Ludlow Quaker Journal

February/March 2021

This Journal will publish anything that Friends think is of interest; so its range may be very wide. If you find it too long, select only what interests you from the Table of Contents. Please contact Barbara Mark if you would like to have something included or wonder if you have a subject that might be of interest.
It will be published on-line only and will come out when enough articles have been gathered in. Comments and letters to the editor are also welcome.
Do remember if this copy is pdf you can listen to it via Windows 10 'read aloud' option at the top of the sheet.

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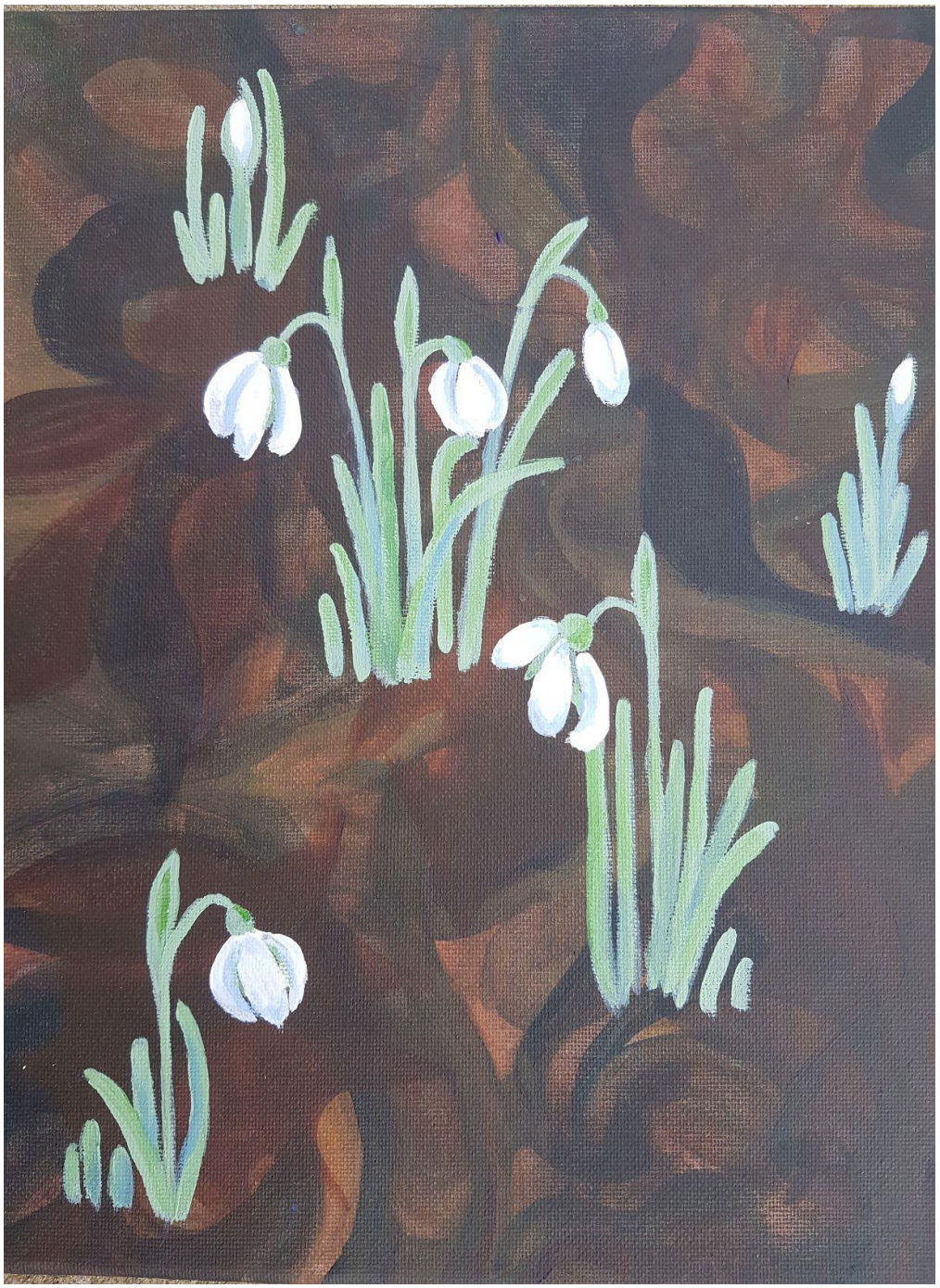
Many thanks to everyone who has helped me on this issue.

