

The Movement for Compassionate Living

New Leaves

No.95 January-February-March 2010

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

New Leaves

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.

Happy New Year to Everyone!

By the time you read this the big freeze will hopefully be over. I am still going through it, and feeling like hibernating. The Finnish-like winter came here a year too early for me to enjoy it, as I would have done if the heating of our house had all been sorted out (which it will be by next winter).

Now, in front of the computer in a cold room, I remember the winter wonderland of my childhood: the beauty of the surrounding nature when skiing across the country through woods and meadows; the brilliance of the snow on tree branches sparkling in sunshine; the enjoyment of whizzing on skates across the lake after the wind had blown the snow away; the crunch of snow under foot; coming in to the warmth of our house, and looking out through the windows at the sparkle of the stars on the snow. Even whilst shivering here I can find beauty in the view from my window, and I did enjoy the crunch of the snow underfoot when I had to venture outside on an errand.



My meandering thoughts go out to all of you who are not used to cold winters, as I am still, after about 40 years living in the UK, not used to cold houses, and I hope that you have got through this cold spell happy and healthy and not freezing. If this issue of New Leaves is late it is partly because my fingers have been too stiff with cold to do what is needed to get it all together.

We have received more material for this issue than the last one. Thank you to all who have contributed. Please, keep them coming. Thank you also to those who sent their replies to me about the World March for World Peace and Nonviolence. All the replies were favourable and I consequently added MCL as an endorser and a supporter. The March had a huge following wherever they went around the world. In the UK there were various events around the country, but sadly no media coverage to speak of. The finale saw thousands of people gather to support and cheer, and join in the call for peace. However, much work is still needed to shift the balance of power from those advocating war and violence to those promoting peaceful endeavours to build a compassionate human community all over our beautiful world.

Feeling physically cold is not conducive to positive thinking. Consequently the continued war efforts, and the failure of the Copenhagen conference to reach an agreement, had made me feel very despondent, not seeing any point to any struggle to improve anything. However, being woken up this morning by a nightmare I was perversely shaken up into a positive frame of mind. To get rid of the really horrible feeling of personal gloom and doom I tried to work out the explanation for the nightmare and somehow it led me to think of all the positive things going on.

I thought of all the things you are doing in your efforts to spread veganism. I remembered Margaret Woolford, who died recently, who was active to the very end writing letters and campaigning. I remembered David Lane, a long time MCL member, a pensioner, who was still attending demonstrations and marches last year. Then my mind jumped to a local punk band and their song against war, and all the youngsters debating and arguing about social and political issues on the internet. A glance through the Alternative Energy website (<http://www.alternative-energy-news.info/>) cheered me up with its news about the plans for solar energy production in the Sahara, a solar city in China, and a climate-friendly childcare centre in Denmark which will generate more energy than it consumes once opened in November 2010. There are organisations and individuals pushing for changes at all levels, and I will include a few campaign web addresses in later pages. There is hope for us all still.

Two important issues need to be brought to your attention here now: **the AGM and the funding applications.** I gave an advance notice in New Leaves issue no 93 about further possibilities for funding as we have received two small legacies. The amounts were more than I had expected; there is a little over £40,000 available. **Please send in your applications by the 21st March for publication in the next issue of New Leaves.** The applications will be discussed and grants decided at the AGM in June.

The AGM will be held here at my house in South Wales (15 miles north of Swansea) over the second weekend of June. The actual AGM will be on Saturday 12th June. Arrival can be any time between Friday evening and Saturday morning, and anyone who can is welcome to stay till Monday. If you are going to spend a night or

nights here bring your sleeping bag or sheets with you. And let me know as soon as you know your plans. The weather in June will hopefully be much warmer than now; I do not expect anyone to freeze here then.

Ireene-Sointu

Summer in Ystalyfera in 2005



ANNUAL GENERAL MEETING / SOCIAL WEEKEND

Friday 11th June – Monday 14th June

AGM – Saturday 12th June at 1.30pm
to be held at 105 Cyfyng Road,
Ystalyfera, Swansea SA9 2BT

Free accommodation – various possibilities, initially get in touch with Ireene. It is possible to stay for longer at the Brynderwen community in nearby Swansea.

Travel – direct train to Swansea from London or Manchester and many stops in between. National Express has coaches to Swansea. Then local bus to Ystalyfera. Get in touch with Ireene for advice.

