



# HOURGLASS

FREE

April 2020, Issue 7

RIGOROUS JOURNALISM FOR FRAGILE TIMES

www.hourglass.news

**INTERVIEW**  
with Christina  
Figueres & Tom  
Rivett-Carnac

page 6



**Climate scientist**  
Adam Levy on why  
it's not too late to  
stop climate change

page 7



# BRITISH PUBLIC UNITES AGAINST COVID-19

by SYLVIA KLIMAKI

Climate change activists have lessons to learn from the fight against coronavirus. Just like environmentalists, health scientists have been warning of a pandemic for years.

Back in December, virologist and flu expert Robert G Webster wrote that a deadly, disruptive pandemic was 'not only possible, it is just a matter of time.' In the same way climate scientists have been ringing alarm bells over the lack of actionable measures against the Earth's exhaustion, similarly public health experts have been arguing for decades that despite previous outbreaks giving us ample warning of the potential risk, governments have failed to set up significant defence policies to prevent or deal with such catastrophes.

Among the most alarming examples of a government ignoring the warning signs occurred in the UK. A major UK simulation exercise took place in October 2016 under the code-name Cygnus, which indicated that the NHS would be quickly overwhelmed in the event of a severe disease outbreak. The exercise exposed terrifying failings, such as significant delays in delivery of protective equipment and an extraordinary shortage of intensive care beds, all issues we are currently facing in this battle against Covid-19.

Where governments have been slow to act, citizens have stepped up in the battle against Covid-19. While politicians have been quick to condemn people as selfish for supposedly panic-buying, others have pointed out that the problem is in fact the UK's just-in-time food system which means that those who have been buying a little more in order to avoid public spaces and self isolate - as advised by the government



photo | Ben Darlington

- have inadvertently been helping to clear shelves.

In fact, the civil mobilisation has been unprecedented. According to the activist network New Economy Organisers, over 3,700 regional aid groups have been set up across the UK to support vulnerable people in their local area through the outbreak. Thousands of UK citizens have volunteered to help the most vulnerable people in their local communities. 'I am amazed and delighted by what people have done,' said Liz Yeates, a 43 year-old full-time student who helped set up the local aid

COVID-19 group in Leicester. 'We have built a grassroots model that can be used in the future.'

Key workers across the country are also going the extra mile to protect civilians. At Bridgedale House, in Sheffield, a group of nine care workers have left their families and moved into a care home for a lock-in to help protect the residents from the virus. They are doing 12-hour shifts, seven days a week, using spare rooms as sleeping quarters.

In another extraordinary move, around 20,000 former NHS workers have agreed to

return to work to help fight the coronavirus pandemic, and incredibly 750,000 members of the public have volunteered to aid the health service. Everyday people show their gratitude and appreciation to healthcare workers: the Clap for Carers tribute on the 26th March, where the nation came out of their homes to clap and salute NHS and care workers who are diligently trying to protect us, was an emotional and moving acknowledgement of their tireless work.

Councils throughout England are now housing all rough sleepers, while Londoners

CONTINUED ON PAGE 2 >



Photo | Ben Darlington

**> CONTINUED FROM FRONT PAGE**

sleeping rough have been given 300 hotel rooms in which they will be self-isolating over the coming weeks. The Mayor's London team is also working with black cab drivers who have volunteered to help transport people between support services. General Secretary at Licensed Taxi Drivers Association, Steve McNamara, said: 'I'm delighted so many black cab drivers have signed up, and that we are doing our bit to keep the most vulnerable people on our streets safe.'

Retired football legends Gary Neville and Ryan Giggs announced they will be closing their two hotels in Manchester to offer the rooms to NHS staff for free instead, vowing not to make any staff redundant or put them on unpaid leave during the closures. 'It's at this time that I think the whole of our industry needs to show solidarity, not just for our

staff in these uncertain times but obviously for those who need the accommodation most in the coming months,' Neville said in a video posted on social media.

The economic impact of coronavirus is hard to predict. The only certainty is that many businesses will suffer, at least in the short term. The Chancellor of the Exchequer Rishi Sunak has unveiled a £30bn package to get the country through the coronavirus outbreak, although support for those who are self-employed - five million people in the UK according to the Office for National Statistics - will not be available until June.

More than 3,000 businesses and organisations have responded to the government's appeal for the manufacturing of thousands of ventilators - which are essential to help critically ill Covid-19 patients breathe.

A flat-pack ventilator that

could be mass produced and used to save thousands of lives has been developed by a joint team from Oxford University and King's College London. 'This extraordinary situation demands an extraordinary response and we are pulling all the talents together into an exceptional team, combining decades of experience, brilliant innovators, and highly skilled technicians,' said Professor Thompson, Oxford's Department of Engineering Science.

This type of emergency response is also needed to address the issue of a warming planet. As Jem Bendell, a Social Science Professor at the University of Cumbria, said in an interview, 'In modern industrial societies, the fallout from Covid-19 feels like a dress rehearsal for the kind of collapse that climate change threatens. This crisis reveals how fragile our current way of life has become. Policy makers and business leaders need to recognise that climate change will be even more disruptive than the coronavirus.'

Whether lessons are learned by the government from the lack of preparedness and action during this pandemic remains to be seen, but the power of ordinary citizens coming together to tackle a crisis cannot be denied. ■

# LETTER FROM THE EDITORS

## Thank you - & farewell for now

*Dear Readers,*

We live in the strangest of times. Life has significantly changed for all of us over the last few weeks, and since the last Hourglass newspaper was printed. Every day brings more change, and also uncertainty. Yet despite the impact of the pandemic on all of us, as explained by Sylvia Klimaki in this issue's cover story, people continue to adapt and work together to find solutions to the situation we are in. For The Hourglass this means creating a digital version of the newspaper, as most of our print newspapers are usually distributed by volunteers on the streets, and we want to keep our teams safe.

Also, our fantastic Distribution Coordinator Angus Barr will be stepping back from his role, and he deserves huge thanks for all the work he's put in since issue one launched. I met Angus less than a year ago at a festival in Stroud, where I was speaking on a panel with Dr Gail Bradbrook. Angus raised the question of reaching people who read mainstream print media. 'We need a newspaper,' he said directly to me, serendipitously, as just that past week I had put together a proposal suggesting the outline of a newspaper with a climate reporting focus. Now, seven issues later, Angus and I have become good friends. We all wish you a well-deserved rest, Angus!

Also before the pandemic led to a lockdown, we had been looking at options for taking advertising and

in this vein must thank Matthew Court for helping us to put together a media pack - although we can no longer use it, Matthew's work is much appreciated.

During this period of self-isolation, we hope that you'll enjoy the plant-based recipe page (p13) we've added, and the beautiful words from author Jay Griffiths to help us through this time (p4).

The future of The Hourglass remains undecided. Due to Covid-19 and a lack of funds, this may be the last issue of the newspaper. We have launched a [fundraiser](#) with the hope of continuing to work on the newspaper through the lockdown at least, but if the target is not reached, this will be a farewell from us. So - just in case - thanks for staying with us, readers. Thank you for all the letters, emails and artwork you've sent in. Thank you to all the rebel distributors around the UK who stayed home one day a month to receive a large drop of newspapers, who believed in this newspaper so much that you distributed almost 140k newspapers a month for free. This has been an incredible team to work with, although most of it has been remotely. Thank you for helping to keep the climate and ecological crisis on people's minds.

We have achieved so much since we first launched in September 2019. Since then, the world has changed - but human spirit has not. Let's continue to find ways to work together, inspire and support each other.

Stay safe.

Zion

## MEET THE TEAM



**ZION LIGHTS**  
Editor in Chief



**SYLVIA KLIMAKI**  
Journalist



**HENRY ROWLEY**  
Book Reviewer



**PHILIP KINGSLAN JOHN**  
Funny Page

The Hourglass News  
Unit 5  
1-9 Sidworth Street  
E8 3SD  
United Kingdom

Email submissions and comments to:  
[hourglass@rebellion.earth](mailto:hourglass@rebellion.earth)

Website: [hourglass.news](http://hourglass.news)

Send comic submissions to:  
[comixrebel@rebellion.earth](mailto:comixrebel@rebellion.earth)

The Hourglass has made every effort to report the truth. We take great care to ensure that statements of fact are correct, but mistakes do sometimes happen. If you spot anything, please email [hourglass@rebellion.earth](mailto:hourglass@rebellion.earth) with the article title and page number.

Editorial:  
Zion Lights, Rhys Handley

Funny Page:  
Philip Kingslan John

Lead Photography:  
Ben Darlington

Distribution:  
Angus Barr

Contributors:  
Aaron Calder, Adam Levy, Adrian Harris, Bill McGuire, Gareth Huw Davies, Gunnar Eigener, Helena Clayton, Henry Rowley, Hugh Warwick, Jessie Stevens, Keane Handley, Marijn van de Geer, Miles Richardson, Rupert Read, Rhys Handley, Sacha Besson, Selma Heimedinger, Sylvia Klimaki

With special thanks to:  
Charlie Waterhouse, Jay Griffiths, Matthew Court, Robert Masding, Ronan McNern, everyone who sends in letters and emails, and all the regional distributors



**recycle**

Printed on recycled paper using sustainable ink



artwork | Lauren Rogers-Martin

# GOVERNMENT QUIETLY ANNOUNCES NEW VISION FOR TRANSPORT



photo | Ben Darlington

by RHYS HANDLEY

The UK government has quietly published policy proposals that will see radical changes to the transport infrastructure to combat the climate and ecological crisis.

Amid the noise of the coronavirus outbreak, the Department for Transport released its Decarbonising Transport report at the end of March to set out policies and plans intended to tackle transport emissions with the aim of reaching the government's target of net zero carbon emissions by 2050.

The report lays out a number of ambitions unprecedented in government climate policy to date, including reorienting daily life conduct so that public transport and travel such as walking and cycling become the natural first choice for most people. All road vehicles are set to be transitioned to zero emission.

Opening the report, Transport Secretary Grant Shapps said: 'Climate change is the most pressing environmental challenge of our time. There is overwhelming scientific evidence that we need to take action, and doing so is a clear priority for the government.'