Snow Drops



Seeing the snowdrops just coming up gave me a push to do some painting.
Unfolding from the Enfolding
Doing it reminded me of a poem from way back I like.

A poem to go with the painting from Julia

Fueled
by a million
man made
wings of fire------
the rocket tore the tunnel
through the sky---
and everybody cheered.
Fueled
only by a thought from God--
the seedling
urged its way
through the thickness of the black---
and as it pierced
the heavy ceiling of soil---
and launched itself
up into outer space---
no
one
ever
clapped.

Marcie Hans

Quaker Speak on Youtube

Julia has also shared with us an excellent weekly Quaker journal youtube channel. It is an American site where different Friends talk about different subjects every week. If you can get youtube do give it a try.

Quakerspeak.com

She was particularly drawn to Arthur Larrabee's '9 Core Quaker Beliefs' on this site. A very sustaining sharing of views and, I found as well, place to get along side.

Justgiving.com

I'm sure, like me, you are hugely grateful that your loved ones will be receiving the COVID vaccine soon. Some already may have had it. What is sure, is that

by the end of the year, everyone in the UK will have been offered this potentially life saving treatment, so that we can go back to doing the things we love.

Tragically, this is not true for millions of people in the world.

It is estimated that only 10% of people in low-income countries will receive the vaccine this year. Many will have to wait until 2024.

The inequality in our world is desperate, but there are things we can do.

The Astra-Zeneca vaccine costs between £5 and £10 for two doses. Would you consider donating this much to enable someone, somewhere else in the world, to have the vaccine? You might like to donate this once your own vaccine letter comes through, or even in the knowledge that you'll be getting it soon. It could also be a gesture of thanks for a loved-ones' treatment.

'Gavi', the Global Alliance for Vaccines and Immunization , was set up in 2000, for the purpose of vaccinating people in low and middle income countries. In response to the pandemic Gavi is now co leader of COVAX; a program specifically created for the development and manufacture of COVID vaccines, and to guarantee fair access of these vaccines across the world.

Thank you June and Jane for sharing this venture with us.

Pity of War

You will all, hopefully, have seen the latest fund raising news from the Area Meeting Pity of War group. If not do visit www.pityofwar.org.uk

As Paul Rogers (Emeritus Professor of Peace Studies at University of Bradford, who spoke at Ludlow Olivier Peace Lectures). has said about our group
"If half the people killed by wars are civilians, shouldn't half the war memorials be to civilians?"
"This is a hugely welcome initiative which should serve as a powerful reminder of the terrible costs of war to civilians."
A message from the group Tipping point North and South.
'Thank you for letting us know about your powerful Pity of War project. Many congratulations on bringing the sculpture and project to life.'
We have not only put maquettes of the sculptured head depicting the nameless and voiceless victims of war in many cathedrals around the world and we have got a lesson plan ready to send out. The first of many we hope. The art work takes with it a message of the sadness of war for everyone involved.

If you have a story of an experience of war please share it with us. We hope to put all these stories on our web site.

Stretch your mind with a quiz from Peter

1) Abraham Lincoln was the first US president. Who was the first vice president?

2) What is the capital of New Zealand?

3) What year did the Titanic sink in the Atlantic Ocean on 15 April, on its maiden voyage from Southampton?

4) What is the title of the first ever Carry On film made and released in 1958?

5) What is the capital of Nigeria?

6) What is the name of the biggest technology company in South Korea?

7) Which actor won the best actor Oscar for the films Philadelphia (1993) and Forrest Gump (1994)?

8) First held in 1907, in which sport is the Waterloo Cup contested?

9) Who scored an extra time drop goal for England to win the 2003 Rugby World Cup defeating Australia 20-17?

10) What 1960s' American pop group created the 'surfin sound'?

11) What song has the following lyrics: "Suddenly I'm not half the man I used to be. / There's a shadow hanging over me."?

12) Where in the world is Leonardo da Vinci's Mona Lisa exhibited?

13) Which artist painted 'The Water-Lily Pond' in 1899?

14) Can you name the army officer suspect in the board game Cluedo?

15) Where did Dominic Cummings drive to in order to test his eyesight?

16) Who gave the nation's PE lessons online during lockdown?

17) Which football club does former Chelsea boss Jose Mourinho manage now?

18) Where would you find the Sea of Tranquility?

19) Vanilla comes from what flowers?