Programme – to be confirmed
Sunday 13th a visit to Tony Martin's forest garden
Monday 14th a visit to the sea and the Gower Peninsula

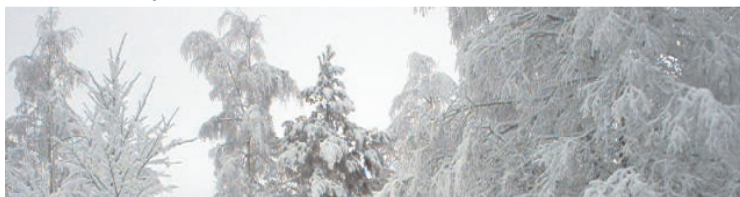
VEGAN-ORGANIC NETWORK THE CENTRES NETWORK PROGRESS REPORT DECEMBER 2009

Work continues on the preliminary stages of the five-year plan. Among other things, participating centres will be required to show how they will further the knowledge of stockfree organic methods to farmers and or community/home growers. VON is in discussion with our priority growers, these are commercial market gardens that are vegan run and owned.

In order to make the project as effective as possible, VON is applying for grants to employ someone to run the whole project and provide the necessary time to further promote stockfree organic methods to a wide audience.

The new Foundation Degree in Organic Horticulture Management at Glyndwr University is running well, this will be a central part of the whole project. With VON's involvement and support, the course contains a strong element of stockfree organic production systems and standards. This is where tomorrow's stockfree organic farmers will come from!

It is not too early to think about applying for a place on the course for next year; bursaries may be available from VON to support students. VON would much appreciate it if MCL members informed all their contacts about these opportunities - if there is anywhere you can mention the course, please do so. Information about the course can be found under undergraduate courses/organic horticulture management at www.glyndwr.ac.uk or contact VON, details on the back page. Information about bursaries will also be gladly provided by VON.



WELHEALTH UPDATE

It has been just under four weeks of snow on top of snow, and our cottage has a nearly four foot icicle hanging off the end of it. Yesterday I had to put props under the workshop to support the weight building up.

Although the work on the MCL funded projects has been postponed till the weather improves, there has been much other building work going on: a little library, a little extension for an electronics lab, and shelving for the wood in the new wood store.

Frank Bowman

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
of 1p each from
MCL, 105 Cyfyng Road
Ystalyfera
Swansea SA9 2BT

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

SETTING THE TABLE

In the week the UN Climate Summit reached its unsatisfactory conclusion in Copenhagen, it is once again timely to use every opportunity we can to remind people of the impact of animal farming on greenhouse gas emissions.

Setting the Table, a report commissioned from the Sustainable Development Commission (SDC) by DEFRA to feed into its 2030 Food Strategy, was published earlier in December. The report considered both the environmental and health impacts of diet, and highlighted the need to eliminate waste, cut fatty and sugary foods, and reduce meat and dairy consumption. The report's recommendations identify the potential for changes in diet to achieve the dual objectives of improving health and reducing the environmental impact.

Tim Lang, Food Commissioner at the SDC, said: "For some time, consumers have been raising the problem of how to juggle competing demands between environment, health and social justice. They are right to do so. Our research found strong evidence of 'win-wins' in these areas, suggesting that a diet which is sustainable on multiple fronts – good for health, environment, social justice and economy – is possible." The report makes a firm recommendation for the need to integrate dietary advice to consumers to encompass both health and environmental messages, acknowledging that while around 18% of UK greenhouse gas emissions are related to food consumption and production, an estimated 70,000 premature deaths in the UK could be avoided if diets matched nutritional guidelines. This approach would help consumers get clearer messages about how dietary choices impact on both health and the environment.

The report made a series of recommendations, including consuming only fish from sustainable stocks, eating more seasonal food, reducing food waste, cutting out bottled water, shopping on foot or over the internet, and consuming more wildlife-friendly organic foods. What is the most welcome recommendation, however, is based on the recognition that the most significant health and environmental benefits were likely to be gained from reducing meat and dairy foods in the diet.

