

The Movement for Compassionate Living

~ THE VEGAN WAY ~

New Leaves

No. 99 January - February - March 2011



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The Movement for Compassionate Living

105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT, UK

Tel.: 01639 841223

e-mail: mcl.ystalyfera@googlemail.com





www.mclveganway.org.uk

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.

HAPPY NEW YEAR TO EVERYONE!

This winter's big freeze seems to be over, having started much earlier than last winter. This time I thought I was fully prepared, having sorted out my wood supplier last spring. However, I had not been prepared for it to start so early and so cold, and for the freezing temperature, although turning a little milder after a while, lasting so long. So a little wood rationing has helped us stay reasonably warm, even if not really warm and cosy all the time. An important job in the house sometime this spring or summer will be to sort out more storage space for wood, in readiness for another long and cold winter.

As expected, last winter produced some climate change rebuttals like "Record snowfall disproves global warming." I have heard or read similar comments this winter. An answer to this is "Warming leads to increased evaporation and precipitation, which falls as increased snow in winter." This one-sentence answer (no 94 on the list), and many others like it, can be found at <http://www.skepticalscience.com/argument.php>

In *New Leaves* No.95 there was a piece on page 19 which stated that "2010 still poised to be hottest year on record despite cool start in parts of Northern Hemisphere." I have tried to find a confirmation for this on the net, but have come to the conclusion that it is too early. However, on the UK government website (<http://www.metoffice.gov.uk>) Dr Peter Stott writes: "The three independent global-average temperature records show that there has been warming in the Earth's climate since pre-industrial times. The warming has been particularly rapid since the 1970s. The records also clearly show each decade since the 1970s has been successively warmer than the last, including the decade since 2000."

My impression of the year 2010 is that it was a year of extreme weather conditions in many parts of the world - the summer in Finland was extremely hot, culminating in fierce and damaging storms. There were forest fires in some parts of the world, and floods in other places (most recently flooding in Australia, and snow on this side of the world). This is all a part of climate change: "Experts predict that fierce storms and floods, such as those that brought chaos to parts of the UK in October 2000, are likely to become more frequent in the future. Over the past 100 years warming has been accompanied by a reduction in the frequency of frosts,

and an increase in the number of heatwaves in many parts of the world. The amount of rainfall is getting heavier in some countries in terms of volume per downpour." (<http://www.metoffice.gov.uk/climate-change/guide/faq>)

The successive climate change conferences by the world leaders have not managed to come to grips with the rich countries' overconsumption, and what it has done to the poor countries. The latest conference in December 2010 in Cancun, Mexico, although declared to be a success by UN Secretary-General Ban Ki-moon (<http://www.un.org/apps/sg/sgstats.asp?nid=4993>), is not seen as such by World Development Movement's Kirsty Wright who attended the conference. Kirsty Wright's report *From Copenhagen to Cancun - has anything really changed?* ends with the words: "It seems to me Cancun's main success has been to lower expectations to the point where the delegates feel so little hope and expectation that people are compelled to celebrate a document that is, at best, little more than a list of hollow promises that countries have no legal obligation to fulfil. From where I'm standing this is hardly a reason to be cheerful in the face of a climate crisis that is already killing hundreds of thousands of people a year." (<http://www.wdm.org.uk/blog/cancun>)

To brighten this view of the actions of world governments to solve the world's problems, I have found the following article by Susan Kraemer: *EU Exceeds Target for 20% Renewable Energy by 2020* (January 5th 2011 in <http://cleantechnica.com>). In this article Susan Kraemer gives the following examples: "Finland, which already gets 30% of its energy from renewable sources, has a new 2020 target to make that 38%. Sweden, which already gets 42%, now has a target of 50% by 2020. ...Latvia, which shares the Baltic Sea with Sweden and Finland, is on target to make 40%. Even Romania and Slovenia are on target to get 24% and 25%."

The same article goes on to compare Europe and the USA, where there is no Federal policy about renewable energy. Some individual states there have set their own targets: "Maine ... exceeded its goal of 30%, and is currently getting 40%. ...California...plans 33% by 2020 and Colorado...set a 30% goal."

The renewable energy production is only one area where some (not yet enough) real progress is being made. It is not enough to solve the climate crises which affect, or will affect, every part of our life on earth. This state

of affairs in the world means that we, the NGOs, the grassroots groups, organisations and individuals, will have to push even harder to try and achieve the changes that are needed to make life better for all the world's people and the creatures that share this earth with us.



New Leaves

No. 100 April - May - June 2011



The next issue of *New Leaves* will be the one hundredth issue. Maybe some members would like to share their memories of MCL down the years? A variety of memories would be greatly appreciated: from those who have been members since 1985 when the first issue was published and from those who have joined more recently and from anyone in between.

