Act!on



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

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 Flello. 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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NOAH - More Than Just the Flood

Ali Abbas reports on his mission to share ideas with FoE Denmark as it springs back into action

Kolga was a Norse goddess, one of the nine daughters of Aegir, God of the Sea. It is also the name of a FoE Europe project that was set up two years ago to help build new capacity in the smaller FoE national organisations by matching them up with groups in different countries. And so I joined international coordinator Helen Wolfson and Helen Rimmer, food campaigner and regional campaigner for the North West, on a four-day trip to Copenhagen to share our experiences of campaigning and running a local group with NOAH (FoE Denmark).

NOAH was founded in 1969, two years before Friends of the Earth here in the UK. NOAH initially focused on tackling air and water pollution, and soon built up a network of 70 local groups. However, as they succeeded over the next two decades in persuading the Danish Government to introduce tighter regulations, they began to lose momentum. When the Kolga project started in 2008, NOAH was staffed exclusively by volunteers who spent most of their time producing publications to use in schools and to influence decision makers, as well as doing research projects.

Working with Helen Wolfson, NOAH identified key objectives to help them build their capacity, raise more funds and turn back into a campaigning organisation. And over the first two years of the Kolga project, they have already made some fantastic progress, doubling the number of financial supporters, organising last year's Flood and Klimaforum in Copenhagen, and bringing in lots of new volunteers.

Our visit focused on three key areas – how to manage finances and coordinate activity in a volunteer group, how to communicate more effectively, and how to plan campaigns. It was fascinating to meet up with such a friendly and inspiring group of NOAH volunteers, to hear how NOAH works, and to be able to share my experiences of coordinating and campaigning with Manchester FoE.

As a warm-up to one of our sessions, everyone was asked to imagine NOAH as a tree and choose which part of the tree they most associated with. As a visitor, I thought I was closest to being the soil, digesting the leaves of information they shared with me and hopefully providing some nutritious new ideas to help the tree to grow. By the end of the visit, I felt that my experiences had been absorbed into the tree, and I look forward to being able to continue playing a role in helping NOAH to flourish.

Transport Campaign – latest news

We have been continuing to promote sustainable transport, particularly cycling, says Graeme Sherriff

Our monthly Bike Friday 'cycle to work' rides focus on increasing the number of people confident to commute by bike. New rides from Worsley and Fallowfield have been added. We've been successful in lobbying Manchester City Council to fund adult cycle training - a perfect complement to Bike Friday. On Tuesday 21st September we had a special Bike Friday to promote European Car Free Day, with free breakfasts for all. In October, to coincide with the clocks going back and darker evenings arriving, we had a free prize draw for lights and high-visibility gear. We've secured funding to do further promotion and get more people involved and are now working on our submission to the Greater Manchester Local Transport Plan 3.

At Manchester's Skyride, at the start of August, we had a stall promoting Bike Friday and used our pedal-powered smoothie maker to get people talking about cycling. It's proved to be a popular attraction at many other events.

We've also completed our survey of bus drivers about their experiences of sharing the road with cyclists (see www.loveyourbike.org). We asked them which types of cyclist behaviour made them most concerned – the top three were ignoring traffic lights, pulling out without looking and weaving in between buses. To get involved with Love Your Bike and other transport group campaigns, contact me at graeme@manchesterfoe.org.uk.

My First Hundred Days

By Joe Jenkins, FoE's new director of fundraising, communications and activism

It's been a hundred days since I joined Friends of the Earth, and already I know it's more than just a job. By the end of my first week, I had met over 40 staff and volunteers – dressed, naturally, in cow costumes, to storm the London Underground, signing up coMOOters to join the MOOvement.

Two months in, at group conference, I was dancing at a silent disco with over 200 members of our local group network, following a truly memorable awards ceremony which honoured, among others, the brilliant Ali Abbas!

It was there that it sunk in exactly what I'd got myself involved with! Not just a fantastically successful national campaigning organisation, but a powerful grassroots movement, comprising individuals working together in communities around the world.