The SDC report used evidence from 44 published academic research studies and expert reports to assess changes in dietary behaviour which could impact on health, the environment, the economy and reducing social inequalities. The impact of reduced meat and dairy consumption was the most widely discussed issue in the studies used as the evidence base for this report, being mentioned in a total of 30 out of the 44 publications reviewed. Furthermore, the majority of people interviewed for the study also identified livestock consumption as a major issue of concern for both health and the environment impacts, not least in respect of the amount of hidden cereal and protein usage for animal feed. Most of this evidence related to positive impacts – particularly on environmental sustainability – for reductions in greenhouse gas emissions, a slowing of the rate of biodiversity loss and deforestation, and for reducing the amount of water and land used in food production. With regard to the potential for improved health

as a result of reducing meat and dairy consumption, a range of studies highlighted evidence of the potential for reduced incidence of cancer and cardiovascular disease. It is gratifying that this important issue is at last getting the level of attention it needs to raise the profile of this debate.

The report does recognize the political sensitivities of the recommendation to reduce meat and dairy consumption with the livestock industry, but underlines that the “evidence of the negative environmental sustainability impacts of livestock production is overwhelming”. It is important to acknowledge the report does not go as far as we would maybe like in that it expresses the view that some systems of livestock production can, in certain circumstances, be beneficial to the environment. However, it is an important milestone. The proof of this particular pudding will be how the SDC’s recommendations are translated into DEFRA’s new 2030 Food Strategy in the New Year.

The contents of this report put another person’s words into my mind – “Addiction to meat and dairy products and to factory processed food has got such a hold on the minds of people of the dominant Western culture that they not only find it difficult to question it in their own lives but, often, with the best of intention, they are spreading it through the world. This wasteful trend must be arrested if the famines of today are not to be repeated on an even more horrifying scale as the population of the world increases”. These words were written by MCL’s founder Kathleen Jannaway in a publication called *First Hand First Rate* in May 1974, over 35 years ago! Other people are just catching up!

Elaine Garrett

SEED SWAPPING SUNDAYS IN FEBRUARY

7th: 2 - 4pm, Bruce Castle, Lordship Lane, London N17 8NU
<http://sustainable-haringey-food-group.wikispaces.com/Seed+Swap+Day>
Food@SustainableHaringey.org.uk

28th: 10.30am - 4pm, at Y Plas, Machynlleth, Mid Wales
info@dyfivalleyseedsavers.org.uk www.dyfivalleyseedsavers.org.uk

SUSTAINABILITY LINKS

Since its inception MCL has placed the vegan philosophy firmly in a wider ethical context – and over the past 20 years international orthodoxy has begun to do the same. The worldwide sea change can be attributed to two United Nations initiatives, which have both served to elevate veganism to a key role in leading social policy.

Firstly came the UN's Agenda 21. Up until the early nineties those of us questioning the relentless environmental, species and social exploitation upon which western overdevelopment is based, were easily written off as either oddballs, troublemakers or academics with nothing better to do than invent wacky theories irrelevant in the real world.

It was at the 1992 Rio Earth Summit that world leaders eventually conceded we'd been right all along, that the world was in danger and we humans had to change our ways. When the Summit's Agenda 21 gave people the opportunity to collectively define a less unsustainable agenda for the 21st century, it both legitimised and mainstreamed a range of green concerns.

The second global wake-up call came in 2007 with the UN's publication of "Livestock's Long Shadow", which acknowledged that a meat-based diet and the livestock industry were main causes of not only climate change but also other serious environmental problems. Both documents have received appropriate coverage in New Leaves.

The reason for bringing them together in this brief article is to urge MCL supporters – and all others advocating similar dietary reform – to consider how we could most effectively be meeting this official challenge to bring long-established vegan ideas and valuable practical experiences to the attention of our wider communities.

Sustainability Links has launched a national website - to help everyone involved in sustainable lifestyles and sustainability work to

promote our concerns through community action and local decision making processes. For more information about how you can help other people make the links see www.sustainabilitylinks.org.uk

With an international mandate, MCL members now have a much greater opportunity for active engagement with social evolutionary processes than when the organisation was launched with such great vision back in 1985.