In this next issue we will include details of MCL's AGM which will be held in London on Saturday May 7th this year. We will meet for lunch first at the venue (bring your own). The meeting will start at 1.30pm and finish by 5pm.



Ireene-Sointu

GREEN GARDEN CAFE

A not-for-profit, fair trade recognised, social enterprise whose ethos is to provide a safe, welcoming environment for all, and who use no animal ingredients in their food. The cafe serves healthy affordable meals - discounted prices for unemployed, students and pensioners.

Green Garden Cafe run a volunteer-led, not-for-profit community cafe every Monday at the Grapevine Drop In Centre, Doe Bank Lane, Spon End, Coventry, CV1 3BQ.

Green Garden Cafe organise a once monthly Saturday Vegan community cafe at St Mary Magdalen Church, Sir Thomas Whites Road, Chapelfields, Coventry CV5 8DT from 10-2pm. The cafe opens on the second Saturday of every month from February 12th.

For more information contact Rich or Cathy: 07812 180146 or 024 76715040 or info@greengardencafe.co.uk

REPORTS FROM MCL FUNDED PROJECTS

VEGAN-ORGANIC NETWORK

THE CENTRES NETWORK

VEGAN LIVING AND GROWING – SOWING SEEDS OF CHANGE

Over the past year we have seen veganism and the vegan-organic/stockfree organic system of farming and growing being taken seriously. An article by Bob Holmes in the *New Scientist*, *What's the beef with meat*, and Simon Fairlie's book, *Meat: a benign extravagance*, bring into public consciousness the fact that if we are to take climate change seriously there must be a change in the the meat-eating culture.

Bob Holmes writes that “Given deforestation, soil erosion, water pollution and greenhouse gas emissions that will result if worldwide meat production continues to rise, some people are already choosing to eat less meat. And the message is definitely less not none.” He endorses the suggestion by Tara Garnett (University of Surrey, Food Climate Research Network) that animals could be seen as waste disposal units, eating leftover food and grazing on land not suitable for crops. Simon Fairlie uses a similar argument that animals can be used for disposing of food residues and thus become part of a sustainable food system. Do they seriously think that food residues can supply the demand for meat? And I wonder if they have noticed the erosion and barrenness of the hills caused by grazing on land deemed not suitable for crops? I have worked in villages in India and have seen the advancing desert and wastelands as animals consume anything within sight that grows.

Both these authors refer to vegans as being utopian in the way they wish to change the world. I think this is far from the case. Vegans are painfully aware of the cultural change in awareness and action that is necessary to avoid climate change, and that this may be too little and too late. We believe that for social change to happen we must start with the personal as well as political change and action. The ethics of veganism embraces non-violence and social justice as its central thrust. That is why we are vociferous and active in demonstrating against war and global warming. When we talk of cruelty and torture we make no apology for including non-human animals in our thoughts and actions.

This is not meant to be a thoroughgoing critique of the above authors. Much of what they write is based on their interpretation of science. An equally scientific case can be, and has been made, that posits a different view. We aim, through our Media Team and supporters, to make our standpoint into a pamphlet. This will assist vegans to argue cogently from a scientific as well as an ethical position.

We consider that any exposure, such as that referred to above, that discusses how we grow our food and the choices we make in how we live is of value. It is a challenge not only to us but also to those who wish to make a better, more compassionate world. Readers may have experienced the same sensation as myself, that when we, as vegans, discuss feeding the world's people and the environment, there is a tendency for this to make others feel uncomfortable. The response is often "I don't eat much meat" or a verbal attack on our "unreal values" - this despite the fact that we are only discussing, not attacking!

Having got this off my chest, what of VON and our efforts over the past year? We start 2011 with the objective of consolidating our work and relationship with the commercial farms that have agreed to become part of the Network of Stockfree Organic Centres (see *New Leaves* No.98). The government calls for new and sustainable farming methods. These farms demonstrate that this is being achieved now. They are the catalysts and models that can secure our future. VON will continue to work with the other farmers and growers to convert to the stockfree organic method and become part of the Network. A major agent for change is education and demonstration. That is what we are about.

Without the grant from MCL we could not have made such progress in achieving our aims over the past year. Our thanks to MCL and to its readers for your generosity. But of course we still need money! Our field officer plans to meet with the other farmers – about forty – listed in our Directory. A mammoth task. To help him broadcast seeds of change we have now employed a paid part-time experienced worker on a trial basis for three months. Your biggest gift to VON would be donations to enable us to continue and expand his employment.