'Transport has a huge role to play in the economy reaching net zero. The scale of the challenge demands a step change in both the breadth and scale of ambition and we have a duty to act quickly and decisively to reduce emissions.'

'The associated benefits of bold and ambitious action to tackle transport emissions are also significant. We can improve people's health, create better places to live and travel in, and drive clean economic growth. This document marks the beginning of a conversation to develop the policies needed to decarbonise

transport.'

Shapps made clear his intention to work with UK citizens to develop the policy required for the targets set out, with eyes on the COP26 congress in Glasgow which is currently still earmarked to take place in November as a key step towards laying out the country's plans on the world stage.

Other aims in the report include the development of a greener system for exporting goods, place-based solutions to meet the specific needs of people in different localities, and for the UK to lead the development of alternative power sources such as biofuels, hybrid, and electric transportation.

An unexpected move by Boris Johnson's ostensibly climate-sceptic government, the report has been well-received among climate campaigners. Sustrans chief executive Xavier Brice described it as 'what this country needs to be able to move better and live better'.

'The necessary travel restrictions in the current Covid-19 emergency are highlighting that how we move is a fundamental part of how we live,' he said. 'The report pulls no punches on its current assessment of where we are.'

'Transport is the biggest source of carbon emissions, and private cars cause the lion's share. Electric vehicles aren't the solution. The government is now recognising that it is time to stop forcing individuals and communities into car-dependent living and undo the social isolation, poor health and inequity it has contributed to.'

'We've got a long way to go, as the report's projections of future cycling and walking levels based on current committed funding show.' ■

# NEW CHARITY AIMS TO BUY LAND FOR REWILDING

by RHYS HANDLEY

A new charity has launched with the intention of buying back land across the UK to help regenerate wildlife.

Heal Rewilding launched on 30 March. Its first aim is to develop a fully-enclosed foundation project covering around 500 acres of country in the South of England within two years.

The Heal South project will need around £7 million in funding, with the aim of becoming the blueprint for the charity's work to expand nationwide, according to founding

trustee Jan Stannard.

Stannard said: 'The fastest way to create urgently needed nature sanctuaries at scale is for 'everyone, together' to help make it happen.'

'As well as being places where wildlife can thrive unhindered, Heal wants its sites to become sanctuaries for people to spend quiet time in nature and to learn about it.'

'More than ever, people need the chance to benefit from being in nature, to help their mental and

physical health.'

With Heal's system, a £20 donation enables the charity to buy a 3x3m patch of land, and donors can then identify the square of land they helped to buy on an app.

For further funding, the charity will seek support from companies and charitable foundations, and will try to secure a share of the Nature for Climate Fund from the government. ■

## In other news...

► After years of deliberation, badger culling is now finally set to be banned in England, with the government planning to use vaccination as a method to slow the spread of tuberculosis instead.

► Hampshire resident Bob Weighton has defied the odds to reach the impressive age of 112, making him the world's oldest man according to Guinness World Records. His certificate could not be delivered in person as he is especially vulnerable to the coronavirus and is safely isolated in his flat.

► A new blood test which uses artificial intelligence developed by Harvard Medical School can detect more than 50 types of cancer, including many that have previously been hard to detect. Cancer Research UK praised its development and called for further research to fine-tune the process.

► Threats of terrorism from the



Nazanin Zaghari-Ratcliffe

alienation have been neutralised by Johnson's policies.

► Nazanin Zaghari-Ratcliffe, who was arrested in Iran in 2016 and sentenced to five years in jail, is under formal consideration for clemency for the first time. A British-Iranian dual national and political prisoner, she was released into house arrest due to the coronavirus outbreak among 85,000 other prisoners.

► Video sharing app TikTok ordered its moderators to suppress videos from people who appeared too 'ugly, poor or disabled' in order to attract new users, according to documents leaked by The Intercept. The service is popular with teenagers and has seen an upsurge in use as the world's population is restricted to its homes and is increasingly online. ■

far-right may be reducing in Britain since Boris Johnson's election victory as groups now feel their ideology is being listened to, according to former MI5 head Lord Evans of Weardale. He said that voters who were previously vulnerable to exploitation by groups such as the BNP and EDL may now be less open to radicalisation as their feelings of

### Who said it?

Answers on Page 5

1.

'We have the scientific knowledge to understand that we have to half our emissions by 2030. So we are facing the most consequential fork in the road.'

2.

'The word people have used is 'impossible'... well now it's been forced on us - what once was impossible is now happening.'



# WHY WE REBEL



**Sometimes it falls upon a generation to be great, said Mandela. History is calling from the future, a hundred years from now. Half a hundred years. Ten. Today.**

Calling the conscience of humanity to act with the fierce urgency of now, in this time of planetary emergency.

We have just this one flickering instant to protect the future. We have to be greater than we have ever been.

In the delicate web of life, everything depends on everything else: we are nature and it is us, and the extinction of the living world is our suicide. Something in the human spirit, too, is threatened with extinction.

**Only when it is dark enough can you see the stars, and they are lining up now to write *rebellion* across the skies.**

This is a rebellion for the young people and for the ancestors.

This is for the turtle and the salamander, the dugong and the dove. It's for the finned, furry and feathered ones, the ones who scamper and swim, the chattering, chirping and hooting ones.

This is for the forests and the forest medicines, for the trees of wisdom, the trees of life and the living waters of the Nile and the Yangtze, the Tigris and the Ganges.

This is for the seven seas, in seven directions, down to the seventh generation.

Each generation is given two things: one is the gift of the world, and the other is the duty of keeping it safe for those to come. That contract is broken, and it is happening on our watch. The obsession with money and profit is engineering this breakdown. The world's resources are being seized faster than the natural world can replenish them.

Worldwide, the heaviest emissions have been produced by the richest nations, while the heaviest consequences are being felt by the poorest. Reparation is needed. So is recognition. So is respect. Indigenous cultures have suffered the devastation of their lands, their languages, knowledge and wisdom. And they are saying we are the land: we are nature defending itself.

Extinction Rebellion's vision is a politics of kindness rendered consistently and unapologetically. Its vision depends on values that are the most ordinary and therefore the most precious: human decency, dignity, responsibility, fairness, duty, honesty, morality and care. With Citizens' Assemblies, it believes that when people are given good information, they make good decisions.

This vision has a map. It is the map of the human heart which knows that life is worth more than money.

**This is life in rebellion for life.**

**Join the rebellion [www.rebellion.earth](http://www.rebellion.earth)**



# Backing citizens' assembly for a fairer and more resilient world

In this feature, **MARIJN VAN DE GEER** of Citizens' Assembly Working Group for Extinction Rebellion UK explains why we need a new, more democratic model of politics.

According to UK Parliament, a citizens' assembly is 'a group of people who are brought together to discuss an issue or issues, and reach a conclusion about what they think should happen. The people who take part are chosen so they reflect the wider population - in terms of demographics (e.g. age, gender, ethnicity, social class) and sometimes relevant attitudes (e.g. preferences for a small or large state).'

As citizens we are facing a climate and ecological emergency, which requires real solutions including lifestyle changes for the people in the current 'minority world', i.e. the richer countries.

As these changes start to take place we must be aware of 'green colonialism': a real risk if we talk about climate and ecological breakdown without including global justice. Global justice is an umbrella term that encompasses justice for life on the planet, not just for a select few people.

When looking at climate and ecological breakdown, we must consider colonialism and the plunder of other lands that has led to an accumulation of wealth in certain countries, enabling them to acquire the power that they have today. To achieve a solution to the current crisis, we must consider global justice to make sure people get reparations for what they have lost, and to ensure that we move forward together on equal terms.

This is why Extinction Rebellion is demanding that the UK government not only acknowledge the emergency we are in and act on it, but that they work together with people to come to a solution that is truly inclusive, fair and sustainable. We believe this can be achieved through a citizens' assembly that addresses climate and ecological justice.

the tractor blockades by farmers in The Netherlands, we have seen that when it comes to measures to slow down climate change and species extinction, 'top-down' solutions are not working, but people power speaks volumes. In fact, much of the civil unrest is due to the fact that there is no prior consultation and buy-in from the people regarding important decisions that are being made.

We need people to come together and work with governments to design solutions to this emergency. Governments around the world have had decades to address the threat of climate and ecological breakdown. They have been unable to respond adequately for several reasons:

- Representative politics is short-termist - politicians are elected for a set number of years and depend on popularity to be re-elected. The climate emergency requires making tough decisions that are likely to be unpopular. Politicians so far have not been brave enough to make the decisions that are urgently needed.
- Political Parties are 'whipped' - in the UK this means that politicians are told how to vote by their Parties, even if they don't agree with them.
- Government is lobbied by carbon intensive industries - fossil fuel companies, developers, transport companies, pharmaceuticals, tech companies are all powerful players with a lot of money and influence. They have ways to exert pressure on politicians and civil servants to influence policy, including policies that affect the climate and environment.