Paul Galley
sustainabilitylinks
3 Park Road, Bedworth, Warwickshire CV12 8LH
info@sustainabilitylinks.org.uk

TURNING ANGER INTO ACTION! AN INTRODUCTION TO INNER CITY PERMACULTURE

**20 – 21 February 2010
in Leytonstone E11 (full details on booking)**

Led by Graham Burnett (author of 'Permaculture A Beginners Guide' and trustee of the Permaculture Association of Britain), Zillah Minx and Sid Truelove (urban permaculturists and co-founders of Ultra Violet Punk Productions and Rubella Ballet), this weekend introduction to permaculture will explore alternatives to lifestyles based on the exploitation of the earth's resources, including sustainable design principles, permaculture ethics, organic gardening, creating community, 'hands on' practical experience and more with a particular focus on urban solutions.

Full cost £60 (which includes hot vegan meals),
concessions/flexibility available for those on low incomes

For information or to book places contact
graham@spiralseed.co.uk
or book online at www.spiralseed.co.uk



COPING WITH ANIMAL MYTHS



There is a belief among some vegans that keeping a dog or cat as a companion is exploitative - that it is denying them their freedom, so is like keeping a slave for our own benefit. Such vegans often believe that all animals should be wild so none should be bred as 'pets' for humans.

I, personally, do not call my animals 'pets'. I see that term as belittling and not treating them as equals. I have therefore always seen my various dogs and cats, over the years, as my 'companions' and have treated them as such.

So, for example, I do not believe that one should keep a dog if it is to be shut in one's own home for long hours, whilst one goes to work and elsewhere. My dogs have always come everywhere with me. If I have to leave one at any time, then I ensure it is not longer than two hours. Also, of course, that they are happily settled and not hungry or thirsty, nor too hot or too cold.

Other vegans believe that it is acceptable to give a home to an abandoned dog from a Rescue. These are often cross-breeds (mongrels). I have had several of these loving animals in the past. However, these same vegans usually believe that it is wrong to encourage the specialist breeding of a pedigree. So they would see it as wrong to purchase a puppy at eight weeks old from a responsible breeder. Or worse, to breed a litter oneself from healthy, carefully chosen parents. My last two companions have been long-haired Weimaraners. These are very beautiful and intelligent dogs who live until 12 or 13.

Some non-vegans have been horrified that I have brought up my dogs as vegan. They see this as unnatural and wrong. My vet has always been impressed by how healthy and energetic my dogs are with vegan nutrition. I also eat 75% raw 'alive' plant food (so only

25% cooked), and my dogs have always helpfully crunched my discarded melon skins etc for me!

Gun-dog owners (a Weimaraner is a gun-dog) often think it's wrong to keep a gun-dog, yet not go partridge/pheasant shooting. They believe I am denying my dogs this 'natural enjoyment' as hunters and retrievers. I personally believe that, as a vegan, I have 'saved' them from that horror. I'm proud of the fact that I have brought them up to be gentle and affectionate dogs whom many children and adults love. As I am also a Quaker pacifist, I see this compassionate attitude as an extension of my no killing/no wars beliefs – extending these to all sentient beings.

So – am I constantly having arguments with all these people who do not share my beliefs? No, on the contrary, Twixt (Betwixt), my present long-haired Weimaraner, and I are friendly and accepting – respectful of other people's comments (even if expressed aggressively). By so behaving, perhaps some of our happiness and confidence in our own practices will shine out its truth and be good outreach?

Elizabeth M. Angas
October 2009

Animal Aid Events from www.animalaid.org.uk

info@animalaid.org.uk Tel. 01732 364546

National March & Rally Against Bradford University 13 Feb at noon
Centenary Square, Queensbury, Bradford, BD1 9ST

National Animal Rights Spring Gathering 13 - 14 February
The Sumac Centre, 245 Gladstone Street, Nottingham NG7 6HX

Brighton Eco Veggie Fayre 20 March 11am - 6pm
The Hove Centre, Norton Road, Hove BN3 4AH

Monday 15 March International Day of Action Against Seal Hunting
12 noon Trafalgar Square, close to Canada House

<http://antisealingcoalition.ca/>

COMMENTS ON THE BOOK REVIEW

The book by John Jeavons “How to grow more vegetables than you ever thought possible on less land than you can imagine” was reviewed in the October issue of New Leaves, and I was interested to read about Ecology Action because my husband and I have had an allotment for 12 years and I keep records of my yields and other relevant information.

