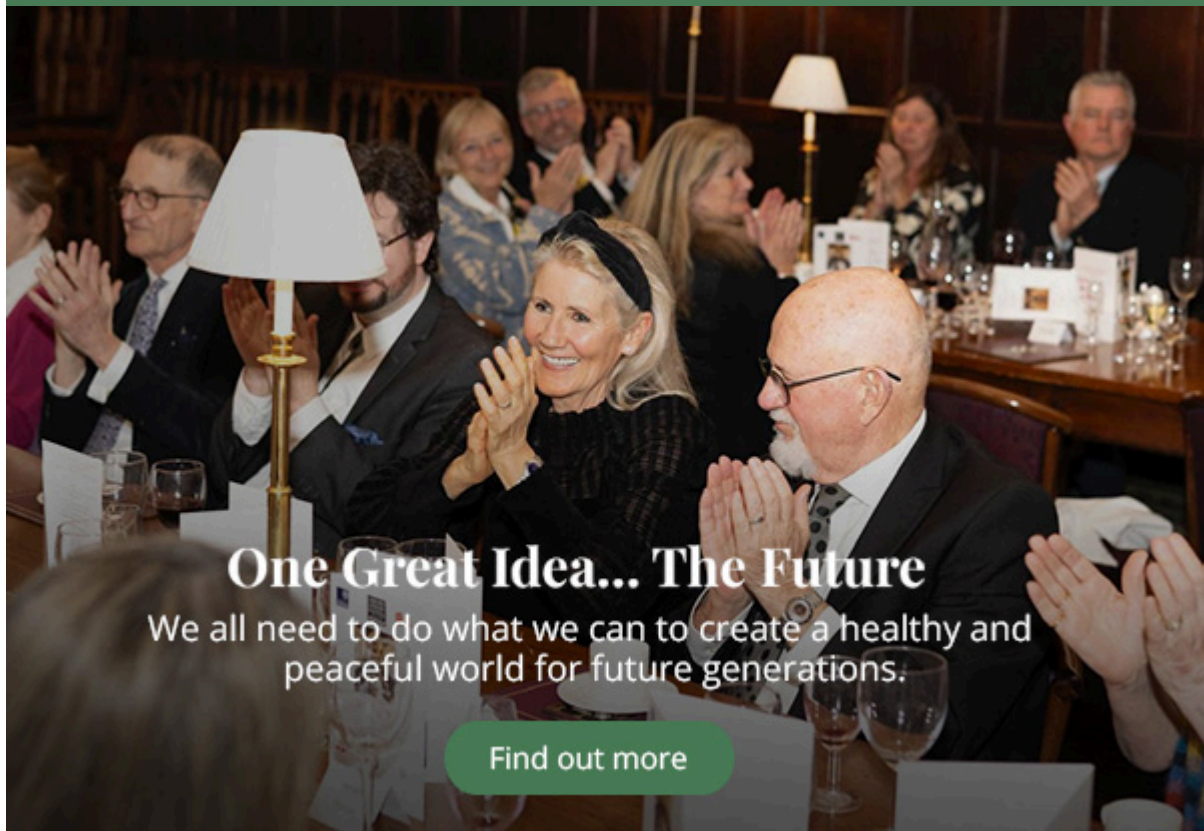




HUMAN ECOLOGY
PROJECT
THE PERSONAL IS PLANETARY



One Great Idea... The Future

We all need to do what we can to create a healthy and peaceful world for future generations.

[Find out more](#)

DEAR FRIENDS

The beat goes on.....

Lately, the world seems to be lurching from one crisis to another. Whether the source of disruption in your life is a global emergency or a personal tragedy, or both, living through difficult times can take a toll on your mood, health, and outlook. It can leave you feeling helpless and overwhelmed by stress and anxiety.

Surviving Tough Times by Building Resilience

We live in a world where so much competes for our attention, but healing begins the moment we choose to be present. That moment for me starts in my kitchen. Preparing and giving thanks for the incredible abundance of grains, beans, vegetables, fruits, nuts and seeds that nourish and gift us with incredible health daily. Don't withdraw in tough times; try to avoid negative people and expand your social network with positive, like-minded individuals who share the same vision for a healthy world.

