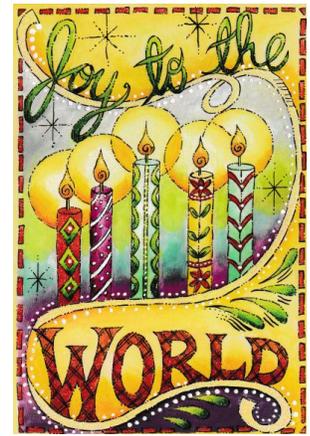


Christmas 2015

Merry Christmas to all!

Not a lot of family news to report. With a world in turmoil, I'd rather talk about what we can look forward to. I continue to teach classes on eating traditional real foods. Some refer to it as the Paleo Diet, but that's a pretty nebulous description, with many versions, though they often emphasize many of the traditional foods that Dr Price discovered nourished the healthy societies that he visited back in the 1930's. For those who want to learn more, visit the website of the Weston A Price Foundation, www.westonaprice.org, or prowl around on my website www.MercyViewMeadow.org. I'm happy to report that many people are discovering that butter is better and eggs are excellent!



I've continued working on GMO issues (see last year's Christmas letter). Efforts to get genetically engineered foods labeled have been sidetracked by nationwide efforts to defeat the so-called Dark Act ("Deny Americans the Right to Know" Act) which would prevent all GMO labeling nationwide and pretend that somehow genetic engineering is "natural". Meanwhile, in the face of growing evidence that this artificial genetic engineering is not good for our health or that of the planet, global food, farming and environmental justice groups will put Monsanto on trial for crimes against human health and the environment in the International People's Court in the Hague. You can find out more at www.organicconsumers.org And most importantly you can take action to acquire your food from clean organic sources, including meat from animals raised and finished on well-managed pasture.

And in doing that you will also make a contribution to reversing climate change - much in the news these days. We always hear about the need to switch to renewable energy, and there is much good news on that, but we haven't heard much about the other side of the equation - putting carbon back into the soil where it belongs. It turns out that organic style farming, sometimes referred to as ecoagriculture, not only puts carbon back into the soil, but also is highly productive, and very healthy for all.

I've been reading a book, *World Hunger: 10 Myths* (smallplanet.org), which ties this all together - food security, healthy food, happy farmers, fertile soils, stable climate. Food First (foodfirst.org) has been in the forefront of spreading the good news about 'agroecology', as farmers around the world learn to increase their food production by focusing on soil health not pesticides. The prospects are very encouraging, as long as they can fend off the efforts of corporate agriculture. Don't be fooled when you hear "experts" claim that we need GMOs to feed the world. It is simply not true!

Another exciting activity this year has been participating in our local Multifaith Women's group, getting to know women of other faiths, sharing garden and cooking knowhow, and attending demonstrations for peace and understanding. Our community celebrated a visit by the Interfaith Amigos (interfaithamigos.com), a pastor, a rabbi, and an imam who have become good friends and spread the message of unity, love, and compassion, having found that their friendship has deepened their faith. We need to understand and respect each other's faith. I highly recommend inviting the Interfaith Amigos to your community.

As we celebrate the birth of the baby Jesus, may we remember that we are all children of God, and that God loves us in spite of our many foibles and disappointing behaviors. I pray that understanding that Love, we are inspired to spread love and compassion far and wide. Our country and our world desperately need them!

Wishing you the best in 2016

Kris

www.MercyViewMeadow.org

Kris.Johnson@ecunet.org

Find me on Facebook www.facebook.com/kris.johnson.946

Blogging occasionally at <http://mercyviewmeadow.blogspot.com/>

PO Box 355, Williston, OH 43468

419-320-2309