David Graham

THE LATEST NEWS FROM VON

The *Grow Your Own* DVD (featuring Graham Cole and supported by a grant from MCL) has been delayed because the weather has made it difficult to film the green manures. It's important to include them because of their vital role in maintaining soil fertility. We aim to have this completed by February/March.

Our discussion with the growers who have agreed to be part of the Centres Network are ongoing. Just as the Stockfree Organic (Vegan Organic) Standards, introduced by VON in 2004, were a novel idea for farmers and growers to consider then, so cooperating together in order to advance this vision to be educationalists, is another dramatic step.

This is the current position. We will be able to expand on our progress for the next *New Leaves*.



CREATING WELHEALTH CO-OP

PROGRESS REPORT DECEMBER 2010

House Renovation – Budget £1000, spent so far £405.

In 2010 we didn't do much work on the house apart from some repair work on the roof. We were hoping to put in the windows and door before winter, but the snow started to fall at the end of November and, apart from five days thaw, it hasn't stopped!

Polytunnel and Shed – Budget £600, spent so far £269.

We have put the new polytunnel cover on. During two and a half weeks in September, Jon, Elena, Jane, Ulysses, Joshua, Alex and Lisa and I worked hard - we dug the old cover up and moved the frame along a short way, to expose the paved area on which we are going to build the large shed, which will



fit on the end of it. We renovated the frame joints and re-covered the tubing with rubbing tape, and on a warm and calm day we put the new cover on. We got it tight on the frame, and we made a new door for it, while at the other end we made a wood frame which will eventually tie into the shed when we come to do it. We did well to get it done and up tight so late in the year, and now it is ready for starting to grow things in the spring. Will from Llanberis brought us a large amount of seaweed from the Menai Straits, to be used as fertiliser when we do the veg beds in the newly re-covered polytunnel.

Forest Garden Nursery – Budget £1000, spent so far £1057.



The 30 ft potting shed has been completed. Three quarters of the front window was made from a see-through fibreglass HGV roof, which we had to cut into three pieces in order to carry it, and the last window and the side windows are made out of visqueen offcuts left over from the new polytunnel cover. We completed the roof, also from a large offcut of the visqueen. We completed the wooden back wall from wasted wood, which was new sterling board and plywood offcuts, and we put two large doors in it. The roof has an overhang at the back to protect that side from the weather, and also when we get round to it, to put shelves there in order to make use of the whole of the back for sheltered storage. We were worried about the weight of the snow on the roof in the winter, but it has been no problem at all.

Gutters were fixed on, leading to a large framed water tank put in a handy place to be able to use for trees further out in the garden.



A new cover for the ground was put in the nursery, to solve the problem of rainwater flooding into the potting shed, so now the water will be diverted around the sides and away.

Work still to be done

On the house, the windows and doors still need to be made and fitted. The exterior needs to be fully sealed (including the roof), the chimneys need pointing, and any rotten wood gutter board needs replacing. The shed on the end of the polytunnel needs building. All the work in the nursery is completed.

Other work done during this period

Work was done in the nursery, potting up the monkey puzzles, weeding pots, potting up many New Zealand flaxes, Seabuckthorn, and fuchsia. It will be interesting to see how the rhubarb and all these cuttings come up after this winter!

Corner-strengthening pieces were made for the raised beds. We had a pigeon for a few days who made a home around the kitchen, and was very tame, eventually eating out of our hands. The raspberry forest was cut back from encroaching on the plant stock and grafting area.



A party of us went up to Hafod Y Llan Ganol to take down the large windmill in the field there along with its length of cable. We took it to Tyn Y Nant. Josh finished off the stone steps that he has done all the way from the kitchen to the firepit area. We had the Summer Gathering and AGM at Hafod Y Llan Ganol. Alan videoed the DIY Cabaret, and Vic is going to do a DVD of it, also using previous recordings.



Josh repaired and ingeniously brought back to life three of the four 'dead' wheelbarrows. Vic donated a large 8' by 4' dog kennel which has now been adapted and made into a shed/office, next to the cottage. Ten trellis frames have been made from free brand new wasted wood, and they are to be used as walls for a new



shelter around the paving slabs down by the entrance gate, where there will also be an information display. A garden plan showing where all the main trees and plants are has been started.

Some interesting news is that three of about 1,000 trees we planted around the fences, grown from shop-bought apples and pears, are bearing fruit. When we moved here in 1999 we couldn't afford to buy trees! One is an apple tree which looks like a model tree, with healthy thick green leaves and a thick trunk, and it seems to love it here, but bears lots of small tart apples. And this year one pear tree bore a single yellow tasty sweet pear, and another three yellow and rose tasty sweet pears! At that time we knew nothing about the design of forest gardening, and we had no money to buy trees, so we propagated lots of seeds and felt it was safe to plant them out, two or three trees deep, all around the land by the fences, as this wouldn't interfere with any design that we did in the future, when we hoped we'd get a forest gardener by then. Well, it looks like it will pay dividends, because even if most don't produce big fruit, they can all be easily stump grafted to become a very large fruit tree cordon all around the land!



