

Act!on



**Friends of
the Earth
Manchester**

News November 2010

Have I Got MOOs For You!

Manchester FoE gets its message 'herd' as part of the national MOOvement campaign, by Rachel Kenyon

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Friends of the Earth is calling on the Government to revolutionise the way we produce meat and dairy by industrial farming, which is dependent on intensive soy production in South America, and to help protect the environment and farmers' livelihoods, while supporting a thriving and sustainable agricultural sector in the UK.

Manchester FoE has been raising awareness about the new Sustainable Livestock Bill, introduced in June by MP Robert Ffello. In our August newsletter we reported how Withington MP John Leech took part in a Rainforest Free Lunch photo shoot to show his support.

Since then Manchester FoE have conducted a coMOOTE/MOOvement day of action (www.jointhemoovement.co.uk), raising awareness of the campaign and encouraging people to join the movement for planet-friendly meat and dairy farming..

On Thursday 7th October Manchester Friends of the Earth campaigners coMOOTed to the city centre in cow heads and outfits in support of rainforest-free meat and dairy. We got the bus from Chorlton to Oxford Road, walked to St Peter's Square and then took the Metrolink to Piccadilly Gardens where we handed out MOOvement business cards to commuters, before MOOving on to Piccadilly where we hopped on a train to give out more cards.

The following Saturday was the Food Day of Action, with an exciting tour round some of Manchester's iconic places: Piccadilly Gardens, the Town Hall, Market Street and St Ann's Square



Manchester FoE's cows give the thumbs-up to MP John Leech as he agrees to vote for rainforest-free food

including some cow-themed stops at Trof bar in the Northern Quarter, Milk St – and the Bull's Head, of course!

We know we can ditch factory farming and feed the world a healthy and tasty diet. But we need the Government to help farmers move to planet-friendly farming. We want you to join our MOOvement by persuading your MP to make the Sustainable Livestock Bill into a beefy new law. The Bill has its second reading in Parliament on Friday 12th November, and we need to ensure as many MPs as possible are there supporting it to ensure it has a chance of being passed. So far, over 40 MPs nationally have committed to supporting the Bill. Ask yours today!

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Dreaming of a Green Christmas

How to have a great Christmas without the planet roasting – festive tips from Rhian Jenkins



For many of us, it can be difficult to stick to our good intentions at this time of year, but if you're dreaming of a greener Christmas, read on for a guide on how to reduce your environmental impact while still enjoying the festivities and Christmas cheer.

Cards We send 1 billion Christmas cards every year in the UK. By sending cards to only close friends and family, and delivering by hand where possible, we could reduce the miles travelled by Post Office trains and other delivery vehicles at Christmas. Buy cards from recycled paper printed with vegetable-based inks or send e-cards over the internet. If you do opt to send Christmas cards this year, you can help to raise funds to plant thousands of trees by recycling your cards at special Woodland Trust depositories located at retailers such as M&S or TKMaxx throughout January 2011.

Christmas dinner A typical Christmas dinner can rack up anything between 30,000 and 90,000 food miles in imported ingredients. Much of this is due to the traditional fruit pudding – dates, raisins, citrus fruits and spices all come from afar so if (like me) you're not overly keen, give it a miss this year and replace it with more local seasonal fare. Buy nuts grown in Europe such as walnuts, almonds and hazelnuts, rather than Brazil nuts from South America. Another culprit is alcohol, especially imported wine, so why not indulge guilt-free in European organic wine, beer, cider or spirits – apparently organic producers use on average just a quarter of the legal maximum of sulphur dioxide allowed for non-organic wine, which appears to lessen the chances of a hangover! Shop for your Christmas dinner at your local farmers' market, greengrocer or food co-operative, or join an organic box scheme. If you are willing to go the whole hog, why not ditch turkey? The UN has reported that the meat industry is responsible for more of the world's greenhouse gases than cars.



Why not save trees and carbon emissions by sending an e-card like this one from Friends of the Earth?

Christmas tree Consumers should buy real Christmas trees instead of artificial ones, according to the Carbon Trust, because the carbon footprint of artificial trees is at least ten times greater. However, when buying real trees, it is important that they are FSC-certified and recycled afterwards – Manchester City Council normally have a free annual collection or various drop-off points for trees after Christmas so they can be chipped and turned into compost. Alternatively, rent a living potted tree from Christmastreeman.co.uk which will be collected and replanted after Christmas or pick up a boxed tree growing kit for only £2.49 from Amazon – this would make a lovely present for a child who could plant the seed and then grow as the tree will over the years.

Presents Personally speaking, I believe part of the fun is giving presents rather than receiving them. Trying to think of one special gift for a loved one is much better than buying ten impersonal gifts mass-produced in a factory half way round the world. Foodie gifts or books are great things to buy (or make) for personally tailored presents. Pick up a hamper or even a cardboard box and fill it with preserves, cheese, home-made chocolates, cakes and biscuits which you can assemble bit by bit in the run-up to Christmas. Other ideas are experience days, 'learn a new skill' courses or charitable gifts. If the recipient is an avid cook, give some herb or chilli plants or a customised seed collection with pretty handmade packets. Wrap any gifts with scarves or put into reusable gift boxes/bags and that's your Christmas sorted!

Happy Birthday, Eighth Day!

Manchester's legendary co-op marks its fortieth birthday, reports Georgia Tsakiri



One of Manchester's gems, the Eighth Day Co-operative, celebrated its 40th birthday in September and threw a grand party for its members and friends. The famous vegetarian health food shop and café has proudly occupied the corner of Oxford Road and Sidney Street for almost 38 years, serving the community of Manchester with high quality vegetarian, vegan, cruelty-free and fairly traded goods.