The figures below may be useful for your on-going investigations:-
Our allotment plot is 2,700 sq ft and in an average year it produces: 19 kilos fresh beans; 47 kilos pumpkins and marrows; 56 kilos potatoes; 47 kilos onions; 19 kilos soft fruit; and 9 kilos of miscellaneous vegetables. In a recent typical autumn week we prepared the following amounts for the two of us to eat: 1.5 kilos greens; 3 kilos potatoes; 0.5 kilos tomatoes; 1.8 kilos parsnips and carrots; 0.8 kilos pumpkins and marrows; 2.1 kilos apples and pears; and 0.5 kilo onions. Total 10.2 kilos (3.2 kilos of this was compostable waste, leaving 7 kilos actually eaten).

It is suggested that a plot of 4,000 sq ft would be sufficient for one person's vegan diet (I presume this means only fruit and vegetables, as wheat and oats would need much more land than this). Accordingly, for two people, three plots of 2,700 sq ft (totalling 8,100 sq ft) should be enough. From my figures for yields and weekly requirements, perhaps in theory we could grow a substantial portion of our yearly requirements on three plots. However, complications arise in the practicalities of carrying out this theoretical endeavour as follows:-

1. In England there is a waiting list on most allotment sites, so most people are only able to rent one plot each.
2. Storage of produce: modern houses or flats do not have the cold places needed to store root vegetables (or the space). Pumpkins, marrows and onions will only keep until March, and a freezer would be essential for soft fruit and beans.
3. Time available: if people are of working age they would not have enough spare time to maintain enough plots to be completely self-sufficient.

4. Energy levels: when we were younger, we could manage two plots. Now at 65 and 70 I know we would not be able to manage three.

So, in theory, 4,000 sq.ft may be sufficient for growing one person's vegan diet (not including grains) but it would not be feasible in practice.

Our allotment is cultivated using stock-free methods (ie no animal inputs) in accordance with the techniques recommended by the Vegan Organic Network. As I can find no reference to VON on Ecology Action's website, I have recommended that their members find out how these techniques work by going to www.veganorganic.net and also to your website www.mclveganway.org.uk, where they are promoted as part of leading a simpler life to reduce our impact on the world's resources.

As it is increasingly important that we find new ways of feeding the world – and it is acknowledged that this should be a vegan diet where possible – then the work of the Vegan Organic Network is very important in helping to achieve this goal.

Barbara Marshall

Maggi Taylor, who reviewed John Jeavons's book in the last New Leaves, comments:

I do agree the work of VON is very important, also the records that you keep of your yields and other information, and I have grown by VON's vegan organic methods for some time.

As you say in your last paragraph it is increasingly important to find new ways of feeding the world, and this was the starting point for Ecology Action's work. Their claim is that a complete vegan diet for one, including grains etc, can be grown on 4,000 sq ft (or 5,000 sq ft including paths). There is a chart explaining this on Ecology Action's website www.growbiointensive.org

I am sending for some of Ecology Action's more up-to-date booklets, including one on growing grains on a small scale, and will report back if they are useful.

REVIEW: THE ABUNDANCE HANDBOOK

The Abundance Handbook is a guide to urban fruit harvesting. The 60 page handbook, published by *Grow Sheffield*, draws on the experience of the Abundance project in Sheffield which was set up in 2007 to share the bounty of ripe fruit growing in the city with the community. The handbook includes sections on the philosophy of the project, how to locate trees, harvesting – timing and techniques, fruit storage, pruning, planting and pollution.

I can't possibly better the words of the authors in their introduction to the Handbook, which captures their enthusiasm and commitment to this project - "Abundance harvests trees across the city on industrial waste sites, roadsides, the grounds of mansions and back yards. We harvest a range of soft fruit, top fruit and nuts. Over fifty volunteers of all ages and from many different backgrounds harvest and process the fruit. Fruit is distributed to Surestarts, community groups, community cafes and individuals across Sheffield. We receive tip-offs by word of mouth, text and email as to where to find ripe fruit trees. The greatest journey any fruit travels from tree to mouth is five miles, often by bike and trailer. We have found at least fifty varieties of apples, and more than twenty varieties of pears. We give away hundreds of fruits and lots of freshly pressed juice. Tree owners are offered the first share of fresh fruit. We make juice, cider, jams, preserves and pickles from the damaged and bruised fruit. We leave plenty for the birds and the soil. We carry Abundance through the winter by teaching people how to prune their trees. Abundance taps into a huge public enthusiasm for, and appreciation of, local produce. We are rediscovering Sheffield as one big orchard."