20) What is England's largest county with no coastline?

Answers right at the end of this Journal

Bees and Neonicotinoids

News about Bees, by Bee keeper Alan Jenyon, from our Meeting:

The Department for Environment, Food and Rural Affairs (DEFRA) has recently given emergency permission for the pesticide Thiamethoxam, one of the neonicotinoids, to be used on sugar-beet planted in East Anglia. The sugar-beet growers say their yields have been falling because of Virus Yellows, transmitted by aphids. Thiamethoxam is used to treat the seeds so that it goes into the sap and kills the aphids.

Research has shown that Thiamethoxam is bad for bumblebees as well honeybees. It does not kill bees directly, but can affect their ability to learn so that, for example, after collecting nectar they may not be able to find their way home.

Sugar beet is allegedly not visited by bees, but the Thiamethoxam gets into the soil: from there it reaches flowering plants that are attractive to bees. If the next crop is Oil-seed Rape, which is particularly attractive to bees, they ingest the pesticide via the nectar and/or pollen and transport it back to the hive. It has also been detected as a contaminant in honey.

In light of the conclusive research findings, a European-wide ban was introduced in 2018. However the UK, along with several other EU countries, has allowed its use again this year after pressure from farmers and British Sugar – despite a promise from our Government that it would not do this after leaving the EU.

Precautions are to be taken of course, like spraying-out all the hedgerow flowering plants around the sugar-beet fields. Rather a scorched earth policy! Think of this if you eat Silver Spoon sugar.

For a completely different and inspiring alternative to pesticides, listen on catchup on 'BBC Sounds' to 'On Your Farm' BBC Radio 4 Sunday 7th February.

Viennese whirls

Mr Kipling makes exceedingly good cakes, but these are better!

Ingredients
200g very soft butter (or vegan equivalent)
40g icing or caster sugar
200g plain flour
50g cornflour

Method
Cream the butter and sugar together until fluffy
On low speed, add the flours until a soft dough is achieved
Line 2 - 3 baking sheets with baking paper
Either pipe circles with a large star nozzle (about 1-1 and half inches, spaced well apart)
Or pipe lines with a large plain nozzle (again, well apart, 1 - 1 and a half inches), and run a fork along the top of each to make ridges.
Put the piped biscuits in the fridge for half an hour
Preheat the oven to 180c, 170 fan
Bake the biscuits for 12 - 18 minutes, you want them pale golden and the time depends on your oven
Cool for 5 minutes on the trays, remove with a spatula and cool completely
Either sandwich biscuits with stiff buttercream and a little jam, or dip one edge/end in melted dark chocolate and leave to set on baking paper

Butternut squash casserole

Ingredients (serves approx 4)
1 butternut squash, peeled, deseeded and chopped into roughly 1 and a half inch chunks
1 medium onion, peeled and finely chopped
1 stick celery, finely sliced
1 - 2 cloves garlic, chopped
1 carrot, peeled and finely diced
1 tin pulses of your choice (we like borlotti beans, but substitute your favourite, chickpeas, kidney beans, green lentils etc), drained and rinsed
Fresh or dried thyme and oregano to taste (1/4 teaspoon each of dried)
Miso paste 1 teaspoon, or 1 tablespoon of Worcester sauce
Veg stock cube made up with 3/4 pint of hot water
About 1 tablespoon of neutral veg oil.
Method
Saute the onion, garlic and celery in the oil until soft but not coloured
Add remaining ingredients and simmer (on the job or in the oven) for approx 40 mins until the squash is tender
Thicken the sauce with a dessertspoonful of cornflour mixed to spare and stirred into the hot stew.

Taste and season with salt and pepper.
This will taste even better if you cool it and reheat gently next day
Serve with mash, rice or crusty bread
Many thanks for these recipes Beth