This autumn and winter we have been gathering and storing seeds and nuts for propagating in the spring. We have been down to the Ruthin sweet chestnut trees to gather lots of chestnut seeds.

Frank Bowman

Telephone 07980 158661

Email frank_bowman@yahoo.co.uk



Sunday 11th October

Members, visitors and volunteers working: Pete, Jane, Frank, Ted, Sue, Joshua, Maria, Betsy, Adam and Ka.

Cleared and tidied area around the New Zealand flax, and cut back the bamboo again. We picked raspberries. Reduced the large pile of sticks behind the firepit, and stored it for the fire. Made Seabuckthorn marmalade.

Wednesday 3rd November

Members, visitors and volunteers working: Alison, Jules, Ryan, Frank and Rowan.

Last year's Seabuckthorn cuttings were potted on, and new cuttings planted into the propagating bed. Some of the plants and trees encroaching on to the pathways were cut.

Sunday 14th November

Members, visitors and volunteers working: Pete, Jane, Frank, Ted, Sue, Alison, Rowan, Daryl, Rosemary, Ken and Charles.

The high winds on Thursday blew the yurt off its moorings and it collapsed, but fortunately there was no damage so we dismantled it and took it to the barn to hang it up to air and dry. Charles donated an inner tube and pump to mend one of the wheelbarrows, and plans to get another plus a solid wheel for them. The gate was re-hung so now it closes smoothly. Charles measured up the damage to the cabin wall, and plans to get free materials to mend it. The sink area was tidied and cleaned and the blackberry hedge cut back. We donated some Seabuckthorn cuttings, Japanese wineberry plants and lemon balm, to Daryl, who is part of a veg growing and forest gardening project with land in Upper Bangor.

Sunday 12th December

Members, visitors and volunteers working: Pete, Jane, Frank, Alison, Rowan and Jody.

The day was chilly, but calm and sunny. The elaeagnus is flowering, as is the strawberry tree. We took the yurt covers from the barn, where they had been hung to dry, and folded them and stored them in the cabin, and sorted the long poles in the end shed. Rowan pruned the buddleia and the rose on the arch, and also cut back some of the Seabuckthorn by the wheelbarrows. After we had lunch at the firepit, we all started to make holly wreaths, copying Pete's technique, using willow and red dogwood to form the circles, and using the evergreens elaeagnus, bay leaf branches, berberis and holly and berries to decorate them.

The Bangor Forest Garden holds volunteer work days on the second Sunday of every month, and on a Wednesday in between. We usually have a fire, and sometimes cook and eat food from the garden, and bake in the cob oven. Tea, coffee, and drinks provided. It is an opportunity to learn new skills and make new friends, whilst contributing to maintaining and developing the Garden! Sessions are 11.30am till 4pm. Garden tour on request.

Further details: **0845 345 77 16** or e-mail contact@thebfg.org.uk

Frank Bowman

A PERMACULTURE DESIGN COURSE

at Growing Together, Westcliff on Sea, Essex

Held over five weekends (May 7 – July 2) at a venue one hour from central London, this accredited Permaculture Design Course is a vital stage in understanding permaculture ethics, principles, design processes and implementation, providing essential skills for thriving in the post-peak oil world.

Led by Graham Burnett and guest tutors.

Full details at www.spiralseed.co.uk

For enquiries and bookings contact Milton Community Partnership:
email: miltoncommunity@hotmail.com or telephone: **01702 213264**

A QUINQUENNIAL REVIEW – PART 2

While pondering on the possible titles for my quinquennial review for the last issue of *New Leaves* (and in the process learning a new word, which was not 'review') I thought that the piece really needed more on the actual working of the system. However, I was reluctant to add 'Part 1' to the title as I was not certain how much space we would have in this issue. As it turned out we have enough, so here I go – writing Part 2.

Having written about the problems I encountered with my pv (photovoltaic) system in the last issue, I finished that review with a sentence or two about the production of electricity by it. In this second part I want to write more about that, and how I work with it so that I have not had to pay anything for the last few years and will not pay anything this year either, nor the year after.