## People power

From the *gilet jaune* in France to

## Eco justice

Extinction Rebellion is very

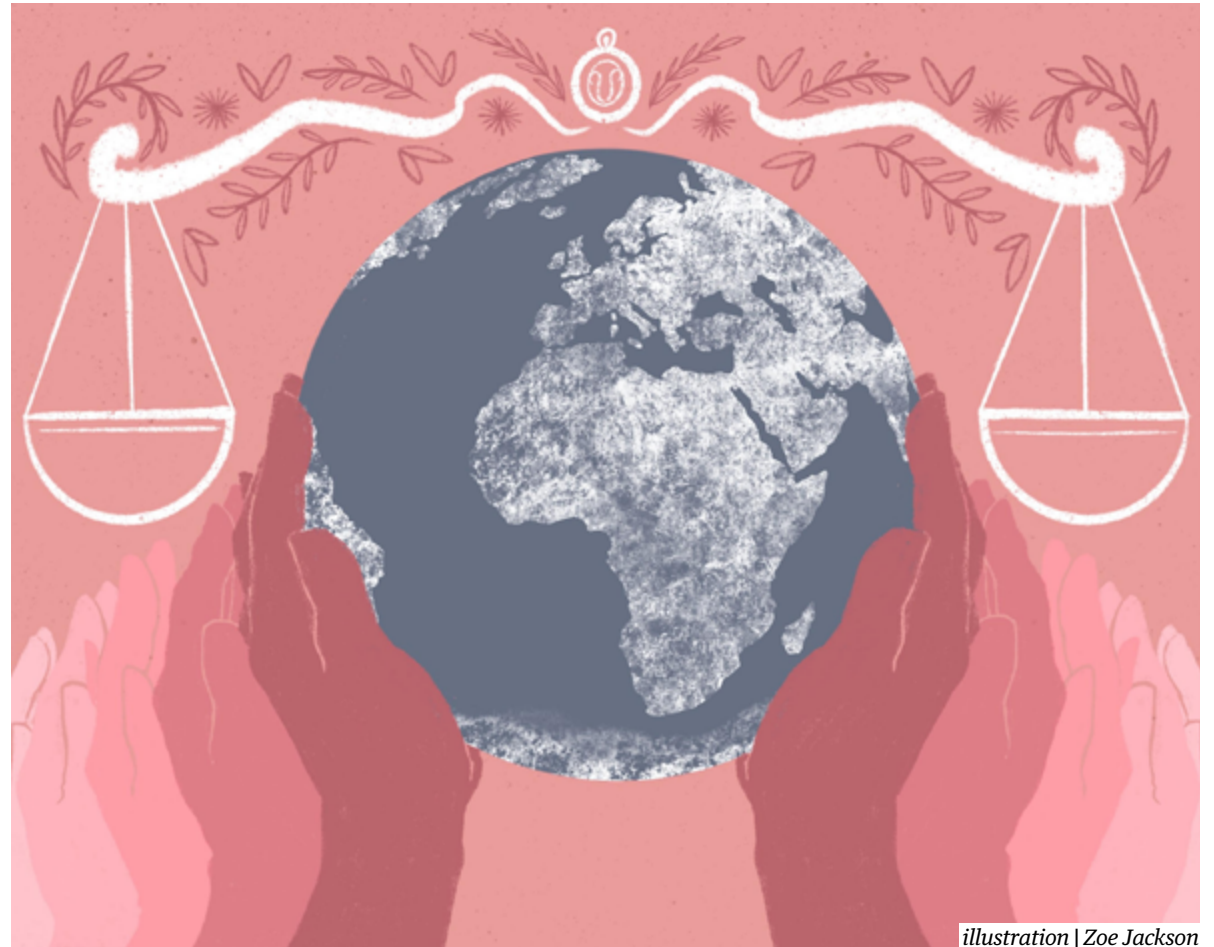


illustration | Zoe Jackson

specific in our third demand that we are pushing for a citizens' assembly that doesn't just look at the climate and ecological emergency as solely an environmental issue, but as a question of global justice. Climate and ecological justice - something too many of us are not yet familiar with - means that any decision we make must take into account not only the people in this country, but people all over the world.

For example, if we put everyone in an electric car, thereby reducing the UK's CO2 outputs, we may still be destroying the environment by mining the materials abroad that are needed to build these cars, keeping people in Global South countries in unsafe, underpaid mining jobs and destroying their natural world.

Global justice also means recognising that richer countries have historically contributed the most to climate change and environmental damage for much longer and on a much larger scale than financially poorer countries. The UK claims to have drastically reduced its carbon emissions, but that is only looking at emissions coming out of the UK itself, it does

not consider the emissions from the production of all our goods and food that are produced abroad and then imported. These must be taken into consideration in order to get a true picture of what the UK's contribution to the climate and ecological emergency is.

## Moving forward

Extinction Rebellion will not organise the citizens' assembly, nor design how it is framed. Our role is to get the government to agree to endorse a citizen's assembly and commit to implementing its recommendations. The citizens' assembly itself will be conducted by an independent, non-partisan organisation, and once the assembly is established the citizens themselves may determine matters such as when they meet, how much time they need and who they would like to hear from.

A citizens' assembly may not be the perfect solution, but it will

allow people to come together to find a way through the biggest crisis humankind has ever faced. It will allow us to learn from each other by listening and talking to each other, understanding each other's needs and the obstacles we must overcome to make it through this crisis.

It represents a true form of democracy, where all voices are heard regardless of their wealth, where everyone gets a seat at the table. World governments have allowed us to sleepwalk into this crisis. Now it's time for ordinary citizens to be given a chance to set things right. ■



Who said it?  
Answers

1. Christiana Figueres 2. Dr Gail Bradbrook

**INTERVIEW**

# WHAT HAPPENS IF WE GET IT RIGHT?



photo | Henry Dattal

Jessica Townsend meets Christiana Figueres and Tom Rivett-Carnac to discuss their new book, *The Future We Choose*

When I met Christiana Figueres and Tom Rivett-Carnac in their publisher's office, they had just heard that their new book *The Future We Choose* had made the Sunday Times bestsellers' list.

The book paints two very different potential futures, and is written by two very different individuals. Christiana was born in Costa Rica and is now in her sixties, with the bubbly energy of someone half her age. Tom is a mellow Englishman in his forties, and a former Buddhist monk. They have the easy camaraderie of long-standing collaborators with a lot of warmth and humour in the mix.

Christina and Tom are the cofounders of Global Optimism, an organization focused on bringing about environmental and social change. They also have a podcast called *Outrage and Optimism*.

When they introduce each other they state that they were born into different geological epochs: Christiana was born in the Holocene, while Tom is from the Anthropocene: the period we are in now in which life on the planet is determined by the actions of humans.

Their long working relationship goes back to the days when Christiana was the Executive Secretary of the United Nations Framework Convention on Climate Change and Tom was her senior political advisor. She is generally credited with the serious feat of having achieved the 2015 Paris agreement, which all 195 of the countries on the planet signed.

Their motivations behind writing this book are clear. Tom begins with an arresting statement: 'We have just entered a decade that will be the most consequential in the

history of humanity. This is in fact a once-in-humanity opportunity because if you look at the science it says that in order to avoid a temperature rise of more than 1.5 degrees we need to reduce emissions by 50% in the next ten years.'

In *The Future We Choose* they outline two futures: one in which we only follow the agreements made in Paris, and one in which

**What we are talking about is a gritty, realistic determination to play our role at this pivotal moment in history**

we make the long-term changes needed.

Christiana describes the first scenario: "We will be living in a world that has increased its average heat to the point that large extensions in North Africa, in Australia, in the western United States may be completely uninhabitable in 2050.

'We may well live in a world in which the people in those areas, and others that have had too much drought or too much flooding, will have to forcibly migrate - not because they want to leave home, but because they have no chance at survival at home. We may live in a world in which the large populations in Asia that depend on the frozen water on the Himalayas may not have water in the summer.

'A world that is so polluted that you will not be able to walk out of your home, wherever that is, without a mask. And you will certainly not be able to play or exercise or do any hard work outside.'

Tom's section of the book outlines a different future - one that may occur if we choose to act on scientists' advice: 'If we've done this, it will be in part because we have

made the planet a forest planet again: we have regenerated natural systems. And we've found a way to integrate what is required for human consumption with what is available for wild lands and biodiversity and decided how to re-green the rest.

'In this scenario, cities will look very different: less cars, no air pollution. That's gone because we've cut down energy generation and transport from fossil fuels. So those green clean cities in which every roof, every space, every car park is full of food, full of vines, full of greenery. It's a place I really want to live in with space for kids to play, and with connected communities and neighbourhoods.'

To achieve these ends, the duo insist we need to take on three different approaches, which they describe as: 'stubborn optimism', 'endless abundance' and 'radical regeneration'.

Christiana explains the first: 'What we call stubborn optimism is a practice that we developed before the Paris Agreement. After the 2009 debacle of the Copenhagen negotiations, everyone was in a terrible mood about climate change. And we knew that if we allowed that mindset to solidify, it would prevent any creative thinking about the future.

'What we are talking about is a gritty, realistic determination to play our role at this pivotal moment in history. Some people might like the words 'courage' or 'active hope'. We're not fixated on the terminology, but what we really need is the spirit. Without it, we stand no chance.'

I ask them who has to adopt this attitude: politicians, activists, or regular citizens? Christiana doesn't hesitate: 'It is very, very specifically and narrowly targeted to the human being.'

Tom describes the next approach: 'Endless abundance points to the fact that we have reached the end of the concept of zero sum and its usefulness to human beings. So much of economics, and our way of viewing

the world, is based on valuing things that are scarce. This has been the history of colonialism and is the basis of our economic system: if it's scarce, it has a high value; if it's abundant, a low value.

'We have to flip that thinking from 'If you win, I lose' to either 'we're all going to win or we're all going to lose' again.'

Finally Christiana explains radical regeneration: 'Because *The Hourglass* is a paper that is read by many climate activists, I really want to underline the importance of self-care.

'I have been in this fight for more than thirty years, and I cannot tell you how many of my dear, dear friends I have seen burn out. They have been frustrated because they have seen progress but not at the scale and speed and intensity that we need. And honestly this is not a sprint. This is the largest transformation the world has ever seen by far. So we have to understand that this is a marathon.'

This last point is certainly in sync with Extinction Rebellion's commitment to fostering a regenerative culture.

Finally I ask Christina and Tom about COP26, The United Nations Conference of Parties that meets annually to discuss climate issues, which was due to happen this year but has just been postponed to 2021 due to the pandemic. What needs to be done?

Unsurprisingly, Christiana is positive: 'What we have to understand is that while this COP26 in Glasgow is arguably the most important coming together of countries around the climate issue since 2015, it is fundamentally different because in Paris, we had two processes that ran side by side. One was a multilateral process that had all countries of the world 195 unanimously agree to a common, long-term path to decarbonize their own economies and the global economy. And after that we had a unilateral presentation of 189 countries to say this is how much I can contribute.