Trust

Recently Bill Gate's book 'How to Avoid a Climate disaster' and David Attenborough's TV films have increased understanding of Global Warming. These personalities are trusted, on the whole.
However it has taken a long time for governments, and people, to accept there is a Climate Change problem. The IPCC (Intergovernmental Panel on Climate Change) was set up in 1988 when world scientist began to worry things were changing. It made its first report about global warming in 1990. The Global Climate Coalition was set up by many oil, coal and big businesses challenging all the findings of IPCC and sowed doubt amongst the public. This de-stabilised work and effected trust in science all through the 1990's, as people did not know who to believe. I think this group has a lot to be ashamed about. Not only did it stop any proper actions on Global Warming for over 10 years it also meant misinformation became an acceptable tool to use during disagreements. I am glad to say scientists are now back in favour after the production Covid 19 vaccines.
Trust is needed, when it comes to commitments to reduce CO2 around the world. A recent Engineering and Technology publication looked at all 10 'steps to net zero' commitments made by the UK government last year. They are; Advancing Offshore Wind farms;driving growth of Low-Carbon Hydrogen; delivering new and advanced nuclear power; accelerating the transition to electric vehicles; power planes and ships with non fossil fuels; energy efficient homes; invest in carbon capture; protect our natural environment and encourage green finance to pay for these. They report that some are further advanced than others. Let us trust these will work.
Over the border in Wales on 9th February the Welsh government committed to a planned timetable of CO2 reduction with the advice from their Climate Change Committee. This was a CO2 reduction of 37% by 2025, 63% by 2030, 89% by 2040 and zero by 2050. They realise that every public body, business and citizen in Wales would have to play their part. Trust will be essential.
Trust goes so far but personal action is under our own control. As Quakers we might suggest, ' Try to live simply. A simple lifestyle freely chosen is a source of strength. Do not be persuaded into buying what you do not need or cannot afford' .Advises and Queries 41.

Treaty Prohibiting Nuclear Weapons gets ratified

A email from Sarah Lasenby of Oxford Meeting

Friday the 22.1.21 was a great day for peace. Despite there being virtually no media coverage of the Treaty, a Treaty that is supported by a majority of countries in the world, it came onto force and it is now up to everyone to spread this information around, write to your MPs, your council and encourage them to sign up.

Here are some songs to celebrate the occasion. Penny Stone: https://youtu.be/WyXrBYJuP1s and here is singer Peggy Seeger's special Carry Greenham Home: https://youtu.be/xkuVT6iIr6I

The TP bells ring audio, compiled by Camilla with a collage put together by Angie Zelter.
https://www.youtube.com/watch?v=XxPfMbICWig&feature=youtu.be I am the one in the middle with a large NO and an African bell/gong. Also lots of other members of Trident Ploughshares with copies of the treaty.

Google UN Treaty Prohibiting Nuclear Weapons if you want to find more info.

http://tridentploughshares.org/trident-ploughshares-picture-albums/

Please let your MP know. Do use any part of this email to get the message across.

Now for the Statistics

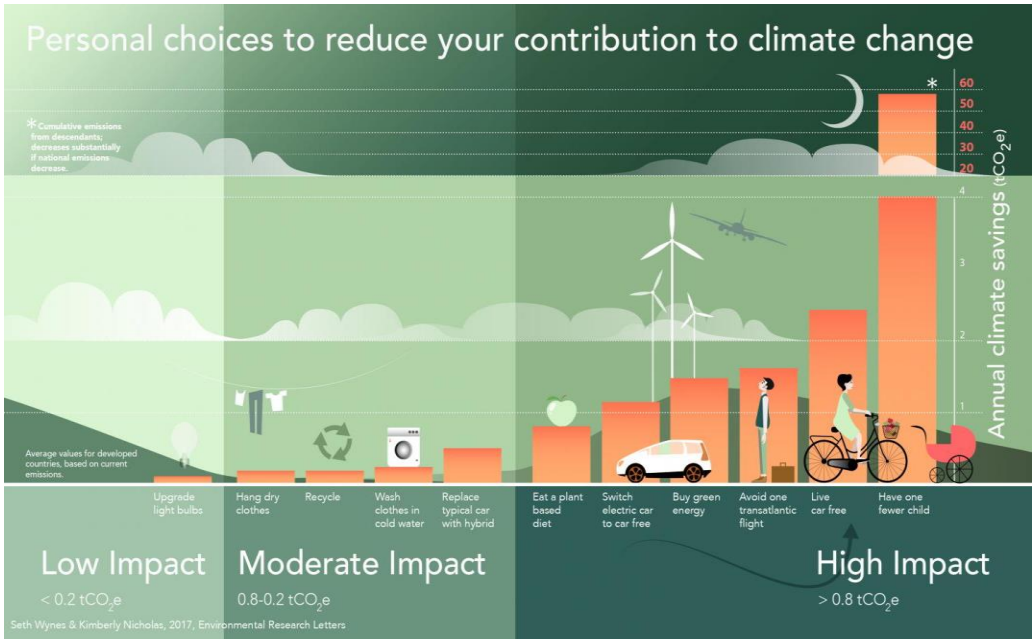
I knew the support in UK was pretty good but this is very good news. I wonder what the Americans are saying?