Why Vegan? Reuben College, Oxford

Bill and I say day in and day out that **education is the biggest tool we possess to assist us in moving toward a vegan world.** Non-violent, peaceful

presentations and bringing people together is the way forward. So, on that note, enjoy these presentations from our Why Vegan event at Reuben College, Oxford.

Food Is Our Future



View it on our [YouTube channel](#) or listen to it on our [Spotify channel](#).

Ultimate Health Experience



View it on our [YouTube channel](#) or listen to it on our [Spotify channel](#).





The Dining Hall of Reuben College

Why Vegan? Creating a Healthy Future for Human and Non-Human Life
Saturday 5th April 2025 – Reuben College, Oxford
With Professor Gary Francione, Bill Tara and chef Marlene Watson-Tara, who devised the lunch menu

Lunch Menu
Asparagus Soup with Lemon & Crispy Shallots & Crusty Sourdough
Mushroom Wellington with Rich Umami Shiitake Gravy
Creamy Mashed Potatoes with Sweet White Miso
Lemon Scented Arame Sauté with Crushed Toasted Walnuts
Selection of Vibrant, Energised Greens with Balsamic Glaze
Ginger Glazed Carrots & Watercress in White Sesame Seeds
Mini Chocolate Pots with Fresh Raspberries & Lemon Truffle

Event Sponsored by


Event Sponsored by



HUMAN ECOLOGY PROJECT
THE ECHOING & PLANETARY

The Beat Goes on at Oxford Literary Festival:

We are fortunate to teach the work that we love, which in turn gifts us with amazing health, vitality, and non-stop passion to bring about change.

We had a wonderful event, a one-day workshop that brought together a group of people, many of whom said yes! I am forever changed. This is the way forward.





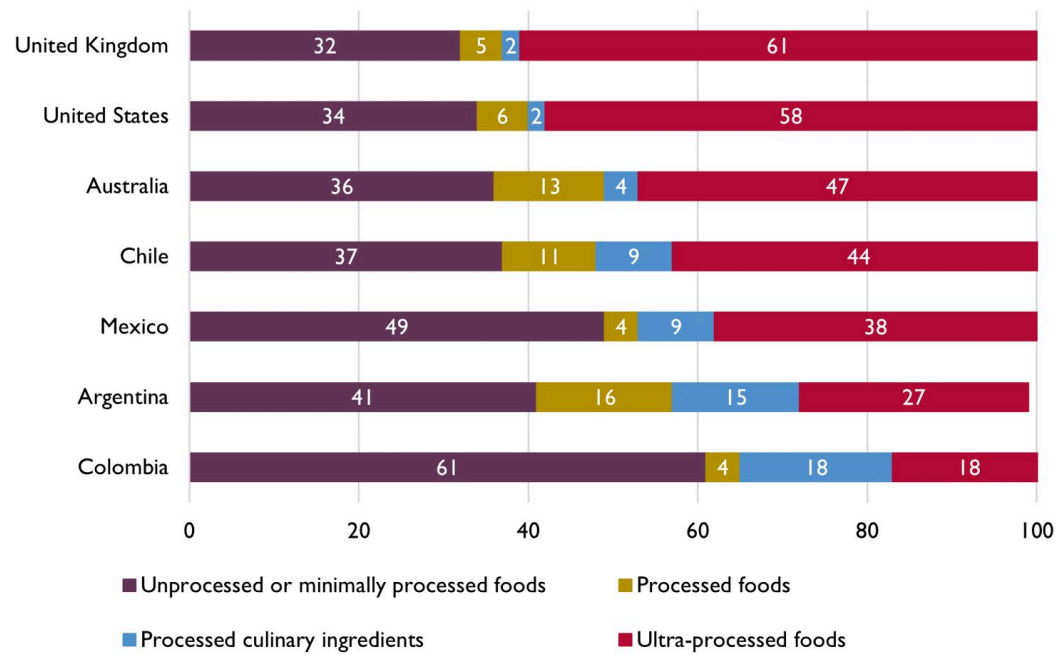
Our passion for sharing our work in schools, colleges, and universities continues with more new connections being made. Our school programmes have been well received. The pupils are very engaged with the cooking/nutrition workshop and download our free video/workbooks to commence their own study groups. HOWEVER, there is much work to be done.