'The difficulty now is that all countries have to by the end of this year have finished their process reviewing what they did or didn't do under the first tranche, and need now to be ready to come forward with their second tranche. And the skillset that is necessary on the part of the British Government is that of individual bilateral conversations with every single country in the world.

'That's not easy: it's technically pretty complicated. And it is politically complicated by the fact that we have a few friends who will not come with their increased ambition to register now in Glasgow. And so that makes it geopolitically complicated.'

If we are to win, which we must, Christina's stubborn optimism is exactly what will get us through this. ■

***The Future We Choose* is out now. Read Henry Rowley's review on page 15.**

**An extended audio version of this interview is available [online](#).**

# Who owns land in the UK?

by **GUNNAR EIGENER**

A recent study shows how the UK is divided and the results should cause concern. Home ownership accounts for 5% of land, public sector covers 8% and the Crown Estate accounts for 1.4%. After this point, the issue of ownership becomes murkier.

Corporations own 18% of the UK, and some of these are overseas or offshore entities, the real owners hidden behind red tape and shell companies. The aristocracy and gentry own 30% of land given as reward by kings and queens through a centuries-old feudal system. Worryingly, 17% of land is unaccounted for: Land Registries record ownership in terms of leases and freehold, not hereditary exchanges.

Wealthy individuals own vast swathes of Scotland: grouse moors cover thousands of acres that are used by a select few for shooting animals, and farming land is subsidised, with the money often going to rich landowners instead of those working the land.

The basis for land being expensive is that land is scarce. Yet only 10% of the UK is urban, and the rest is used for agriculture or personal use. Plentiful land is sold for expensive endeavours, such as building developments or town expansion.

The tragedy of the commons is that



private entities own large amounts of land, which should benefit everybody equally. This ownership gives them control over resources and land-value. Self-interest becomes profit, rather than resources that could help the public.

Ammonia and nitrogen pollution, mostly from farming, is damaging more than 60% of the UK's land, according to DEFRA. The Royal College of Physicians states that air pollution causes around 29,000 UK deaths per year. The Environment Agency found that 86% of England's rivers fall short of pollution standards.

For all the talk of Brexit returning the control of borders to the country, looking inwards, British people do not have much control over the very land we live on. A national discussion is needed to look at land ownership and the circumstances that led to that ownership.

Resource management could be restructured to ensure that all have the opportunity to benefit, whether in financial terms or the chance to enjoy more of the natural beauty hidden on private estates. Money and aristocracy must no longer be the only things that entitle people to the majority of land. ■

# Love and Climate Crisis

by **HELENA CLAYTON**

My research and writing on love mostly relates to organisations and leadership. What's the link between love and climate change? For me, there are three immediate connections.

First, climate change is the defining issue of this decade, and certainly the driver of or the backdrop to all other changes. As such, it calls for a revolutionary shift in how we think and how we act. [Valarie Kaur](#) believes that all revolutionary change has love at its heart and, if we can take love to be either a deep passion for something or a fierce protection of something, the link with what's needed at a time of climate and ecological crisis is clear.

It's also been said that 'our capacity to change something is directly related to our capacity to love' because we only protect what we love. Our climate crisis surely invites us to see whether we can connect with enough love for our planet that we will

Climate change is nothing if not about loss... it shows us all that we and the next generations have to lose

do what(ever) it takes to protect it.

Finally, everything we love we will lose. This isn't gloom-and-doom or nihilistic thinking, but a reality of our lives, a painful truth but one we need to accept if we are to live on life's terms. Francis Weller calls this the 'first gate of grief'. For him the links between grief and love are clear because 'it's the broken heart, the part that knows sorrow, that is capable of genuine love'. Climate change is nothing if not about loss. It brings us directly in contact with what we love because it shows us all that we and the next generations have to lose. Perhaps it's only through getting in much closer contact with our feelings of loss and grief that we will find what it takes to change.

What do you love about our planet that you are willing to protect? What will you allow yourself to imagine losing - and will you allow yourself to feel the depth of that loss? ■

**Helena Clayton is a leadership coach and facilitator**

<https://helenaclayton.co.uk/love-climate-change>



# IT'S NEVER TOO LATE TO STOP CLIMATE CHANGE

by **DR ADAM LEVY**

The world is changing. Or, rather, we are changing our world. From overwhelming heatwaves to devastating downpours, we are already experiencing more severe and more frequent extreme weather events. To stop the world from heating, global greenhouse gas emissions must be lowered to net zero as quickly as possible, but instead they still continue to rise.

With this backdrop, there is one question I now hear more than any other: 'Are we already too late to stop climate change?'

For me personally, in spite of having worked on climate change for the best part of a decade, this is a hard question to answer. That's because it gets to the heart of why climate change is such a unique threat, and so challenging to solve.

When we think of a threat, we often think about something close and immediate.

Maybe we picture a shark attack, or desperately trying to defuse a bomb. These are dangers that pose very immediate risks. If we fail to handle them in the moment, the outcome is binary. We live or we die.

Crises like coronavirus can also fit into this mental picture. If we wait until tomorrow to limit the spread of the virus, many more will die than if we get our acts together today. We can read about hospitals in Italy and understand with stark clarity where we might be in a week or two. We often talk about climate change in the same way as these threats - in terms of clear cut limits. For example, limiting warming to 2 or 1.5 degrees, or having only 10 years to save the world.

However, climate change doesn't work like this. Our atmosphere and oceans don't have sharply defined thresholds.

Climate change is a continually worsening crisis, and there's no precise amount of warming that takes the entire world from fine to terrible.

The question of whether it's too late can mislead us.

On the one hand, of course it's too late. Climate change is already here today.

On the other hand, though, it's never too late.

No matter how late we leave it, no matter how bad it gets, it could always get worse. Every bit of warming matters, and so every action we can take to limit and slow down global warming also matters. While there are still people and a planet to fight for, we need to keep fighting. There's no game over.

That's not to say that we should ignore the targets we've set ourselves. If we fail to limit global warming to 1.5 or 2 degrees we will be failing millions of people around the world. But that failure is not an excuse to

throw up our hands and give up, because every additional warming spells a world of difference.

While there are still people and a planet to fight for, we need to keep fighting. There's no game over

I wish global emissions had started falling in 2009. Imagine where we'd be if we'd been cutting carbon emissions since the new millennium. However, as a wise person once said, 'the best time to act was 20 years ago. But the second best time to act is right now.' ■

**Dr Adam Levy is a science journalist and climate change communicator. Adam has a doctorate in atmospheric physics**

**from the University of Oxford and created the YouTube channel, ClimateAdam, dedicated to explaining core ideas around climate change in engaging and accessible ways. Watch Adam's latest videos on [coronavirus](#) and [why it's not too late to act](#).**

# YOUTH VOICE

## Jessie Stevens, aged 15

# Fast Fashion

Fast fashion is a contemporary term used by fashion retailers for designs that move quickly from the catwalk to store to consumer. A second, critical definition adds that fast fashion ends up in the garbage.

Fast fashion is a major contributor to greenhouse gases, water and air pollution, creates problematic levels of waste, and often comes with poor working conditions in other countries.

The average American household produces 70 pounds (32 kg) of textile waste every year. The residents of New York City discard around 193,000 tons of clothing and textiles, which equates to 6% of all the city's rubbish. In comparison, the European Union generates a total of 5.8 million tons of textiles each year. As a whole, the textile industry occupies roughly 5% of all landfill space.

Fast fashion has also come under criticism for contributing to poor working conditions in developing countries. The [2013 Savar building collapse](#) in Bangladesh in 2013, the

deadliest garment-related accident in world history, brought more attention to the safety impact of the fast fashion industry. A sweatshop is a factory where manual workers are employed for their hard labour under very poor working conditions with severe health and safety risks, at extremely low wages, including child labour.

The fashion industry is known as the most labour dependent industry, as one in every six person works in acquiring raw materials and manufacturing clothing. With an annual revenue of 19.8 billion dollars last year, these people are forced to work in unsafe and poor working conditions while receiving a minimum wage that means they can't afford a livelihood. The only justification for this is the need to achieve unfathomably low costs in order to sell at low prices, which in turn leads to mass impoverishment.

So what can we do?  
 Francesca Willow, who writes about sustainability on her blog, Ethical Unicorn, says: 'Second hand



is always the best option to look at first because it's extending the life of things that already exist.' She says some are put off by the idea of charity shops because they have something specific they are looking for, but second hand apps that let you tailor your searches, like Depop and Vinted, are helpful.

The [slow fashion](#) or conscious fashion movement has arisen in opposition to fast fashion, blaming it for pollution (both in the production of clothes and in the decay of synthetic fabrics), shoddy workmanship, and emphasizing very brief trends over classic style. ■

## 'Discobedience' artwork by Sacha Besson




## Reuse the news

### Selma Heimedinger, aged 20

At our last climate strike in Portsmouth I used old copies of The Hourglass to make origami hearts for our Valentine's climate

strike. Then I put them onto a bunting for people to put pledges or things they love about the planet in the flap on the back. ■



## Keane Handley, aged 14

# Nature fighting back



There are many questions in life around the subjects of pain and evil. These philosophical questions are often used to test the existence of God, which people have been discussing since the virus appeared. I believe that what's happening today is not a matter of what God is doing, but that it does show that there is a lack of balance in nature.

Nature is something we (the human race) have disrespected for so long - too long.

The virus has brought global change but we don't yet know what things will look like when it's all over. Levels of pollution have recently plummeted, which now gives us time to think

about how pollution has harmed animals and nature as a whole for far too long. No one should have to die, but it is the unfortunate price we pay for the persistent demolition of our environment.

### ‘Lessons can and MUST be learnt from our actions’

I usually believe that every cloud has a silver lining but as this virus left people devastated I struggled to find one. But I do like the angle of nature fighting back. This is by no means however a justification for the loss of lives - thousands of innocent lives - but a reason to

look for something different in all the turmoil. A way that things could be different.

The aviation industry is now struggling, the same industry which emits around 2.5% of the world greenhouse gas emissions. With announcements daily of travel restrictions and bans worldwide in light of the virus - it has to be a positive! Animal species are returning to cities.