A new polling commissioned by the Campaign for Nuclear Disarmament (CND) and carried out by research organisation **Survation** has revealed that **83% of Labour voters** support a “total ban on all nuclear weapons globally”.

The research has been published as the Treaty on the Prohibition of Nuclear Weapons (TPNW), which outlaws the development, possession, and deployment of nuclear weapons by signatories, comes into force in international law on [22.1.21].
The UK government has repeatedly opposed the TPNW, but the polling released this morning found that **59% of the British public** think the UK should sign up to the new UN treaty while **77% support a total global ban on nuclear weapons.**
The research suggests that the strong support among the general public and Labour voters for a complete ban is shared by Tory voters, with the survey showing that **71% of those who support the Conservatives in government are backing a ban.**
A majority of British people understand that nuclear weapons are both a threat to the future of humanity and a grotesque waste of money that could be used wisely to provide real security. Please let as many of your friends know as well as MPs. *For more information look at Quaker Peace and Social Witness site*

Should I have a baby?

The young woman asking the question stood in the audience at the Climate Change Forum. We had spent the last few hours listening as the panel debated the policies, behavioural changes and science of the climate breakdown. Every speaker had reinforced the message that the climate emergency was now upon us, and at the upper end of the worst-case models. The civilisation we had grown up in was over; a new one must now be built. In this context, was it an act of recklessness to bring into the world yet another mouth to feed? Given the resources required of another human life, was it an act of extreme selfishness even to contemplate such an act?
We were in the Union hall of the University of Cambridge, UK, in the days before the pandemic when packing a room with like-minded people felt normal. The questioner was apparently an undergraduate, in this, one of the leading academic institutions in the world and in one of its most privileged economies. I doubt she was actively planning a family there and then; rather she was attempting to foretell her future and what it might or should include. There can be few questions that so immediately drill down into what it means for an individual living through these times. No other topic is so personal and very few decisions can have so permanent an effect on the passage of one's life.
For any concerned and informed citizen, such a choice has an obvious impact. Against all the individual contributions to the climate emergency, the consideration of population growth has frequently been called out, in analyses such as the one below. We are all asked, all the time, to consider the implication of our personal lifestyles.



This infographic shows climate choices. Credit: Seth Wynes/Kimberly Nicholas, *Environmental Research Letters*, 2017

The panel all drew breath and nervously looked at each other. Then the answers came; two hard "noes" – having a child in a time likely to include conflict, strife and competition for resources would be irresponsible. One of the women shrugged slightly and said "you could always adopt…" The last response was a little tentative; "perhaps just one child…certainly no more than two."

In the couple of years since I have often thought of that young woman, carrying the weight of the world on her shoulders. I wish any of the speakers had just reached out to her, human to human, and asked "do you *want* children? If 'yes' – then by all means, do."

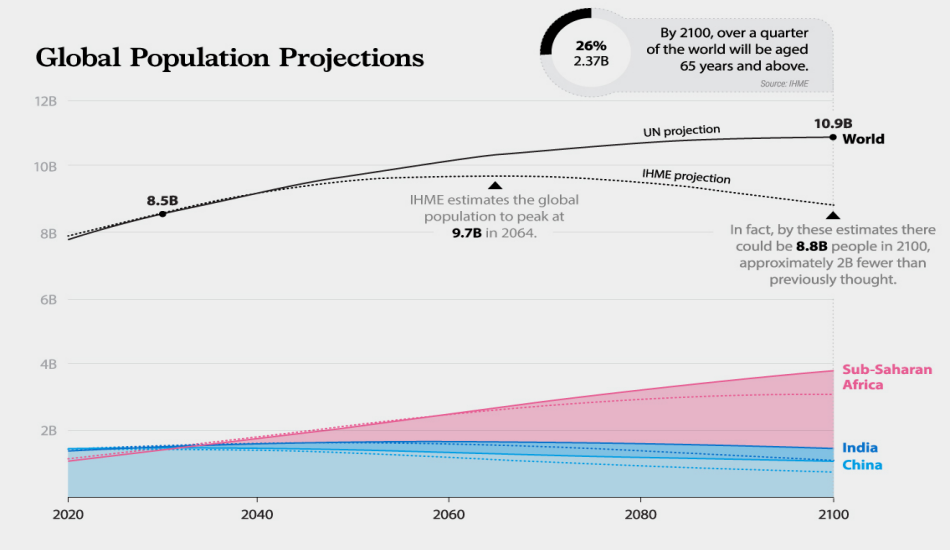
Many people don't want to be parents, for plenty of excellent reasons. Children are expensive, noisy, time consuming. They break your HiFi by overdriving the speakers at a party and then insist they haven't. Opting instead to focus on a career, or on enjoying a disposable income and fully intact possessions might seem like a perfectly rational decision. Others do want a family but find they can't…but to be forced to abandon so basic an instinct simply because of a desire to be a good citizen seems unfair.