You can download the Handbook for free at <http://www.growsheffield.com/pages/groshefhandb.html> or purchase a printed copy for £6.50 plus £1 p&p by emailing abundance@growsheffield.com with your order, name and address and preferred method of payment: cheque or bank transfer.

This is a great book to dip into on a cold winter evening – it warms your heart to think of the abundance of fruit to come in the new season ahead.

Elaine Garrett

WALKING FOR PEACE

Sunday 7th February and first Sunday of every month in London
Meet by 'Speakers Corner Cafe', just south of Speakers Corner,
Hyde Park (Marble Arch tube), at 10.55am to start walking at 11am,
returning to starting point at 12 noon. Contact: Clare 020 8755 0353
or beatricemillar@freeuk.com www.walkinpeace.co.uk

February 11th to May 1st International Peace Walk

FootPrints for Peace would like to invite all to join in a journey of walking in solidarity for a nuclear free future. The walk will begin on February 11th in Oak Ridge, Tennessee, USA at the Y12 Nuclear Research Facility and finish at the UN building in New York in time for the Nuclear Non Proliferation Meetings. We aim to raise awareness and to learn ourselves about alternative energy and sustainable lifestyles while exposing the deadly effects of the nuclear industry. This is an open walk accessible for all and focused on creating a family friendly atmosphere. We walk on average 15 miles per day. Please bring music, banners & good humor. Please walk with us for as long as you can – a single step or for the entire walk. <http://footprintsforpeace.tripod.com/index.htm>

February to May Women's Walk for Peace - Brisbane to Canberra

FootPrints for Peace believe that every step counts and would like to invite women from your community to walk with us for one hour, one day, one week or the whole journey. Men are invited to join us in a supporting role.

FootPrints for Peace Australia

email: footprintsforpeace@yahoo.com.au

HOUSMANS BOOKSHOP IS NOW ONLINE

Books can be ordered on the website, by post (5 Caledonian Road, Kings Cross, London N1), by phone (020-7837 4473), by e-mail (orders@housmans.com) - as well as in person in the shop.

<http://www.housmans.com>

GLEANINGS

Livestock and fertilisers produce greenhouse gases

This always surprises people, but the global food production system is a really important source of carbon dioxide and other greenhouse gases.

Except for a few air-freighted foods, the main cause of the emissions isn't "food miles".

Packaging is not particularly important either. The high emissions come from livestock farming and from the heavy use of fertilisers, some of which break down into nitrous oxide, a global warming gas hundreds of times more powerful than CO₂.



The best way to make a real difference to food-related emissions is to reduce your consumption of meat and dairy products. Veganism might not be popular, but it can make a big difference to CO₂ and methane emissions.

The Guardian, 1st September 2009

Norway increases whaling quota

Norway's recently announced 2010 whaling quota is their largest since choosing to defy the International Whaling Commission (IWC) moratorium – effectively a ban – on commercial whaling in 1993. Next year, 1,286 sociable and sentient minke whales are earmarked to die in Norwegian waters.

Norway and Iceland are the only nations hunting whales under 'objection' to the commercial whaling ban. This is the first time in recent years that Norway has overtaken Japan in terms of sheer numbers of animals they plan to slaughter.

Norway's own official data shows that at least one in five hunted whales suffer long and agonising deaths from harpoon and rifle

wounds – visibility, sea swells and whale movements make it impossible to ensure a humane kill.

*World Society for the Protection of Animals,
www.wspa.org
9th December 2009*

Vegan banquet at Windsor

When people from nine faiths with special dietary requirements visit for a banquet, what should be on the menu? That is the dilemma facing the Royal Family as Windsor Castle hosts an international conference to celebrate different faiths and the environment.

The banquet will be held on Tuesday 4 November and hosted by Prince Philip and UN Secretary-General Ban Ki-moon. Faiths will include Baha'ism, Christianity, Taoism, Hinduism, Islam, Judaism, Shintoism and Sikhism.

The result has been the first vegan banquet in Windsor Castle's history. All the food will be free-range, and most organic, local and fair-trade. No bottled water will be provided.