In the year of production ending 27th October 2010 my system produced more electricity than in any one of the previous years, and indeed exceeded the expected amount by 45 kWh, with the total production for that year

Electricity production					
27th October 2005 - 27th October 2010					
	05-06	06-07	07-08	08-09	09-10
27 th Nov		82	76	73	57
27 th Dec		40	52	53	48
27 th Jan		41	27	61	58
27 th Feb		91	117	84	112
27 th Mar	436*	195	153	179	182
27 th Apr	232	335	289	288	331
27 th May	294	306	322	270	299
27 th Jun	393	313	363	344	432
27 th Jul	387	239	270	255	287
27 th Aug	267	351	228	251	229
27 th Sep	244	222	195	234	242
27 th Oct	117	154	146	123	168
Total	2370	2369	2238	2215	2445

** This figure is for the period 27th October 2005 to 27th March 2006 - I did not start taking monthly readings until this date.*

being 2445 kWh. Furthermore, the readings for the two months of the beginning of the 2010 – 2011 year gave 80 for 27th November and 65 for 27th December. As you can see from the table, 80 is the second highest for any November, and 65 is the highest for any December. This year has started really well.

I believe there are various reasons why my electricity company owes me money, the main one being my frugality in the use of electricity. I do not have all the possible electrical appliances, and the ones I have I use sparingly. I use the washing machine mainly on bright days, when I can use our own electricity instead of expensive electricity from the grid. Everything else but the sheets I wash at 30 degrees. Although I have a sander and a vacuum cleaner I do not always use them, preferring to sand by hand and to use a brush and dustpan. I heat the stoves when I need to cook, and only occasionally use anything electrical for cooking main meals. I cook porridge in the oven overnight - I mix the oats and the oat milk or soya milk in a saucepan, and put it in the oven after the fire has gone out and I have closed the damper. The stove is still warm in the morning and the porridge is ready to eat.

On moving here I opted for an advance annual payment for electricity and told the electricity company that our usage would be low. My first year's payment was very low, but our usage turned out to be very high because the gas central heating did not really heat the house at all. I bought two electric fires which provided all the heating for the house for the first winter. After realising how much the electric fires cost to run we limited the use of those fires quite drastically in the second winter and I bought a bottled gas heater. My second annual payment for the electricity was high, to pay our over-usage for the first winter and anything else we were to use for that year. As we used much less electricity after that first winter I had been charged more than we used. The electricity company has been very reluctant to believe that our consumption of electricity is really low and have only refunded a part of that overpayment.

The water is heated by the sun for over half a year. During the winter I occasionally use the immersion heater to heat the water. Very often I do washing up in cold water in winter. The solar water heating needs the sun to heat the water, unlike the pv which only needs light. For a couple of months in the middle of winter, on a sunny morning the water gets to about 20 degrees. In early December the water gets close to 30 degrees on some days and March sees the return to warmth, the water temperature reaching over 30 degrees.

All our light bulbs are low energy ones. My oldest one I bought many years ago (possibly over 20 years) whilst living in a council flat in Peckham. I

have taken it, and some others bought later on, with me in all my moves over the years. I also have low energy Yuletide lights cheering us up through this cold season.

This winter, even with it being colder and starting earlier than last year, we have been warmer as the wood supply problem was solved last spring. There are still some ways the cold gets inside the house, and I shall do my best to sort those out before next winter. So winter by winter the house gets warmer and more and more comfortable to live in. And it does not cost the earth.

Ireene-Sointu

SLOW COOKED PORRIDGE FOR TWO

INGREDIENTS

500 cc plant milk

300 cc water

100 g oat groats (or other groats)

50 g dried fruit

1 teaspoon ginger

1 teaspoon sweet spices (mixed spice)

COOKING

Mix all ingredients in a bowl.

Transfer bowl to slow cooker.

Cover bowl.

Surround bowl with water.

Fit cover to slow cooker.

Cook overnight on high setting.

OPTIONAL THINGS TO ADD WHEN COOKED

Nuts, seeds, fruit, tahini and jam.

John Sephton

VEGAN VIEWS REVIVAL

Vegan Views magazine is being revived with a new editorial team. When Harry Mather retired as editor in 2008, Knut Caspari took over and produced five issues, but now David Mather (Harry's son), Sarah Austin, Patrick Smith at Veggies, and myself - and a few others too - have got together with the idea of reviving the style and format used by Harry. The full title is going to be *VEGAN VIEWS: A Forum for Vegan Opinion (in Memory of Harry Mather)*.

Vegan Views, which started in 1975, has always been an informal forum for vegan news and discussion, produced by unpaid volunteers on a non-profit-making basis. Although independent it's always supported the work of other vegan groups and publications - and as I help with *New Leaves* too, the contact and co-operation between MCL and *Vegan Views* is likely to be close, just as it already is between MCL and VON.