Why then is this message so common? Why is an entire generation increasingly of the opinion that theirs should be the last one? Is the world genuinely in so desperate a state that well-meaning, intelligent people like this young lady should not have a baby, even if she wants one?

There's no question that the human population has exploded over the last century and that we have pushed our ecosystem beyond its limits. Our land use patterns, resource consumption and greenhouse gas emissions have brought us to the brink of climate breakdown. Does this automatically mean that someone resident in the West shouldn't have a family? I think it does not. The UK's Fertility Rate (a measure of population growth, where <2.1 children per woman represents a shrinking population) currently stands at 1.8 and continues to edge downwards. This is common across most developed economies. Population growth here is mostly due to improving life expectancy, not to rampant, out of control fertility.

The technological and medical miracles of the 20th century have put much of humanity beyond the pains of childhood mortality. Our shift towards an urban

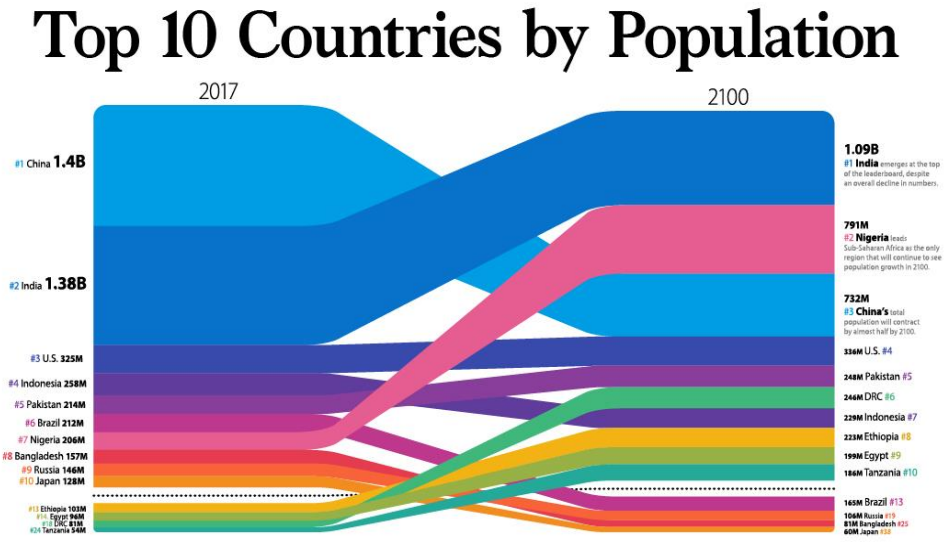
lifestyle means that children are now a cost-centre, rather than a workforce willing to assist on the farm or in the home. Contraception allows parents to optimise their family size and improved childhood survival rates tend to smaller families, not larger. As a result, in all countries where lifestyles are improving (the vast majority) there is little argument but that the population will soon peak. By the middle of this century it seems likely that global population will hit ~9.7 Billion and then start to decline. Once it starts to decline, it will never increase again.