*BBC Berkshire, 2nd November 2009,
news.bbc.co.uk/local/berkshire/hi/default.stm*

*(Just wondering what vegan foods can be deemed free-range?
Fruits and nuts gathered from the wild perhaps?)*

Carbon offsetting a con

Dangerous climate change will be unavoidable if the UK, European Union and United States increase the use of carbon offsetting, says a new report by Friends of the Earth.

A Dangerous Distraction exposes carbon offsetting as a con that is failing to reduce, and in some cases is even boosting, emissions. New fossil fuel power stations, for example, have been built using offsetting cash in what Friends of the Earth director Andy Atkins calls 'dodgy accounting'.

“Offsetting is doing nothing to combat climate change, is putting the lives and livelihoods of millions of people at risk and is entrenching inequality between rich and developing countries’ levels of emissions.”

Earthmatters (Friends of the Earth supporter magazine), Autumn 2009

Seawater acidity ‘evil twin’ of climate change

Projections show that by 2060, given the current rate of fossil-fuel emissions, seawater acidity could have increased by 120%.

Such an effect could trigger a chain of reactions through entire ecosystems, from whales to fish and shellfish, with huge implications for economies and wildlife. It could even stop the sea absorbing as much carbon dioxide as it does now, accelerating global warming.

It looks as if unpleasant things start to happen if we go beyond 450 parts per million of carbon dioxide in the atmosphere (bear in mind we reached 390ppm earlier this year). That is, coincidentally, the threshold for holding the Earth’s average temperature rise down to a relatively “safe” 2°C.

So ocean acidification, which people are beginning to call climate change’s “evil twin”, may be an even more pressing reason to move to a low-carbon economy than climate change itself.

The Sunday Times, 13th December 2009

Climate change: meat eating to become unacceptable

People will need to turn vegetarian if the world is to conquer climate change, according to a leading authority on global warming.

In an interview with *The Times*, Lord Stern of Brentford said: “Meat is a wasteful use of water and creates a lot of greenhouse gases. It puts enormous pressure on the world’s resources. A vegetarian diet is better.”

Direct emissions of methane from cows and pigs is a significant source of greenhouse gases. Methane is 23 times more powerful than carbon dioxide as a global warming gas.

Lord Stern, the author of the influential 2006 Stern Review on the cost of tackling global warming, said that a successful deal at the Climate Change Conference in Copenhagen in December would lead to soaring costs for meat and other foods that generate large quantities of greenhouse gases. He predicted that people's attitudes would evolve until meat eating became unacceptable. "I think it's important that people think about what they are doing and that includes what they are eating," he said.

The Times, 27th October 2009

BITS FROM THE NET

Breaking: 2009 hottest year on record in Southern Hemisphere and tied for second globally.

2010 still poised to be hottest year on record despite cool start in parts of Northern Hemisphere.

January 14, 2010, <http://climateprogress.org>

UAH global satellite data has record WARMEST day for January.

"It's almost certain by now that January 2010 will also be the globally warmest January on the UAH record"

January 15, 2010, <http://climateprogress.org>

Will Hull end up as the new Venice?

Report warns that in order to cope with rising sea levels, the UK's coastal cities must invest in defending themselves – or else learn how to float

Tom Young, 15 Jan 2010, www.businessgreen.com

Representatives of over 60 nations gathering in London to discuss global measures to improve biodiversity protection

James Murray, 18 Jan 2010, www.businessgreen.com

LETTERS PAGE

Progress on Climate Change

At last we are having our ideas taken note of at a high level. However the departments concerned are keeping a low profile until real progress in the trials can be announced. These trials concern growing fuel on marginal land that has become totally uneconomic for meat and dairy farming, even with the huge subsidies still being paid, and is just the type of initiative we have been campaigning for for years.

Two feedstocks are being trialled for electricity generation by Drax power station (no connection with the Bond movie's Drax corporation!). Drax is the most efficient solid fired station of all, and takes a lot of unwarranted criticism for experimenting with the range of fuels that have been trialled. The trials are a joint project of DEFRA (Dept for Environment, Food and Rural Affairs) and Drax.

Willow carefully selected for maximum thermal output has been vegetatively propagated (cuttings) in the same way that cricket bat willow has been for generations. Each of these is genetically identical like potato "varieties", and has been set in many acres of former pasture around Selby and has now been growing for almost all its scheduled coppice rotation.

Miscanthus (aka Elephant Grass) is a tropical perennial grass that is propagated by division of its rhizomes (does not set seed, so cannot accidentally escape!). This is now in its fourth year of growth at a very local location (York), and there are several other trials nationwide.