The *Vegan Views* website <http://www.veganviews.org.uk> is currently undergoing some changes, but there is (or will be) a huge archive of articles from previous issues up there. The last edition edited by Harry (No.116) can be downloaded at <http://www.veganviews.org.uk/vvmags/vv116.pdf>

Harry edited V.V. for around 23 years, and in later years the magazine was also freely available online. The jury is out on whether or not this was a good idea - it increases overall readership, but may affect subscriptions. And when looking at it online, what proportion of the magazine does an individual actually read? There is so much on the web and many readers may just skim quickly through (although some print readers may of course do the same). Anyway, for now, *Vegan Views* will not be available online - except perhaps for subscribers who actually prefer it that way - but, as with *New Leaves*, back issues will probably be archived on the website with a delay of up to a year.

The new *Vegan Views* will be available on subscription for £5 a year (including UK postage), payable by cheque to *Vegan Views*, or else online with PayPal, with bulk copies available at a reduced rate. The aim is to publish three issues a year, in March, July and November, starting March 2011.

Articles and letters for publication in the first or subsequent issues are welcome (send by email if possible, preferably as Word attachments). The deadline for the first issue is the end of January, but some items - especially smaller ones - will probably be accepted after that.

And if you'd like to go on the V.V. MAILING LIST (to receive full details later by email or post) please contact editor@veganviews.org.uk or ring 0845 458 9595, or send an SAE to *Vegan Views* at 1 Church Hill, Woodlands, Wimborne, East Dorset BH21 8LW.

Malcolm Horne

FREE VEGAN FOOD FAIR

Fairfoods and Green Garden Cafe, in conjunction with Midland Vegan Campaigns, are organising a Free Vegan Food Fair during Veggie month.

It will take place on Saturday 26th March 2011, 11-4pm, at St John Baptist Church, Fleet Street, Coventry CV1 3AY.

INTRODUCING WWW.AVAAZ.ORG IN THEIR OWN WORDS

Avaaz - meaning "voice" in several European, Middle Eastern and Asian languages - launched in 2007 with a simple democratic mission: organise citizens of all nations to close the gap between the world we have and the world most people everywhere want.

Avaaz empowers millions of people from all walks of life to take action on pressing global, regional and national issues, from corruption and poverty to conflict and climate change. Our model of internet organising allows thousands of individual efforts, however small, to be rapidly combined into a powerful collective force (read about results on the Highlights page <http://www.avaaz.org>).

The Avaaz community campaigns in 14 languages, served by a core team on four continents and thousands of volunteers. We take action - signing petitions, funding media campaigns and direct actions, emailing, calling and lobbying governments, and organising "offline" protests and events - to ensure that the views and values of the world's people inform the decisions that affect us all.



ONE OF THE AVAAZ CAMPAIGNS: SAVE THE BEES



Take part and sign here http://www.avaaz.org/en/save_the_bees/97.php?cl_tta_sign=14ca9c2ed82b58e822e5ed6ab9fbd3a

Bees are vital to life on earth, every year pollinating plants and crops with an estimated \$40bn value (over one third of the food supply in many countries). Without immediate action to save bees we could end up with no fruit, no vegetables, no nuts, no oils and no cotton.

Recent years have seen a steep and disturbing global decline in bee populations - some bee species are now extinct and others are at just 4% of their previous numbers. Scientists have been scrambling for answers. Some studies claim the decline may be due to a combination of factors including disease, habitat loss and toxic chemicals. But new leading independent research has produced strong evidence blaming neonicotinoid pesticides.

France, Italy, Slovenia and even Germany, where the main manufacturer Bayer is based, have banned one of these bee killers. But Bayer continues to export its poison across the world.

This issue is now coming to the boil as major new studies have confirmed the scale of this problem. If we can get European and US decision-makers to take action, others will follow. It won't be easy. A leaked document shows that the US Environmental Protection Agency knew about the pesticide's dangers, but ignored them. The document says Bayer's "highly toxic" product is a "major risk concern to non-target insects [honey bees]".



Articles dealing with the issue

\$15 billion bee murder mystery deepens:

<http://www.businessinsider.com/colony-collapse-disorder-still-unsolved-lead-researcher-had-connections-to-bayer-2010-10>

"Nicotine Bees" population restored with neonicotinoids ban:

<http://www.treehugger.com/files/2010/05/nicotine-bees-population-restored-with-neonicotinoids-ban.php>

British Beekeepers' Association to stop endorsing bee-killing pesticides:

<http://www.guardian.co.uk/environment/2010/nov/16/beekeepers-end-pesticide-endorsement?INTCMP=SRCH>

Pesticide industry involvement in EU risk assessment puts survival of bees at stake:

<http://www.corporateeurope.org/agribusiness/news/2010/11/16/pesticide-industry-future-bees>