The success of this local Co-op is a result of hard-working and dedicated people; it is a democratically run, worker-controlled business which strives to "...promote the physical, mental and spiritual well-being of the community, especially those who participate in the co-operative, whether they are employees, customers or suppliers" (see <http://www.eighth-day.co.uk/ethics.htm>).

The Eighth Day Co-op originally opened as a craft exchange and alternative centre, with the motto "On the seventh day God rested, on the eighth day He (She or It) created something better" (see <http://www.eighth-day.co.uk/history.htm>). It later turned into a more conventional shop, and in 2001 it changed from a clothes shop to a wholefood shop with clothes, in order to fulfil the growing interest in vegetarianism.

Current staff member Erika Van Steensburg gave us a little insight of what it's like working in the Eighth Day Café:

1. How long have you been working at the Eighth Day Café, and what is your role?

I've worked at the Eighth Day Café since August 2009; I am also a member of the Café. Members' responsibilities include the daily running of the Café, including shifts such as: Front and Counter, preparing salads and taking short orders, general food preparation, cooking of main meals, baking cakes and washing dishes. My extra duties are that I am part of the Personnel Team and the Environmental Team.



The Eighth Day Co-operative at 111 Oxford Road, in between the BBC and the Aquatics Centre

2. What does working at a Co-op like this mean to you?

Working for the Eighth Day Café means that I get to work in a place where all members work together to create a workplace that is ethical, enjoyable and fair.

3. What are your three favourite things about the Eighth Day Café?

My three favourite things about the Café are: 1. I enjoy going to work every day because I love the people that I work with; 2. I get to use my own creativity in cooking and baking which helps the work stay fresh and enjoyable; and 3. It's nice to be able to provide a healthy, ethical food option to the public (especially seeing that it is one of the only non "fast food" places in the area).

4. And finally... which dish would you recommend to your customers?

I would recommend the Red Dragon Pie to our customers, which is a vegan and gluten free dish. This is a slightly spicy aduki bean and vegetable dish topped with a mustardy sweet potato mash and served with beetroot ketchup. It's healthy and delicious. I'd follow it with a slice of our Vegan Cheese Cake which is a citrusy, light, tasty treat, free from artificial sugars and gluten!

Mmmm, that sounds delicious indeed... Thank you Erika! For more information, please visit <http://www.eighth-day.co.uk/>.

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Exchange Square, Corporation Street, M14 3TR.

Coming Up



Tuesday 16th November

Swap It! Stitch It! Style It! 7pm at Nexus Art Café, 2 Dale Street, M1 1JW. See the film The Story Of Stuff, plus a swap shop.

Email sarah@manchesterfoe.org.uk for info.

Wednesday 17th November

On The Eve Of Cancún: Can We Cut Carbon In Time? Join the debate, 7pm at Manchester Art Gallery, Mosley Street, M2 3JL. See <http://tinyurl.com/35zoxlu> to register.

Saturday 20th November

Friends of the Earth Fundraising Gig. Live music from Mount Fabric, First Circles, Dial F For Frankenstein, David V Murphy. 7.30pm, Ram and Shackle, Fallowfield.

Friday 26th November

Earth Rights – A North West Conversation
The UN General Assembly has approved a resolution to develop a Universal Declaration of the Rights of Mother Earth. Come to MERCi at Bridge 5 Mill, Ancoats, M4 7HR, 10am to 4pm, to discuss this issue. Contact jenn@merci.org.uk to attend.

Regular Events



Second Tuesday of the month 6.45 for 7pm.

Full group meeting. Green Fish Resource Centre, 46–50 Oldham Street. New members very welcome to come along and find out more about the group!

Last Thursday of the month 6.45 for 7pm.

Campaigns meeting. Green Fish Resource Centre, 46–50 Oldham Street. All welcome. We split into groups to focus on our main campaign areas: Fix the Food Chain, Get Serious About CO₂, Meat Free Mondays and Transport.

Last Friday of the month (except December)

Bike Friday. Rides from a range of locations in Greater Manchester to work, college or university. Starting points are Worsley (Worsley Road/Chatsworth Road), Stretford Mall, Chorlton Library, Withington Library, Levenshulme Station and Prestwich (Bury New Road/Scholes Lane).

www.bikefriday.org

Manchester Friends of the Earth Annual General Meeting

Monday 6th December 2010

Manchester Friends of the Earth has scheduled its Annual General Meeting to take place on Monday 6th December at Green Fish Resource Centre, 46–50 Oldham Street, followed by a meal at a nearby restaurant (to be decided). There will be elections for the following Group Officer roles:

- Fundraising Officer
- Group Co-ordinators
- IT Officer
- Media Officer
- Membership Officer
- Newsletter Officer
- Publicity Officer
- Treasurer

If you wish to stand for any of the above roles, or would like more information on what the Group Officers do, please contact a Group Co-ordinator:

al@manchesterfoe.org.uk

alex@manchesterfoe.org.uk

cat@manchesterfoe.org.uk or

sarah@manchesterfoe.org.uk

Many thanks to all the contributors to this issue. If you have any contributions or ideas for future articles, please email me at newsletter@manchesterfoe.org.uk. *Damian*

Manchester FoE is an award-winning campaign group working on issues relating to the environment and social justice. We campaign on issues with a local connection and also lobby for policy changes at local, regional, national and international levels. We work on a diverse range of issues including climate change, corporate responsibility, real food, trade justice, sustainable transport and aviation, and waste and recycling.

For more information about Manchester FoE and our campaigns, see www.manchesterfoe.org.uk