Lessons can and MUST be learnt from our actions. If we continue to destroy the environment, the rainforests; pollute the air - then the path to extinction is inevitable. Nature will defeat humans, if humans don't care for nature. ■





Signs of beaver activity

# NATURE'S ENGINEERS MAKE A COMEBACK

by **HUGH WARWICK**

Beavers are big news. It is well known that beavers help to reduce flooding. The dams that these large rodents, driven to extinction over 400 years ago, build for protection and food storage, slow the flow of water into larger rivers.

Originally it was just a few eccentrics arguing for the return of beavers but it was the potential of beavers to increase biodiversity that drew the wonderful Paul Ramsay into their world. Presented with the theory at a conference back in 1997, Paul waited for this to become official guidance. A simple win-win for people and the environment - and for the beavers too.

However, there were more meetings and reports than action, so Paul got fed up and took matters into his own hands. In 2002 a pair

of beavers were released onto his land near Alyth, Perthshire. Fenced to keep the beavers in place, they made it their home. There was a slight misfortune early on when one beaver challenged Darwinian evolutionary theory and felled a tree on itself, but since then the population has flourished and his land is transformed. Biodiversity has increased and water is held on the land for far longer, even in the most dramatic of storms.

Paul was not alone with his efforts - there are now free living beavers in Perthshire - and there have been more controlled experiments in Devon, where a recent study has shown how significant their presence can be.

A University of Exeter study of the beavers of the River Otter reveals the 'measurable benefits

to both people and wildlife.' Two breeding pairs of beavers were found to have escaped in 2015, and the initial reaction of the authorities was to kill them. The reaction to this from the public was immediate, and what could have become a fight became an opportunity.

The benefits that research has revealed are very real. Biodiversity has flourished in the newly created wetlands - birds, amphibians and mammals are all getting a boost. Flood waters have been held back and the dams that these amazing engineers construct also filter the water, holding back soil, manure and slurry.

It is wonderful to be reminded that sometimes the right ecological choices are made, but, had it not been for the public uproar, the animals would have been killed. We must remain vigilant. Find out more about ecology - equip yourselves with both passion and science. We must not think that someone else will step up and complain. ■

**Hugh Warwick is an ecologist and author**

[www.hughwarwick.com](http://www.hughwarwick.com)  
[@hedgehoghugh](https://twitter.com/hedgehoghugh)

## Whistle-stop walks

by **GARETH HUW DAVIES**



### Bucknell to Knighton

The Shrewsbury to Swansea railway, The Heart of Wales line, is a joyous public transport survivor. Spared during the Beeching cuts of the 1960s, it is a glowing example of how to develop low-carbon recreational travel on an existing railway.

This railway offers rich possibilities. The 140-mile long Heart of Wales line trail, shadowing the railway from Craven Arms to Llanelli, opened in 2019. The trail's website describes, in close detail, the route ahead from all 23 halts.

I take the train from Shrewsbury (40 minutes) to Bucknell. My destination is Knighton, 8.6 miles (14 km), just over the border in Wales.

This is the land of the pine marten and the tree pipit, of Owain Glyndŵr and Housman and the historical swirl and interchange of a border region. There is a patchwork of

landscapes - limestone escarpment, rugged volcanic rocks, rounded sandstones, peaceful river valleys and luscious woods.

I leave little riverside Bucknell, secure in the website's guidance: 'At the second fork take the left hand track up through a group of native trees, principally oaks.' 'Follow through a number of pastures, through four field gates.'

The location has generated picturesque names. Skyborry Green is an anglicisation of the Welsh for barn - ysgubor. New Invention, a location for the Powell and Pressburger film [Gone to Earth](#), has intriguing possible derivations. Wikipedia opts for the disappointingly prosaic: 'New hamlet in a marshy place'. Some are pleasingly distinctive, such as Panponton and Purlogue, Heyop and Obley, Quabbs and lloyney. And Five Turnings? 'A junction of five ways in earlier times'.

I head west along an old drove road until it joins a stretch of Offa's Dyke Path, a national trail.

That great path down the eastern border of Wales takes me into Knighton (Tref-y-Clawdd - Town on the Dyke) joining Glyndŵr's Way. Appropriately, it is one of a hundred UK places with "Walkers are Welcome" status. ■

### Bedford to Sandy

Bedford to Sandy is a poignant gap on our railway system. It was the central section of the Oxford to Cambridge Varsity Line, closed in 1968.

The railway itself is being reinstated. It reopens around 2030 in an arc north of here. Conservation successes are dotted along it like bright buttons.

I leave Bedford railway station (on the St Pancras line; Bedford St Johns is the terminus for services from Bletchley) and head east to Priory Park, a spread of lakes, meadows, woodland and reed beds in a bend in the Great Ouse.

The former line has been transformed into that luxury countryside amenity, a joint footpath and cycleway (National Cycle routes 12 and 51 overlap). It starts here, running east for 7.5 miles (12 km), railway engineer-straight and tree-fringed through flat countryside, with the occasional wiggle to dodge privately-owned



photo | Adrian Harris

pieces.

Priory Park, created after gravel extraction ended in 1977, is only a hint of restoration riches to come, after a century of sand, gravel and brick clay digging that left this landscape shabby and pockmarked. My path leads through a much bigger habitat creation project, the Bedford River Valley Park. It will take shape over the next 20 years.

The Ouse, the biggest of the four by that name in England, is on my left. The Danish army tracked it inland when they attacked Bedford in 917. Today the river resounds to a peaceful beat. The Ouse Valley Way follows it 140 miles to the sea.

There is a delicious midway diversion: The National Trust's Dovecote and Stables in Willington are fine Tudor estate buildings. They were built to impress in 1541 by Sir John Gostwick. Tenants were

powerless to stop his 3,000 pigeons, a delicacy at Tudor banquets, from feeding on their crops. Next to it is Saint Lawrence's Church, of which Pevsner wrote: 'Possibly the finest Perpendicular church in Bedfordshire'.

The path slips under the A1 and I reach Sandy. It's a short walk to the RSPB headquarters, The Lodge, for a recent conservation triumph. In 2003 the RSPB bought adjoining land, felled non-native trees and recreated heathland, using heather seed from its existing reserve. The new habitat has already attracted a pair of nesting nightjars, the first at HQ in 50 years.

My walk ends at Sandy Station, on the East Coast Main Line. Alternatively, until the railway reopens, there are regular buses back to Bedford. ■



HS2 IS FORECAST TO STILL BE A NET CARBON CONTRIBUTOR  
**120 YEARS**  
INTO THE FUTURE

Source: HS2 Ltd



"HS2 LTD CLAIMS TO FREE UP CAPACITY FOR RAIL FREIGHT, BUT DFT'S ACTIONS TO DATE MEAN THAT THIS MAY BE JUST AN ILLUSION... EVEN EXISTING SERVICES MAY BE PREVENTED FROM OPERATING"

Quote: Lord Berkeley, former chair of the Rail Freight Association



Source: The Berkeley Independent Review of HS2



FAR FROM REDUCING FLIGHTS, HS2 IS BEING LOBBIED FOR BY 4 MAJOR AIRPORTS WHO ALL SAY HS2 IS ESSENTIAL IN THEIR PLANS FOR AVIATION EXPANSION



**108** ANCIENT WOODLANDS ARE AT RISK

Source: Woodland Trust



HS2 THREATENS;  
693 LOCAL WILDLIFE SITES  
33 SITES OF SPECIAL SCIENTIFIC INTEREST  
21 DESIGNATED LOCAL NATURE RESERVES  
5 WILDLIFE REFUGES OF INTERNATIONAL IMPORTANCE

Source: The Wildlife Trusts



HS2 WILL REQUIRE 3TWh/yr OF ELECTRICITY TO RUN – 67% OF THE ELECTRICITY THE ENTIRE UK RAIL NETWORK CURRENTLY USES

Source: KPMG for HS2 Ltd



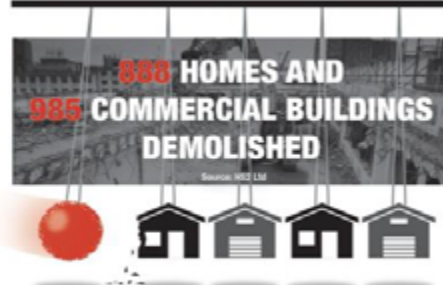
"THE SUGGESTION THAT HS2 WILL FREE UP COMMUTING CAPACITY INTO LEEDS OR MANCHESTER SIMPLY ISN'T TRUE."

Quote: Chris Stokes, former director, British Rail & the Strategic Rail Authority.