6 BILLION WAYS MAKING ANOTHER WORLD POSSIBLE

Saturday 5 March 2011 , 9.30am-midnight at Rich Mix

35-47 Bethnal Green Road, London E1 6LA

9.30am – 6.30pm: Debates and Discussion, Workshops and Films

7.00pm – 8pm: Rally in Shoreditch Town Hall

8.00pm – Midnight: Movimientos, Party with live music and DJs

Free Entry

Find out more: www.6billionways.org.uk

FESTIVALS

Saturday 19 March, 11am – 7pm Brighton VegFest
The Hove Centre, Norton Road, Hove BN3 4AH
Admission free

Friday 27 - Sunday 29 May Bristol VegFest
The Amphitheatre and Waterfront Square, Bristol
Friday 6pm - 11pm (pay), Saturday 11am - 6pm (Free) 6pm -11pm (pay)
Sunday 11am - 6pm (free) 6pm - 11pm (pay)

Sunday 21 August London Vegan Festival
Kensington Town Hall, London W8 7NX 11am - 8pm Entry £2.

FUNDS FOR PROJECTS/CAMPAIGNS

The Big Tree Plant is a campaign to encourage people and communities to plant more trees in England's towns, cities and neighbourhoods. It is a partnership bringing together national tree-planting organisations and local groups working with Defra and the Forestry Commission to plant trees throughout England. Anybody can get involved by planting and caring for trees to help make neighbourhoods more attractive and healthy places to live.

From April 2011 £4.2m will be available to support community groups to plant trees in towns, cities and residential areas throughout England. The funding is for community and civic groups, or other non-profit organisations, to establish community-led tree planting projects in areas that would benefit most. The trees must be planted in streets or in green places that are open to all to visit, or where local people will benefit from them.

Whoever owns the land must give permission and support to the project, and there must be a plan to care for trees after they are planted. I think this is a fantastic opportunity to plant as many community orchards as we can. If you are thinking of planting an orchard I would strongly encourage you to apply for the funding.

For further information on the campaign:

Visit: <http://www.direct.gov.uk/TheBigTreePlant>

Contact: The Big Tree Plant funding scheme administrator: **0800 856 7984**

Dear Animal Advocate,

Hi, I'm contacting you today because I wanted to let you know about a great resource called **VegFund**. VegFund is a non-profit organization that provides grants for vegan food samples, supplies, literature, and more. We are based in the US but have also funded projects in Africa, Australia, Canada, India, Japan, Mexico and the UK. Here are just a few examples of how we can help:

1. For animal rescue/advocacy groups - VegFund would be thrilled to pay for vegan food at your next event. More and more rescue and animal advocacy groups are serving vegan food at their events, and by doing so are giving people the opportunity to see how delicious, convenient, and healthy a plant-based diet can be. To find out more, please email: events@vegfund.org

2. For vegan activists or vegan grassroots organizations - VegFund has a variety of funding programs to support your outreach efforts, including Event Grants, Multimedia Outreach, Ask-A-Vegan, and Merit Awards. Please visit www.vegfund.org for more information.

Thank you for all the work you do to help animals! If you wouldn't mind, please pass this message along to other groups/individuals who might benefit from VegFund. Thanks again, and please don't hesitate to contact me if you have any questions.

Best,
Kimberly Dreher
VegFund Program Administrator
818-300-3718 (USA)
vegfund.org

WWW.ANIMALAID.ORG.UK

Saturday 30 April Animal Aid Londonwide Street Collection

If you would like to collect contact

Karin on 01732 364546 ext 223 or email karin@animalaid.co.uk

Saturday 7 May Vegetarian cookery demonstration workshop in London

To find out more contact

Mark White tel: 01732 364546 ext. 230 or email mark@animalaid.co.uk



LETTERS



It is interesting to read of the evolution of the term 'man' since Norman times (your Oct-Dec 2010 issue).

However, 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 of us all, yet so overlooked by society today that people – including vegans – buy and sell her, without batting an eyelid, with a market price attached to her as to any slave; indeed, as any slave, put up to auction and knocked down under the hammer.

It is my firm conviction that, were Gaia to be reinstated in our lives – recognised, as in earlier ages, as our Earthly Mother, forever beyond value or the shame of a monetary price ticket – that this resurrection of the Primary Woman from her present slave status would bring about, as a natural corollary, a total reconstruction of the relationship between her sons and daughters, between the human male and female (or female and male, daughters and sons, if you wish).

Need it be said that the Norman Conquest was a conquest by a **male-dominated people**, who had long placed the Earthly Mother under their heel, so it is small wonder if so many woes for the female human followed from that time. Merely to reassert the human female will not restore to us the vital Primary Woman, whom – crushed as ever under the Norman heel – we have done nothing to resurrect; not even to notice the slave status she occupies in our market-places, nor even the nonchalance with which we poison her with our thousand immoral inventions today.