Every day I become more aware of our impressive heritage – next year we'll be celebrating our 40th anniversary. But it's our future I'm really excited about. Over the next six months we will be developing an exciting new programme of campaigns that I believe will measure up to the scale of the challenges we face, whether it be catastrophic climate change or widespread biodiversity loss. My job will be to ensure that we are truly working together – activists, supporters, groups and campaigners – to engage the wider public, business leaders and politicians in the need to take action.

And it's local groups like Manchester FoE that help to make that job achievable. I really enjoyed your recent meeting (well, the biscuits and pub afterwards helped!) and I hope I'll get invited again soon. We've a lot to do over the next few years, but a lot of reasons to feel optimistic – not least due to the inspiring individuals that collectively are Friends of the Earth.

The Greenest Government Ever?

Helen Rimmer reports on the 2010 Conservative conference and what it means for FoE

Politicians, party activists, journalists, lobbyists and protesters piled into Birmingham to attend the first Conservative conference in thirteen years to take place with the Tories in Government. The headlines were dominated by the announcement on child benefit, while on the conference fringes many of the debates focused on the drive for deficit reduction and the oncoming cuts – but green issues, though not reflected in the media, were still on the agenda. Secretary of State for the Environment Caroline Spelman's first conference speech in Government covered the national and global environment, biodiversity loss and the UN talks in Nagoya, food production, green technology and that much-trumpeted idea the 'Big Society'. Oliver Letwin pledged the Government would create 'hundreds of thousands of green jobs' and outlined support for many of Friends of the Earth's ideas on carbon reduction including feed-in tariffs, the Green Investment Bank and the renewable heat incentive.

FoE held a successful fringe meeting on cutting carbon at the local level with climate change minister Greg Barker, who promised to look seriously at our proposal for Local Carbon Budgets. Food campaigners were outside the conference handing out local Warwickshire cheese to delegates to promote the Sustainable Livestock Bill and its second reading on 12 November. Many rural politicians and farmers stopped to debate our solutions. And the Climate Clinic took up a new residence in a plush building just outside the conference zone attracting ministers and speakers from a diverse bunch of development and environment NGOs. Greg Barker was a very busy man! While there were helpful noises from Spelman and Letwin, the true test of this Government's commitment to be the 'greenest Government ever' will be in the coming months with the Energy Bill and Cancún climate talks and the detail of the Government's cuts agenda.

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 ecards 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 Cooperative, 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 cooperative, 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/.

Recipe – Roast Pumpkin (or Squash) and Beetroot with Polenta on Spinach

Pumpkins are not just for Hallowe'en lanterns or masks – along with their close relation the squash they are deliciously soft and rich when roasted, as you'll find out in this seasonal recipe from Rachel Kenyon.

Ingredients

- A small (30cm diameter) pumpkin or two squashes (ideally of mixed colours)
- Two large beetroot (raw, not precooked)
- Bulb of garlic
- Olive oil
- Fresh thyme and/or tarragon
- Salt and pepper
- 500g fresh spinach
- 350g cooked polenta

To prepare

- Halve the pumpkin/squash, peel if desired, remove seeds and cut into wedges.
- Peel and chop beetroot into 3–5cm cubes.
- Remove outer layers of skin from garlic but leave skin on cloves.
- Place the ingredients in a baking tray and coat with a few tablespoons of olive oil, then add herbs, salt and pepper to taste.
- Bake for 35–45 minutes at 220°C/gas mark 7 until soft, stirring half-way through.
- While baking, slice polenta into 1cm thick strips; allow three per person.
- Heat small amount of oil in a frying pan and fry polenta slices for 1–2 minutes each side, then remove from pan.
- Add spinach to the pan and put a lid on to allow it to wilt over 1–2 minutes.
- Plate the spinach, arrange the polenta on top and serve with the pumpkin/squash, beetroot and garlic cloves.

(Serves 4)



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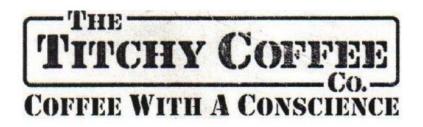
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Coming Up

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