**19,590 JOBS** PERMANENTLY DISPLACED

Source: HS2 Ltd



888 HOMES AND 985 COMMERCIAL BUILDINGS DEMOLISHED

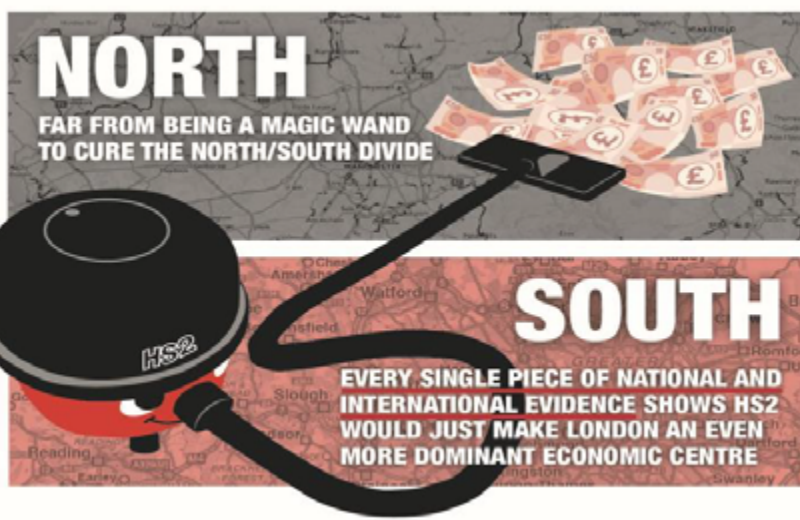
Source: HS2 Ltd



9 MAJOR RIVERS DIVERTED  
34KM OF THE ROUTE GOES THROUGH FLOOD ZONES

**STOP HS2** No business case. No environmental case. No money to pay for it.

Source: HS2 Ltd

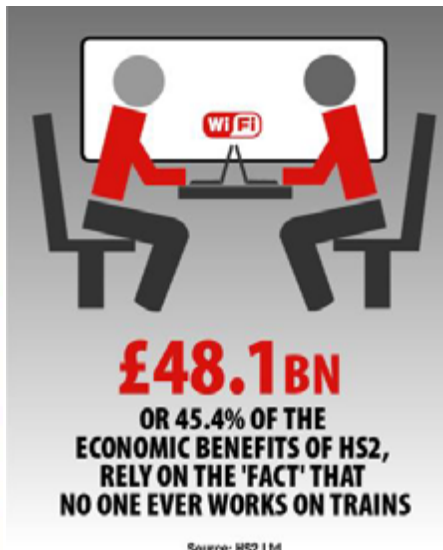


**NORTH**

FAR FROM BEING A MAGIC WAND TO CURE THE NORTH/SOUTH DIVIDE

**SOUTH**

EVERY SINGLE PIECE OF NATIONAL AND INTERNATIONAL EVIDENCE SHOWS HS2 WOULD JUST MAKE LONDON AN EVEN MORE DOMINANT ECONOMIC CENTRE



**£48.1 BN**

OR 45.4% OF THE ECONOMIC BENEFITS OF HS2, RELY ON THE 'FACT' THAT NO ONE EVER WORKS ON TRAINS

Source: HS2 Ltd

# Enjoying the simple things

by PROFESSOR MILES RICHARDSON

For the past six months or so I've been working with the National Trust exploring how noticing the simple things in nature relates to pro-nature behaviours and increased wellbeing. It turns out that simple moments like listening to birdsong, enjoying the early spring blooms and watching butterflies really matter.

We found that enjoying these simple moments was linked to increased nature conservation behaviours. Unfortunately, although 80% of people in the survey expressed concern about the state of nature, far fewer actively help its recovery - for example only 29% said they'd

created a home for wildlife in the past year. However, those people with a close relationship with nature, did much more

- 40-50% more - than those with a weaker relationship. We also found that it's about moments, not minutes: spending time in nature was unrelated to nature conservation action. Care for nature is about being tuned in and having a close relationship with nature, rather than simply being outdoors.

The survey also looked at the relationship between nature connectedness, noticing nature, and wellbeing. In particular we looked at two aspects of wellbeing: happiness and feeling that life is worthwhile. We found that a close relationship with nature and simply engaging with nature emerged as important contributors to being happy and feeling that life is worthwhile. Once again, time in nature wasn't linked to happiness or feeling that life is worthwhile. This suggests that nature connectedness

itself - being tuned into nature - is a basic component of a good life.

Tuning in and noticing nature matters for human and nature's wellbeing. Yet it appears that most people are tuned out. Indeed, as a society, we are out of tune with the rest of nature. Sadly, around 80% of people reported that they rarely or never watch wildlife, smell wildflowers or draw/ photograph nature. 62% of people rarely or never listen to birdsong or take a moment to notice butterflies or bees. Just 6% celebrate natural events such as the longest day. In other work we've

Simply listening to birdsong, enjoying flowers and watching butterflies plays an important role in feeling happy

found that when people are prompted to notice the good things in nature, their nature connectedness and mental health improves.



photo | Adrian Harris

Overall, these findings highlight that a close connected relationship with nature matters. Simply listening to birdsong, enjoying flowers and watching butterflies plays an important role in feeling happy, feeling that life is worthwhile, and doing good for nature.

The warming climate and loss of wildlife show that our relationship with nature is broken. These results show that too often nature is not part of people's daily lives

- from simply noticing it to celebrating the cycles of nature. We need a new relationship with nature and that starts by tuning in and noticing nature and its beauty, and letting nature manage our emotions. Celebrating its presence and story through cultural events. These are key components of a worthwhile life, a sustainable life - a good life. ■

**Miles Richardson is Professor of Human Factors and Nature Connectedness**  
[www.findingnature.org.uk](http://www.findingnature.org.uk) @findingnature

# FIVE WAYS TO WELLBEING

by DR ADRIAN HARRIS @dradrianharris

What can you do to support your wellbeing? The UK Government sponsored the New Economics Foundation to find out and they came up with the Five Ways to Wellbeing. These simple steps emerged out of extensive research and have been widely adopted since they were first published in 2008.

The Five Ways to Wellbeing are:

- **Connect:** Having fewer than four close relatives or friends puts you at high risk of future mental health problems. On the other hand, a wide social network promotes a sense of belonging and wellbeing.
- **Be active:** Exercise boosts your endorphins, helps with emotional regulation and can raise your self-esteem.
- **Take notice:** Paying attention to your immediate experience and 'savouring the moment' enhances wellbeing. It can also deepen self-understanding.
- **Keep learning:** Lifelong learning enhances self-confidence and improves overall life satisfaction.
- **Give:** Just one act of kindness a week

can boost your wellbeing and a smile or a kind word can count.

I like the Five Ways to Wellbeing, but there's one glaring omission: nature connectedness. The Five Ways were put together before recent research put nature at centre stage. But even back then the evidence was clear: we've known for a long time that nature connection contributes to our wellbeing. So it's puzzling that the report that underpins the Five Ways barely mentions the importance of green space.

The good news is that the Five Ways are proven to work and each of them can be more effective if you add the missing ingredient - nature! Research shows that natural environments tend to promote social interaction and encourage people to be more physically active. Nature creates an ideal space to be more mindful and provides a gently fascinating space to slow down and take notice.

It's really easy to integrate nature connection with the Five Ways to Wellbeing and the Wildlife Trusts offer some great suggestions. Be active outdoors - explore your nearest park or nature reserve. Connect with like-minded people and share your wildlife experiences. Give by supporting local nature.

Take notice of the everyday wildness on your doorstep.

You can easily weave the Five Ways into birdwatching or a nature walk with friends, volunteering for a local conservation group or helping out a neighbour with their gardening. I recently went to a tree planting day and it provided a perfect example of how to integrate the Five Ways with nature connection. The day brought me social connection: although I went alone, I was

chatting with some lovely people. I was active, busy digging holes and planting trees. Every now and then I took time to savour the moment. I learned new skills and the day was a volunteering event, so I was giving too. All this on a beautiful, sunny day in nature!

Spring is an ideal time to bring the Five Ways - and nature connectedness - into your everyday life. If you do, you'll reap the rewards for years to come. ■



artwork | Celeste Sterling

# Another green Read

Hourglass columnist **PROFESSOR RUPERT READ** sets his sights squarely on the truth.

Find Rupert on Twitter @greenrupertread



## THE URGENT NEED TO TAKE CARE: FROM CORONA TO CLIMATE

I'm writing this, and you'll no doubt be reading it, under 'lockdown'. This lockdown shows that our government is perfectly capable of acting as if this is an emergency, when the mood takes them, when the emergency is in their faces enough.

...Or does it?

Consider the following two points:

1. They only implemented the 'lockdown' because they were subject to [relentless pressure](#) for weeks from some experts and commentators who destroyed the absurd epidemiological models they were using that would have infected most of us and demolished our healthcare system. We challenged their complacency, posed alternatives, issued warnings, noted forcefully what was happening elsewhere, and so forth. In other words: together, WE forced the course-change on the Government.
2. Meanwhile, while they were prevaricating and while we were urging the grave need for leadership and action, we the people already in many cases moved ahead of them - and so managed to keep ahead of the virus. Lives were saved by citizens choosing to [act precautionarily](#) before the government issued any mandates: we voluntarily cancelled many events, shut down institutions, started practicing physical-distancing, etc. In other words, [WE led the course-change](#).

These two points mean that if - and it remains a very big 'if' - the UK now manages to avoid descending fully into the hell that has overwhelmed north Italy in the last fortnight, if we manage to avoid most of our health service being completely overwhelmed, with the huge further spike in deaths and suffering that such overwhelm brings, then it will be because the citizens led the Government. Not the other way around.

For even in the case of corona, with the emergency breathing just weeks down the Government's neck, they were unwilling to act

adequately to protect us. This bodes ill for their capacity to do so in relation to the far longer climate and ecological emergency.

This is vital context for the period of community mutual aid that we have now entered into. A period in which there will be much need for quiet heroism, to save lives (and reduce isolation).

We are [#alonetogether](#) in this struggle. Sitting in our homes, working on getting food to neighbours who need it, exercising at respectable physical-distances from each other. We express our mutual care at this time by phoning and not hugging.

This is vital context also for the task of

continuing to insist therefore that the government does more - and that it doesn't move in the wrong direction. (E.g. It would be moving in the wrong direction now to pour resources into fossil fuel companies, airlines, or into HS2 - when those resources should be poured into making PPE, and ventilators, and into the pockets of those who otherwise may continue to work while sick, and so forth.)

Each in our own homes, and behind our masks, we are powerful, and we are together. We have led; and

we need to lead more.

The lives of our elders and medically-vulnerable, perhaps our own lives, and certainly our self-respect (what we used to call our souls) all depend on it.

The need to [take care](#), to look before we leap, is something that the government failed to exercise when it plumped for 'taking it on the chin', and so lost precious weeks and days with which to hold back the incoming corona public health disaster. When we don't know something, we ought to protect ourselves against what we don't know. That's what it is to be precautionary - and that is exactly what the UK government has not been doing. In failing to impose travel restrictions and quarantines, in delaying lockdown, in failing to mass-test, in failing to choose life over super-short-term economic business as usual, they haven't been keeping us safe.