The following final paragraph of my article in the Winter 2002 ***Permaculture Activist*** deals with the resurrection that is awaited also by the animal kingdom – the focus of vegans' concern – but will not come about until the focus of our concern becomes the Earthly Mother herself:

Let us see that we catch up, then, with those thinkers who are truly of the New Age. For so shall we form part of today's most vital 'web of connectivity' – the movement that is dedicated to ending the buying and selling of our Earthly Mother, and which holds the essential key to achieving this. Let us do so not only for our own

sakes – in our now visibly disintegrating Western society, reaping the terrible fruits of its immoral foundations. Let us do so also for the sake of all those other beings, and creatures, who exist on Earth today in a state of wretchedness, ensnared - within the ever-tightening noose of land monopoly – to those who are now their global masters. ... That noose which, in the name of globalisation, holds in its grip the very Earth, having re-christened as 'commodities' both Gaia herself and all her bounteous gifts to us.

Yours truly,
Shirley-Anne Hardy

THE MCL MEMBERS CONTACT SCHEME

The Contact Scheme aims to provide opportunities for mutual support, co-operation and friendship, and/or to further the aims of MCL locally and regionally.

Details of contacts are provided only to those participating in the scheme.

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

At present we have contacts in Antrim, Bedfordshire, Belfast, Birmingham, Bucks, Cheshire, Clwyd, Cornwall, Derbyshire, Devon, Dorset, 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) and Goult (France).

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

SEEKING CONTACT? In addition to the MCL Contact Scheme detailed above, you are welcome to send in a one-off contact advert (up to 20 words plus your contact details) for free inclusion in *New Leaves*. Please send adverts to Ireene-Sointu at the address in the box above.

MCL ADDRESSES

General Contact-Membership-Treasurer-Editorial Collective Contact Scheme

Ireene-Sointu, MCL, 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT, UK
Tel: 01639 841223, e-mail: mcl.ystalyfera@googlemail.com

Publications

MCL c/o The Sumac Centre, 245 Gladstone St., Nottingham NG7 6HX, UK
Tel: 0845 458 9595, e-mail mcl@veggies.org.uk

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.

ADVERTISEMENTS

No responsibility taken by MCL for accuracy or reliability of advertisers.
10 words for 50p then 10p a word.
Copy for the next issue by the same date as other contributions, please.
Please make cheques payable to MCL.

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

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

Vegan Views - an informal forum for vegan views and news. Subscription £5 for three issues - see <http://www.veganviews.org.uk> or SAE to 1 Church Hill, Woodlands, Dorset BH21 8LW. See also page 14 this issue.

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.

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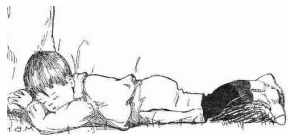
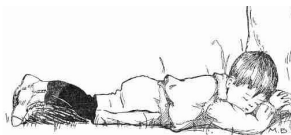


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Ranworth Guesthouse, Church Road, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Telephone 01723 870366. Serving only vegan and vegetarian food. Established 1985. Pets and children welcome.

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GIFT SUBSCRIPTIONS

Would you like *New Leaves* sent to someone as a gift? Do you think a friend or family member would enjoy reading about compassionate living? Do you know someone who is thinking about changing to a vegan lifestyle? Just fill in the form below with the person's details and complete the Gift Subscription line, then send in with the subscription payment and we will provide them with the next 4 issues of *New Leaves* as your gift to them.

HOW TO JOIN MCL

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

Name(s):

Full Address incl. postcode:

Telephone:

E-mail:

I/We enclose £..... for one year's subscription to MCL.

Signature(s):

Date:

Gift subscriptions: Please complete the above with the details of who you would like *New Leaves* sent to, then print your name clearly below:

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PUBLICATIONS

BOOKLETS (for bulk orders contact address below first)

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Growing Our Own, Vegan-Organically	£1.00	
Food for Everyone (with pictures for posters)	£1.00	
Familiar and Unfamiliar Saladings	£1.00	
For Vegan Parents	£1.00	
Pioneers of Compassionate Living	£1.00	

LEAFLETS

(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	4p each	
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Please add the following towards post and packing:

**UK - one booklet or one set of 9 leaflets 40p, two booklets 60p,
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Please send the items ticked above to:

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Cheques to MCL (UK stamps welcome).

MCL c/o The Sumac Centre,

245 Gladstone Street, Nottingham NG7 6HX

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

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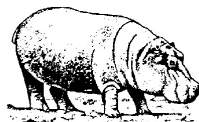
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