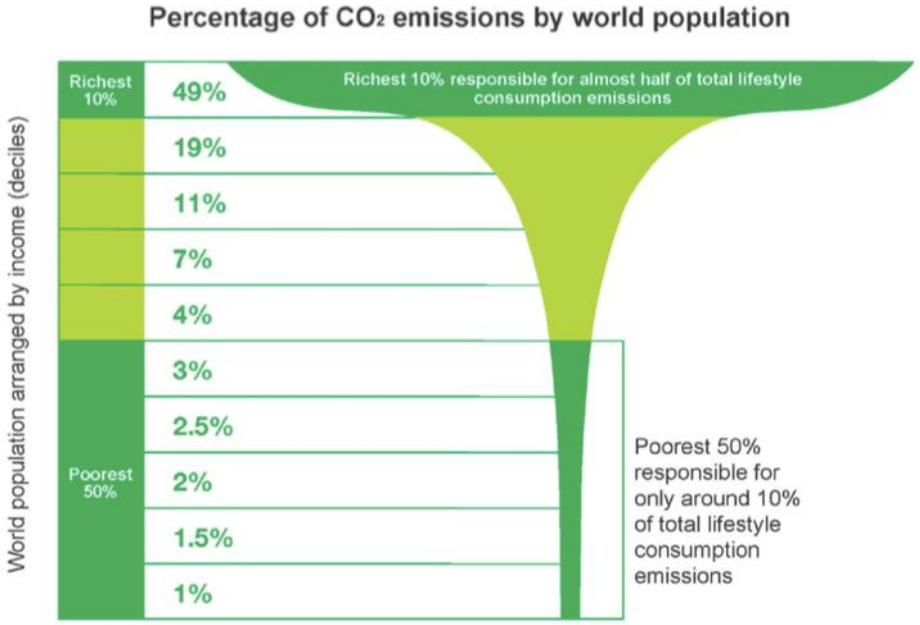
https://www.visualcapitalist.com/world-population-2100-country/

Japan is the world's most developed economy and shows us what the future holds. Their population has already peaked and is already the most aged (with an average age of 48, and a life expectancy of 84). With a Fertility Rate of just 1.4 their population is expected to decline from a maximum of 128M at the start of the 21st century to less than half this - 53M – by the end.

This pattern is expected to repeat in all other developed economies and in most countries worldwide. There are just a few exceptions, as indicated in the chart above from the IHME (Institute for Health Metrics and Evaluation, University of Washington) https://www.visualcapitalist.com/world-population-2100-country/



Spend any time researching “population explosion” in the context of the climate emergency and you will soon come across some unpleasant suggestions for solutions that shift far beyond Malthusian catastrophe conjectures and openly hint at genocide or white supremacy. These narratives are based on falsehoods and should be challenged wherever they arise. The most pressing numerical challenge is that carbon emissions per capita are rising faster than population, not that life expectancy of people in the global South is improving.



Source: Oxfam

https://theconversation.com/climate-change-yes-your-individual-action-does-make-a-difference-115169

The world’s carbon dioxide emissions are dominated by countries at the upper end of the income scale, as the chart above shows. It is here that the greatest efforts are needed to eliminate fossil fuels from supply chains, and shift all consumption to low-emission alternatives. This will require effort from governments, business and individuals; this is unarguable. The biggest emitters must make the biggest changes – indeed they must be stopped.

If we are to have a chance of limiting climate change to <1.5ºC then from now on there must be NO new fossil fuel infrastructure. No new coal mines, oil refineries or gas-powered power stations. No more planning permission for buildings that require fossil fuels for heating. If Governments are in earnest about their Net Zero pledges, this is the yardstick by which their policies must be judged.

The world’s most effective ever environmental legislation is probably the Montreal Protocol of 1987, which banned the use of ozone-depleting CFCs. At the time, some companies complained that they would be put out of business, or that fridges and aerosol cans would be made more expensive. These pleas were judged as less critical than the need to repair the hole in the ozone layer. This ban was almost entirely effective; CFC production has almost ceased. This shows the power of coordinated governments introducing legislation to inhibit the activities of businesses.

It is highly significant that change was NOT effected by public relations exercises suggesting that individual consumers should “just use 10% less deodorant” or “try not to buy fridges with the wrong sort of refrigerant.” It is unfair to place the

responsibility onto the consumer and ineffective to try to “shift the narrative” or “nudge behaviour” in this manner. There are just ~100 companies, worldwide, that are responsible for almost three-quarters of all climate-wreaking emissions. It is here that the attention of the legislators must be focussed.
Does this let individual citizens off the hook? Not at all. For individuals the same metric applies; our next car must be an EV and our next EV must be an e-bike. Our next electricity provider must be 100% renewable, and when our gas boiler packs up it must be replaced with an electric heat pump. These changes can be made quickly and gently, by tweaks to the tax structure and to the application of market forces. However, it is imperative that these individual changes are not allowed to dominate the discussion; they are used as a distraction tactic by the shills of the fossil fuel industry.
So, once again to the young lady agonising over her life choices, and to the millions like her; live your life simply and well. Consume mindfully, minimise your carbon emissions of course…but if you wish to raise a vegan, bicycling family and enjoy all that life has to offer on that front then do so without guilt, and without fear. The wave of change that is coming will transform our energy economy and can ensure a safe and sustainable life for all. We have all the technologies we need, if we choose to leverage the infinite, clean and inexpensive solar power that is now dominating energy investment. We are building a better future.