The moral of the story? We are probably going to need to rely on ourselves in any emergency situation we face, now or in months and years to come. Unless perhaps we can persuade the government to learn from its deadly mistakes. ■

When we don't know something, we ought to protect ourselves against what we don't know. That's what it is to be precautionary - and that is exactly what the UK government has not been doing



photo | Gareth Morris

## The problems with geoengineering

by **BILL MCGUIRE**

Something nasty is brewing in the climate breakdown cauldron. It is the growing belief that to escape a crisis brought about exclusively by our messing with the climate, what we need to do is mess with it some more. The idea that we can fashion a way out of the global heating emergency through deliberate, large-scale interference in the atmospheric system has been around for quite a while. Insidiously, however - as the crisis has worsened - so-called geoengineering has made the transition from wild and wacky to mainstream.

The favoured way forward has always been to seek to control the planet's temperature through managing the level of incoming solar radiation. The principal focus of geoengineering enthusiasts now, is on mimicking the cooling effect of large volcanic eruptions by pumping huge quantities of sulphur gases into the stratosphere.

The idea that we can knock global heating on the head at a stroke is proving seductive to many. Not - broadly speaking - climate scientists, but engineers, physicists and chemists, who see an irresistible opportunity to experiment. The fact is, however, that global heating itself is an experiment. An experiment on a planetary scale whose appalling consequences are now apparent to

all. More tinkering is exactly what we don't need.

On top of this, the case against geoengineering is robust. As far as specifics are concerned, reducing incoming solar radiation will do nothing to tackle ocean acidification. As happens after major volcanic blasts, it would also have a serious and likely detrimental impact on global weather patterns.

Neocon and libertarian leaders, in particular, will clutch at any straw to keep capitalism in the fast lane; to ensure the maintenance of unthinking consumerism. Bizarrely, some of the staunchest supporters of climate engineering are the very same free marketeers who claim that global heating is not happening.

Then there are the moral issues. No single nation, organisation or grouping has the right to intentionally mess with the climate. Many would argue that no-one has the authority to do so. Surely, if it came at all, the call to action must come from a fully-representative global forum, but would it require unanimous support or would a simple majority do? ■

**Bill McGuire is Professor Emeritus of Geophysical & Climate Hazards at UCL. His environmental thriller - SKYSEED - about geoengineering gone wrong, is published by The Book Guild in September.**

# Plant-based cooking

**AARON CALDER** is a self-taught cook and blogger from Brighton.

He is on a mission to show that going vegan doesn't mean going without.

[www.aaroncaldervegan.com](http://www.aaroncaldervegan.com)



## Cream of tomato soup

Serves 4-5.

### Ingredients

- 2 x 500g packs of passata (or 2 tins of chopped tomatoes)
- 1 tin of mixed beans, drained
- 2 onions, finely chopped
- 1 veg stock cube
- 2 cloves of garlic, minced
- 250ml soya/oat/coconut cream
- 1 tbsp coconut sugar or sugar of your choice (takes away any bitter flavours)
- 2 tbsp tomato puree
- 1/2 tsp pink/sea salt
- 1 tsp sage
- 1 tsp basil
- Black pepper for seasoning

### Method

Add 2 tbsp of oil (I use olive) to a pan on a medium heat and fry the onions for 3-4 minutes until they are soft and translucent. Add the garlic and heat for a minute then pour in the passata, herbs, salt, pepper and add the stock cube. Keep mixing the soup to combine the ingredients - it needs to be hot enough to simmer.

Pour in the cream (save a little to decorate the top) and add the drained mixed beans. Mix together then add the sugar and tomato puree.

Turn down the heat and simmer for 10 minutes. Serve with a drizzle of cream and fresh basil. Enjoy!

TIP: Chop the onion finely so it cooks faster and leaves the soup with a smoother texture. I used passata but you can use tomato juice or chopped tomatoes. If using chopped tomatoes you'll need to blend them first to a fine liquid.

If you want a traditional cream of tomato soup leave out the beans. ■

## Cheese and tomato quiche

This is my ultimate vegan quiche recipe. With a wholemeal crust and high protein tofu this is a much healthier and cruelty-free alternative.

I made one of these for a party and before I told anyone it was vegan I was already being complimented on how good it was. I've yet to meet one person who has tried it and worked out that it's vegan.

### Ingredients

For the pastry base:

- 150g wholemeal flour
- 75g vegan butter/spread
- 1.5 tsp baking powder
- Pinch of sea salt
- 30ml almond milk
- 6/7" loose base baking tin

For the filling:

- 1 pack of silken tofu
- 1 tsp mixed herbs
- Black pepper to taste
- 1 tbsp corn flour
- ¼ cup soya/coconut cream
- 2 tbsp nutritional yeast
- 1 tsp tahini/cashew butter
- ¼ tsp turmeric
- ½ tsp black salt (important for eggy taste)
- ¼ tsp onion powder
- ½ cup vegan cheddar
- ½ chopped onion
- 1 chopped tomato
- 1 sliced tomato (to decorate)
- 1 garlic clove chopped/crushed

### Method

Preheat oven to 200°C/392°F. Take a large bowl and add the



*Cream of tomato soup*

flour and butter. Use your fingers to rub them together until you have crumbs.

Add milk and rub together and roll into a ball. Place in the fridge for half an hour.

Gently fry the chopped onions, tomato and garlic.

Add the tofu, cream, nutritional yeast, salt, onion powder, turmeric and tahini to a blender/food processor. Blend until you have a creamy sauce.

Pour into a bowl and add the corn flour, pepper and herbs. Whisk together for a minute or two. Add the fried tomatoes, etc and cheese. Mix together and set aside.

Roll out the pastry on a floured surface into a thin circle. Place in the baking tin and press out neatly and evenly. Make sure you have an even layer around the edge for the crust.

Pour in the tofu mixture and decorate with sliced tomato and grated cheese.

Bake for 30-35 minutes in the centre of the oven at 200°C/392°F.

Allow to cool for a few minutes and serve. ■

## Easy chocolate cheesecake

### How to make the base

#### Ingredients

- 100g vegan biscuits (I used



*Cheese and tomato quiche*



*Easy chocolate cheesecake*

- Biscoff)
- 2 tbsp coconut oil
- 3 tbsp cacao/cocoa powder
- 1 tsp vanilla extract
- 1 tbsp agave/maple syrup
- Pinch of sea or Himalayan salt

### Method

Blend the biscuits in a blender/food processor until you have crumbs. Add the remaining ingredients and blend until everything is combined. Press into a loose based cake tin 6"-7" (approx). Use the base of a glass to get a flat, even surface. Set aside while you prepare the filling.

### How to make the filling

#### Ingredients

- 150g unsalted raw cashews (soak in water overnight and drain)
- 150g dark chocolate
- Pinch of salt
- 1 tsp vanilla extract
- ½ cup unsweetened milk (I use soya as its creamy)
- 1 tbsp lemon juice
- ¼ cup agave nectar/maple syrup

### Method

Drain the cashews and place in a blender. Add the milk, syrup,

vanilla, juice and blend until you have a thick lump-free cream. Add a little more milk if it's too thick to blend properly.

Melt the chocolate in the microwave or on the hob and pour into the cashew cream. Blend again (give the blender a shake now and then) and pour over the base. Make sure you have a level surface and gently tap the sides to remove any air.

Place in the freezer for 3 hours to set. Remove from the tin and decorate with melted chocolate or fruit. Allow to rest at room temperature for 20 minutes to make sure it has defrosted enough to slice. Enjoy!

TIP: It's important to blend the cashews until you have no lumps. This may take a few minutes and you can add a little more milk if it's too thick, 1 tbsp at a time. If you don't have a lot of time, soak the cashews in just boiled water for 2 hours. ■



## STAR LETTER

## Managing eco-anxiety

I've suffered from eco-anxiety for a long time and have over the years begun to manage it better, so I hope you will share these thoughts with your readers.

For me, the best way of managing the sense of foreboding has been to break it down through journalling. Every morning I try to identify how I am feeling, with words. I've found that anxiety is not just that one word: some days it will arise as anger, rage, sadness, despair, loneliness and other feelings. Through identifying these feelings I have been able to address them. So when loneliness is the word that arises, I call a friend. I also joined my local XR group (because of this newspaper so thank you for that!). When I feel angry, I go for a run. The anxiety rarely completely goes away, but once I have named it, I can face it and my mental health has never been better.

For anyone else who is struggling, please give this a try.

SUNITA, Newcastle

### Sign me up

I picked up the newspaper in a coffee shop in Buxton, Derbyshire when a couple of people came in with some copies asking the proprietor to display them. I have just read your latest issue and feel that I would like to support you wherever possible.

Firstly is Extinction Rebellion something you can formally join and if so how?

Secondly I am a published writer and would be happy to write for your magazine- can you give me an idea of what sort of items and articles would be of interest to you?

GRAHAM ARMITAGE, Derbyshire

*Hi Graham, thanks for getting in touch. Extinction Rebellion does not have formal membership but do please sign up to [the newsletter](#), watch the Heading for Extinction talk and consider getting involved with the local group in your area. We also welcome submissions of articles, artwork and photography. Please send them to [hourglass@rebellion.earth](mailto:hourglass@rebellion.earth) - Ed.*

### Not just for newbies

Thank you so much for creating the brilliant Hourglass. When I was introduced to the Hourglass at an XR meeting it was said that it was for new people - but I totally

disagree! It really is SO good and makes me feel not so alone.

I just wanted to thank you for producing such an interesting, informative and inspirational paper. As someone who has been avidly studying all things climate for over a year I still found it full of stuff I didn't know. I would encourage everyone to read it, whether new to climate change issues or seasoned Rebels.

One plea, please: so many projections of our future stop at the year 2100. In the natural life-span of many alive today this will still be in the time of our children and grandchildren. Whatever situation they find themselves in, it just won't stop at a designated human-defined date due to the effect of time lags, feedbacks and tipping points - and it's more likely to continue to get worse. Can we please always consider their future too. Thank you.

MARC LAUNDON, Falmouth, Cornwall

### Offering a song

I came across your paper yesterday evening in the foyer at an event at the quarterhouse Folkestone, and I thought - at last an editorial that voices the concern of so many regarding climate change and the welfare of our planet!

Please be so kind as to check out The

Thin Green Line song and James Marsh's accompanying [video](#).