Ultra-Processed Foods

Ssdly, this is a growing trend: The consumption of UPFs has steadily increased in the UK over the past two decades. Adolescents have the highest consumption of

ultra-processed foods (UPFs), with about two-thirds (66%) of their daily calories coming from this source. Studies have linked high consumption of UPFs to negative health outcomes, including increased risk of obesity, type 2 diabetes, and certain cancers.



”

Dear Marlene & Bill

On behalf of all at Greyfriars Catholic School, I want to express my sincere thanks for your fantastic workshop during our Literary Festival and your generous donations. Your workshop was a huge hit and contributed to making the event a memorable one.

We appreciate the time and effort you put into sharing your culinary expertise, and we hope to have the opportunity to collaborate again in the future.


Warmest regards,

-Aleks Brett, Librarian.

You can't have healthy people on a sick planet

The climate crisis is a health crisis and is escalating.

Our friend, colleague and advisory board member Dr. Sailesh Rao has published his latest book, **There is a Planet B**



Animal agriculture is the leading cause of climate change, and we don't believe anyone who says rapidly phasing down fossil fuel use should be a top priority because the reality is we have been misled by the UN IPCC, so don't tell us that we've run out of solutions.

The Greatest Transformation in Human History

Preserving life on Earth, our beautiful home, requires a multifaceted approach, encompassing environmental stewardship, sustainable practices, and a commitment to a future where both human and natural systems thrive. This includes actions like reducing carbon emissions, protecting biodiversity, and fostering a sense of community responsibility. Dr. Rao's book is a must-read for anyone who cares about preserving life on our beautiful planet. The book is available on the website www.climatehealers.org.

The beat goes on for our animal kingdom.....

Mankind is not the only animal that laughs, cries, thinks, feels and loves. The sooner we acknowledge that animals are emotional, sentient beings, the sooner we will cease destroying them and embrace them as our brothers and sisters, with whom we share this planet.





HUMAN ECOLOGY PROJECT
THE PERSONAL IS PLANETARY
Registered Charity Number 1201615

Yoga with Marlene Watson-Tara



Shelford Village Hall



Tuesday 20th May
7.30-8.45 pm



Restorative yoga,
deep stretching for fascia health,
nervous system and mobility.

Happy hips, hamstring freedom,
and core strength for a
strong back, lengthen and
strengthen and breathe deep.

**Please bring a
YOGA mat and blanket.**



**Class £12 Drop-In or
6-Week Block £10 Per Class**

**These fundraisers support our
Human Ecology Project Charity**
for more details visit:

www.humanecologyproject.com



Fundraising Efforts & Creating a Sense of Community

It's wonderful to hear from my students who are enjoying my fundraising yoga sessions. I keep them involved and inspired by sharing how their support and donations are making a difference not only to our Human Ecology Project but to their own health and well-being. I show gratitude and express my appreciation to them all at each session.

RECIPE

A Feast from the Ecological Kitchen



Curry
Red Lentil Coconut Curry

[Download the Red Lentil Coconut Curry Recipe](#)

This warming curry in the South Indian style is flavoured with aromatic fresh ginger, cumin and coriander. It's made extra creamy and luscious, thanks to the

addition of organic coconut cream. Serve the curry with white or brown basmati rice to round out this comforting meal. Incorporating red lentils into your diet can help you easily meet your fibre and protein needs. Red lentils also contain a significant amount of folate, which is a superhero involved in cell division.

[Download Recipe!](#)

Please join us in service for a healthy world for humans and non-humans alike. We are all in this together and are powerful stewards of planet Earth; when we work in concert, good things happen. Spread the good news about healthy living. The world needs you right now. Stay well.

In good health

Bill and Marlene X

GET INVOLVED

Be a Changemaker

Our campaign goal and the link to our crowdfunding page are live. It is very easy to donate. Trusting ourselves, our intentions, and the goodwill of others to help us reach our target drives us both daily.

[Donate now!](#)

Help us grow by making a gift today.

Your gift to the Human Ecology Project will support our commitment to building a better world.

FOLLOW US ON OUR SOCIAL MEDIA

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