Nathan Wrench

Using Toilet Rolls for your Spring seed sowing

Thank you Annie for this planting advise. "Reducing plastic in the garden - toilet roll cardboard tubes and wooden labels- these are craft sticks which come out cheaper than the ones sold as actual plant labels. The seed compost is sieved leaf mould from the garden'
I also use toilet rolls for my peas and beans, which means I do not disturb their roots when I plant them out, still in the roll.

Say Goodbye to Cling Film!

First there was the worry that cling film, being PVC, contained horrible substances that could get into your food. So they developed non-PVC cling film, which was a relief (even though it didn't cling very well). Then came the worry that it was Plastic, and like all things plastic, it wouldn't go away and rot down but just clogged up landfill and was basically gungeing up the whole planet…
An answer of sorts is the invention of Beeswax Wraps. In a nutshell, these are pieces of cloth soaked in a beeswax and pine oil mixture (of the closely-guarded secret variety) that do the same job as cling film, but are ecologically

friendly, re-usable time after time after time; and, I'm afraid, really rather expensive…We got given some as a Christmas present years ago, and they not only last very well, but you can refresh them by putting them in the oven

every so often at 60 degrees for three or four minutes to refresh them. (It's electric oven only - in a gas oven you'll get a lot of smoke and a burnt cinder pretty rapidly). How do you use them? You take them out of the drawer, wrap them around that loaf of bread or half a cabbage, or stick them over that bowl of left-overs and squeeze the edges down; and it all sticks to itself enough to mould to the shape of the object inside or, like a bit of cling film, provides an air-tight seal. When you're done, pull the wrap off, smooth it out, wipe off any bits with a damp cloth (COLD - or you'll have all the wax off) and stick it back in the drawer.

There must be quite a few versions of the same idea, but ours are obtained from the Beeswax Wrap Co and their website is really good - informative and jolly. You can get any number of pretty designs, introductory and refresher kits and even vegan versions, but - like so many things that are environmentally desirable they are monumentally expensive compare to a trip to poundland for the polluting version.

What you are paying for is, I assume, that secret mixture of beeswax and natural oils that enables it to get just sticky enough, when held in your hand, to become self adhesive without becoming horridly gooey or a health hazard. The website has several helpful video 'tutorials' that show you how to make your own or refresh the ones you already have:

https://www.beeswaxwraps.co.uk

https://www.beeswaxwraps.co.uk/how-to-refresh-beeswax-wraps-using-an-iron/

https://www.beeswaxwraps.co.uk/up-keep-how-to-refresh-beeswax-wraps-using-an-electric-oven/

What more can I say? Drop heavy hints to the family around birthday or Christmas time, or take out a mortgage. Or wait until Cynthia and I have cracked the recipe..

Thank you for this article Jamie

News from QARN

Quaker Asylum and Refugee Network (QARN) meeting on 23rd January was opened by Grace de Costa, BYM's public affairs and advocacy manager. She explained how there continues to be increased racist activity and a hostile environment toward all those entering the country, even the refugees and asylum seekers. People are being kept in inhumane conditions and there is a massive backlog of cases to be sorted by the Home Office. Kit Byatt from

Almeley Wooton local meeting, a Pity of War group member, and helping some asylum seekers through the court system, says the medical and psychological state of these people gets worse in these places. They arrive in this country pretty traumatised as it is.
QARN's most recent leaflet is about the campaign to reduce the exorbitant Home Office fees required from those qualifying for discretionary leave to remain.
There is a new QARN online study course run by Woodbrook which starts in March.

It is 'Understanding the roots of the UK's immigration system and how to dismantle it'.

Barbara

Answers to the Quiz

1.John Adams

2. Wellington

3. 1912

4. Carry on Sergeant

5. Abuja

6. Samsung

7. Tom Hanks

8. Crown green bowls

9. Jonny Wilkinson

10. Beach Boys

11. Yesterday

12. The Louvre, Paris

13. Claude Monet

14. Colonel Mustard

15. Barnard Castle

16. Joe Wicks
17. Tottenham Hotspur
18. The moon
19. Orchids
20. Shropshire

Thank you for this quiz Peter