One of the DEFRA staff, a fellow allotment holder, expressed some surprise that an outsider had even noticed, let alone was interested. The impression is that the sheer scale of Drax power station dwarfs the acreage needed and that the technology is more suited to a local self sufficient village, commune, or possibly small town (our

ethic). He did agree this is where the world is heading. We are going to need this sort of technology when most of Europe (by foul means rather than fair) are harvesting cereals on the shores of Lake Sahara, and 80% of the population are back working the land instead of the non-productive trades we are now following (banking for instance). "We cannot live by taking in each other's washing". Regrettably we both predict a long drawn-out and catastrophic war between Europe and America to determine who settles the Sahara (stolen from the Bedu).

Steve Oxbrow

Archaeology is the key not to the past but to the future.

Searching flickr.com for Lake Sahara I found many pictures taken by different people at different times, from 1910 to 2009. This was taken by duimdog in 2006 and was the only recent one without a restrictive copyright.

Ireene-Sointu



CAMPAIGN AND PETITION SITES

<http://www.avaaz.org>

<http://www.38degrees.org.uk>

<http://www.caat.org.uk> (Campaign Against Arms Trade)

Various government sites where it is possible to sign existing petitions or start your own:

<http://petitions.number10.gov.uk/>

<http://epetitions.scottish.parliament.uk/>

<http://www.assemblywales.org/gethome/e-petitions.htm>

<http://www.europarl.europa.eu/parliament/public/staticDisplay.do?id=49>

Other petition sites:

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

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

MCL ADDRESSES

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Tel: 0845 345 5314 or 01296 422008, e-mail: bron@places-to-be.com

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 only provided to those participating in it.

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

For further information send a stamped addressed envelope to Bronwen at the above address.

CONTRIBUTIONS TO THE NEXT NEW LEAVES TO BE RECEIVED BY 21ST MARCH

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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10 words for 50p then 10p a word.

Copy for the next issue by 21st of March, please.

Please make cheques payable to MCL.

Vegan Views – a forum for vegan opinion (quarterly). Subscription details from Longridge, Bankend Road, Dumfries DG1 4TP. (Email sjolberg@online.no or ring 01387 265348).

Wales Vegan/Y Figan Cymreig, bilingual (Welsh-English) magazine, £3 for 3 copies per 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

The Vegan Society, inventors of the word and established since 1944. 'The Animal-Free Shopper', our comprehensive guidebook of vegan products, just £4.99 + £1.50 p&p. Donald Watson House, 21 Hylton Street, Hockley, Birmingham B18 6HJ. See www.vegansociety.com. Email: info@vegansociety.com or phone 0845 458 8244. For help writing to local newspapers etc. please email Amanda: media@vegansociety.com

Sarah Two: well I moved 8 years ago but women still welcome & anyone interested in growing fruit (field turning slowly into orchard) & vegan permaculture. I live at: le village, 09600 Dun, France tel: 0033561604688

Mobile home to let in the village of Badshot Lea (between Farnham and Aldershot on the borders of Surrey and Hampshire). Suitable for two, it has two bedrooms, kitchen, lounge, bathroom. In a field surrounded by our own trees, and other fields. Plenty of walks, a nice garden centre and a park and sports field just a few minutes by bike, or five minutes walking. 5-10 minutes away by bike is an indoor and outdoor pool and gym, and another park and field and a large Sainsbury's. Tel: 07805 419985.

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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.

Payment by UK postal order or stamps, sterling cheque from a UK bank, or International Money Order. **Please make payable to MCL.**

Please complete the following (or a copy) ***in clear writing*** and send with your subscription payment to the Treasurer:

Ireene-Sointu, MCL, 105 Cyfyng Rd., Ystalyfera, Swansea SA9 2BT, UK

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(Can be viewed, downloaded and printed from the MCL web site)

(1) MCL handout; (2) Introducing MCL; (3) Food & Agriculture; (4) Protecting the Environment; (5) Trees for a Future; (6) Feeding the World; (7) Animal Exploitation; (8) Health, Diet & Nutrition; (9) A Vision for a Compassionate World

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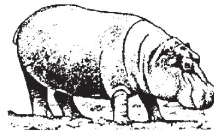
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