I stumbled into the first Eco Conference in Stockholm June 1972. Since that time I have been an Eco Worrier, in no way an Eco Warrior - I know that has got to change - time is running out but there is still hope.

JACK POUND

### Thankful letter campaign

Having read the article on making a garden attractive for insects in your January issue I thought you might be interested to hear about a campaign I'm currently working on in my corner of South East Essex.

It involves popping through the letterbox of any house with a wildlife-friendly front garden a 'thank you' letter.

The letter can be downloaded [here](#).

EILEEN PECK

### This we declare

This afternoon I picked up a copy of Hourglass at a wholefoods outlet in Leicester. This evening I read it from cover to cover. Thank you.

Last May over two days I stood for six hours with young and old, like myself, opposite an army exhibition in the centre of Leicester. Britain, unlike other European countries, recruits sixteen year olds. We were there to witness that, in addition, no children were encouraged to play with the weapons on display as had happened in the past. The second day coincided with an Extinction Rebellion demonstration nearby and afterwards a group of young people, cheerful in their companionship, which was good to see, came along. I got into a conversation with one young man. In the midst of our talking about militarism and its consequences, he said, "But they are here to protect us". The next morning, as I was having breakfast, these were the words that came:

this we declare  
it is time for us to declare ourselves  
citizens of the world  
dwellers  
co-habitants of universes  
ions of blackholes  
travellers on the dust journey  
reverers of clouds  
celebrants of the sea

Please email me at [robert.bennett15@btinternet.com](mailto:robert.bennett15@btinternet.com) for the full poem.

BOBBA CASS, Leicester

### Re. What about China? (Issue 6, p7)

I have just read the article on page 7 by Nuala Gathercole Lam. I agree totally with

her writings about China being responsible for a significant amount of the world's emission pollution and also about their awful human rights policies. But I notice there is no mention at all of China's abysmal animal rights record. This I think needs highlighting, especially now it is the cause of a global pandemic, which threatens the whole world. Chins needs taking to task about the way they treat animals and especially for their illegal wildlife trading - a lot of it with endangered species! I think intervention from outside bodies such as the World Health Organisation and others is essential to attempt to address this problem and prevent these things from reoccurring.

JULIE DAVIES, Nottingham

### UK Rebellion Academy

We hope you are keeping good health and wellbeing at this time of crisis and isolation. During this time, people will still want to act for the climate and ecological emergency. The Academy can hopefully offer a way to prepare for when COVID19 is no longer an extreme threat and we can act together again.

Extinction Rebellion (XR) has launched [Rebellion Academy UK](#), the new online orientation and learning platform for new and existing rebels, and supporters, of XR.

LIBERTY, Internal Coordinator of Online Welcoming Team (Rebellion Academy UK)

### Public response

As a deliverer in Bristol of the Hourglass I just wanted to let you know about the response I get from householders when I'm out putting the paper through letter boxes. Whenever I bump into someone I explain what it is and ask whether they want it - the reply is always "Yes". Sometimes I make a judgment about the type of person they are but the ensuing conversation just highlights my own prejudices.

SUE JENVEY

### Alternative to HS2

I want to pass an idea to you concerning HS2 and its route which everyone knows will destroy ancient woods. If this line is really needed would it not be better to put a train line down the fast lane of the M1, which would remove a lane of cars and allow a train line to be built at a much lower cost and not destroy ancient woods? Plus it would be a really good way of getting cars off the road.

LESLIE, Bromley

# Book Reviews

Available in  
bookstores now



by HENRY ROWLEY

## The Future We Choose

by Christiana Figueres and Tom Rivett-Carnac

Published by Manilla Press, out now

The authors of *The Future We Choose* want us to know two things. Firstly, that “even at this late hour, we still have a choice about our future”, and secondly “that we are capable of making the right choices about our own destiny”.

Two different scenarios are laid before us, both a snapshot of what the world might look like in the year 2050. In the first we have made no further efforts to reduce emissions past those registered in 2015, and the world is on track to a temperature rise of over 3 degrees by 2100. It’s a world of death, disaster and chaos.

In the other scenario we have cut our emissions in half every decade since 2020. We are on track for a temperature increase of no more than 1.5 degrees by 2100. It’s a world not without its losses and problems, but one where shared purpose governs us, and where the natural world is, for the most part, thriving. We now understand that looking after the planet means looking after ourselves.

*The Future We Choose* is a handbook for how we achieve this second scenario. It is sobering, but overwhelmingly hopeful;

full of belief in human ability to transform society and shape our own destiny. Figueres was the UN Executive Secretary for Climate Change and instrumental to the Paris agreement, for which Rivett-Carnac was senior political strategist. Throughout the book, COP21 is used as a good example for how something seemingly impossible can be achieved. Together the authors have put together what I’m sure will be considered one of the definitive books on the climate crisis. It is expertly structured, clearly written and highly practical; and less than 200 pages in length. The book’s brevity highlights the simplicity of the situation we are in, and what must be done to avoid disaster.

## Weather

by Jenny Offill

Published by Granta, out now

Once you’re in the grips of climate anxiety, it’s hard to break free. So finds Lizzie Benson, the narrator in *Weather*, Jenny Offill’s hilarious but unnerving snapshot of a late 2010s psyche. Lizzie is a mother, wife, daughter and sister, just about managing to juggle these often-demanding family dependencies with her job as a university librarian. Lizzie also helps out her friend and once-mentor, Sylvia, the host of a popular climate change podcast called *Hell or High Water*. One of her jobs is to trawl through the

emails from concerned listeners asking which regions will be safest and speculating about survivor colonies.

The word ‘weather’ can be defined as “the state of the atmosphere at a particular place and time”, and Offill brilliantly captures the change in the air at the start of the Trump era, with ecological catastrophe looming closer yet remaining opaque, it’s grim reality still hard to come to terms with. Being in Lizzie’s mind has the comfort of familiarity, but as she questions and observes we begin to consider our own thinking, and start assessing our own actions and apathies. In *Weather* the witty one-liners come thick and fast, but they are always thoughtful. Offill encourages us to keep searching for answers, despite there being so many questions.

## Our Throwaway Society: Raising Children to Consume Wisely

by Anya Hart Dyke

Available from [bigdreamslittlefootprints.org](http://bigdreamslittlefootprints.org), out now

*Our Throwaway Society* is a useful resource for those

looking to raise their children as environmentally-conscious, caring citizens, with a strong sense of responsibility for the world they inhabit and their personal impact upon it. The first part in a series called *Big Dreams, Little Footprints*, it’s more scrapbook than book; full of inspiring ideas for reducing household waste, and alternatives to damaging everyday items. A house with growing children means a huge amount of consumption, as clothing and toys are quickly outgrown and appetites develop. By focusing on small scale changes, Hart Dyke hopes we will shift our perceptions about how we consume, and in turn feel more invested in large-scale climate change impacts.

There are plenty of examples for parents looking to inspire such thinking in their own children. Published in digital form only, the author intends to annually update the book, which means it should remain a fresh well of ideas.

## Winter in Sokcho

by Elisa Shua Dusapin

Published by Daunt Books Publishing, out now

*Sokcho*, which sits on the South Korean edge of the Demilitarized Zone, suffers from the same problems as many seaside destinations. It’s also cast in the shadow of a never-ending war, with barbed wire-lined beaches

and the looming threat of attack from the North. The 24-year-old unnamed narrator of *Winter in Sokcho* sees the sadness and purgatory that exists in her hometown. She works at a run-down guesthouse, used only by the few that happen upon it by chance. One day an enigmatic French cartoonist checks in. The narrator finds herself both drawn to, and put off by his character, as she accompanies him on freezing-cold local excursions in search of inspiration for his next comic book.

*Winter in Sokcho* is a short tale heavy with atmosphere and a melancholy tension that exists both between the two characters and in their fates as individuals. Elisa Shua Dusapin writes with a style that is deceptively plain, but the book is littered with subtle observation and metaphor. It’s a poignant coming of age story, where the poignancy creeps up on you. Our narrator is trapped in small-town, mid-20’s limbo, like a tanked fish on show in one of Sokcho’s cold, empty, but brightly coloured restaurants. ■



# FUNNY PAGE

CLIMATE ACTION by James Hedge



jameshedge.com

 comixrebel@rebellion.earth  
 twitter.com/comixrebel

ELEAR'S REPORT ON COVID-19 by Philip Kingslan John

**SOMEWHERE IN THE ANCIENT WOODLAND OF COLNE VALLEY, "THE BRITISH AMAZON"**

**IDENTITY CONFIRMED: AGENT SIX, CODENAME ELEAR.**

GOOD TO SEE YOU TOO, A-10-B-R.

**"A-10-B-R"**  
HOLOGRAM SUPER COMPUTER OF THE CLIMATE JUSTICE LEAGUE

**AGENT, WHAT IS YOUR REPORT ON THE COVID19 PANDEMIC?**

THERE ARE MANY SURPRISING FINDINGS. FOR EXAMPLE, THERE IS PROOF THAT MANY JOBS CAN BE DONE REMOTELY.

IS THERE EVIDENCE OF SOCIETAL IMPROVEMENT?

MOST CERTAINLY. HOMELESSNESS, FOR INSTANCE, HAS BEEN ADDRESSED IN A POSITIVE WAY.

BUT MORE THAN THIS, CLEANERS, SUPERMARKET WORKERS AND DELIVERY DRIVERS HAVE BECOME THE HEROES OF SOCIETY— AS WELL AS THE DOCTORS AND HEALTH PROFESSIONALS, INCLUDING 1000S OF RETIRED DOCTORS AND NURSES

... WHO ARE LITERALLY PUTTING THEIR LIVES ON THE LINE.

ER, GUYS, TWO METRES!

THEY DO IT BECAUSE THEY REALISE: WE ARE ONLY AS STRONG AS OUR MOST VULNERABLE.

THANK YOU, ELEAR. WHEN THIS IS OVER, WHEN THIS PARTICULAR CRISIS IS PASSED, THESE LESSONS MUST NOT BE FORGOTTEN.

PKJ 2020