vegans - Spiritual Souls* which I hope Sarah Austin will find suitable for the March edition of *Vegan Views* (no.124).

I was prompted to write it as a senior vegan since I feel that none of the mainstream UK (veggie) publications give enough, indeed any, attention to the spiritual aspects of our stand against carnivorous life, and few of the spiritual media pay much attention to diet as a way of life.

Thank you for your time and I hope you enjoy the article – it is a mini biography of my life.

Mike Wright



FRUIT GROWING

I read with interest an article in *New Leaves* no 102 entitled *Notes from a novice fruit grower*, and felt that I could offer some of my experience in fruit growing to help Jill Barton.

Growing top fruit like apples requires an additional consideration, that of pollination. All apple varieties have a flowering period and, because there are so many of them, the periods overlap which is a great help to the grower.

Most apples are what are called “diploid” which means they need another pollinator, ie. a tree that is in flower at the same time. Nurseries supplying trees have lists of varieties and next to each is a letter that denotes the flowering period. It is a simple matter to scan the lists and choose varieties that you like with flowering periods that overlap. Occasionally you will come across a variety that is marked as “triploid” which means it needs two other pollinators.

Looking through the Walcot Organic Nursery catalogue, it lists “James Grieve” as being in pollination group C, which is a very common group. “Fiesta” is also group C so they should be helping each other. If there are other gardens around you which also have apple trees, there may be some cross pollination from them in years to come.

The other factor in fruit production is pruning, which is designed to give the tree a good shape and promote fruit production. It is necessary to be able to recognise fruit buds and leaf buds, which are different, and prune accordingly. Feeding and mulching is also very important, especially when the tree is first establishing itself, as is a good supply of moisture.

The Royal Horticultural Society (RHS) do very well illustrated hand books about pruning everything, not just fruit, and you would find one a worthwhile buy. They have a huge bookshop. They also have an email address gardeningadvice@rhs.org.uk (tel: 0845 260 8000). Advisory Service, RHS Garden Wisley, Surrey GU23 6QB.

Walcot Organic Nursery, Lower Walcot Farm, Walcot Lane, Drakes Broughton, Pershore, Worcestershire WR10 2AL (tel: 01905 841587 or email: enquiries@walcotnursery.co.uk).

With best wishes, *Nigel Stanton*

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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 printed issues but the whole magazine is also now freely available online. See www.veganviews.org.uk or write 1 Church Hill, Woodlands, Dorset BH21 8LW. Latest issue (No 123) includes an interview with David Graham (chair of VON), a review of vegan publications both printed and online, articles on juicing, vegan puppies, 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.

Sarah Two welcomes women & anyone interested in growing fruit (field turning slowly into orchard) & vegan permaculture. Le Village, 09600 Dun, France. Tel. 00335 61604688.

www.veganation.co.uk - vegan online shop run by an ethical vegan family - check it out!

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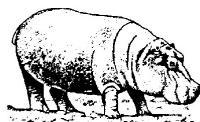
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