

# Vegan Views

No. 101/Summer 2004

A Forum for Vegan Opinion

£ 1



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# Notices



## Animal groups

**Viva!**, 8 York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 944 1000. Web: [www.viva.org.uk](http://www.viva.org.uk). Email: [info@viva.org.uk](mailto:info@viva.org.uk). Publishes the magazine Viva!Life four times a year. They are very animal oriented and are especially good for teenagers and young people.

**Animal Aid**. Web: [www.animalaid.org.uk](http://www.animalaid.org.uk)

**PETA**. Web: [www.peta-online.org](http://www.peta-online.org)

## Charities

**HIPPO** (Help International Plant Protein Organisation) is working around the world to help hungry people to obtain or produce their own high protein food from plant sources, supporting projects run by local people in the developing world. Donations/enquiries to: HIPPO, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Tel/Fax 01267 241547. Email: [hippocharity@aol.com](mailto:hippocharity@aol.com)

**Vegfam** has for 30 years provided short and long-term Relief to People who have been the victims of Drought, Flood, Cyclone or War. Website: [www.veganvillage.co.uk/vegfam](http://www.veganvillage.co.uk/vegfam) Email: [vegfam@veganvillage.co.uk](mailto:vegfam@veganvillage.co.uk)

## Family + children

**Vegan Families Contacts List** for families wishing to bring up their children the vegan way. Send name & address and dates of birth of children, and an SAE, to Family Contacts List, 7 Battle Rd, St Leonards on Sea, East Sussex TN37 7AA.

**Contact Network** for measles, mumps, rubella, for families who would prefer children to catch childhood diseases and gain natural immunity instead of the MMR vaccination. To go on list to notify of cases, call Lesley on 020 8861 1233.

**Vegan Family House** Website of a vegan family living in NE Scotland. Recipes, info on veganism and bringing up vegan children. [www.veganfamily.co.uk](http://www.veganfamily.co.uk)

## Fruitarian + raw food

**The Fruitarian/Raw Food Centre of London** (100% vegan) in Barnet offers weekend workshops and consultations on the raw energy lifestyle, fasting, preparation of recipes, etc. Guidance for safe, reliable weight control and bodybuilding. Discussion of philosophy, ethics, reference to religion, ecology, etc. Ring 020 8446 2960 or 020 8441 6253 for details.

**Go Fruitarian** ([www.fresh-network.com](http://www.fresh-network.com)) For details send SAE to The FRESH Network, PO Box 71, Ely, Cambridgeshire CB7 4GU.

**Fruitarianism** Our original and ultimate diet. Free information, send large SAE to John Rhodes, Longcause Cottage, Longcause, Dartington, Totnes TQ9 6EY.

## Magazines

**The Vegan** is published by the The Vegan Society.

**The Welsh Vegan** is a quarterly magazine in Welsh and English. Annual subscription £1.25 from Bronyr Ysgol, Montpellier, Llandridnod Wells, Powys.

**Arkangel** is an animal liberation magazine. £10 for 4 issues inc p&p. Arkangel, BCM 9240, London WC1N 3XX. Articles to [arkangelweb@hotmail.com](mailto:arkangelweb@hotmail.com)

**Growing Green Internatinal** is published by Vegan Organic Network.

Web: [www.veganorganic.net](http://www.veganorganic.net)

**The Green Queen** Twice yearly lesbian, gay, bisexual, vegan & veggie mag, welcomes short stories, poetry, articles, opinion, book/film reviews, campaign information. Issue 11 now available, please send £1-13 to K Bell, Green Queen, BM Box 5700, London WC1N 3XX.

**New Leaves** is published by Movement for Compassionate Living.

Web: [www.MCLveganway.org.uk](http://www.MCLveganway.org.uk)

**Vegan Voice** is a quarterly Australian magazine for those who want to spread the message of respect and love for all life. It promotes a non-violent way of living beneficial to the planet, all animals and human health; gives a platform for like-minded groups and individuals. Credit card facilities now available – approx £18 for 4 issues, a year's subscription. PO Box 30, Nimbin NSW2480 Australia. Web: <http://veganic.net> Email: [veganvoice@lis.net.au](mailto:veganvoice@lis.net.au)

**Vega** – online magazine: [www.vegaresearch.org](http://www.vegaresearch.org)

**Viva!Life** is published Viva. [www.viva.org.uk](http://www.viva.org.uk)

## Projects

**Ancient Woodland Project** a 29-acre woodland near Scarborough, run by a Vegan Views subscriber who wants to convert it back into a native woodland. Details: Louisa 01723 514525 or 07748 101117.

Email: [Ancientwoodlands@aol.com](mailto:Ancientwoodlands@aol.com)

Web: [www.woodlandproject.org.uk](http://www.woodlandproject.org.uk)

## Religion + spiritual

**The Fellowship of Life** works on a spiritual foundation for the promotion of veganism and animal liberation; seeking to unite believers of all faiths or none in a harmless way of life. Details from Harrall at 43 Braichmelyn, Bethesda, Bangor, Gwynedd LL57 3RD.

**A friendly network** of vegetarians and vegans committed to faith in Jesus Christ. Membership is free. Kindness Unlimited, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Email: [springoftruelife@aol.com](mailto:springoftruelife@aol.com)

**Jesus Top Secret** Fascinating article showing that Jesus was a vegan, and that he expressly commanded his followers to observe a purely vegetarian diet and to show love and kindness to all living things, and explaining why these teachings were altered and suppressed. Send £1.20 in stamps to BCM Redeemer, London WC1N 3XX.

Web: [www.members.tripod.com/jbrooks2/](http://www.members.tripod.com/jbrooks2/)

**Followers of the Way** Founded by Antony Bates (1920-1996). A group of friends who are vegetarian/vegan, and pacifist in relation to war. They aim to cultivate the inner life and to express this through works of reform and creativity. They proclaim the Christ has returned and anticipate

the return of the prophets. Tel: 020 8948 2315. 365 Sandycombe Rd, Kew Gardens, Surrey TW9 3PR.

**Spiritual Veganism** The ultimate belief. You are a spiritual vegan if you are a vegan whose one and only concern is for the animals, and you believe that those beautiful, intelligent, loving creatures, bred for an already overladen table, have the divine right to live. Spiritual Vegans, Kent House Kent Place, Lechlade, Glos GL7 3AW.

**Veg4Lent** This campaign is active each year in promoting the benefits of ethical vegetarianism amongst Christians. For further information on this year's initiative, see [www.veg4lent.org](http://www.veg4lent.org), or contact: Veg4Lent, Pines Road, Liphook GU30 7PL. Tel. 01428 723747.

## Printing + resources

**Footprint Workers Co-operative**, 40 Sholebroke Avenue, Leeds LS7 3HB. Very reasonably priced, very ethically based, all paper is re-cycled, eco-friendly inks. Tel: 0113 262 4408. Web: [www.footprinters.co.uk](http://www.footprinters.co.uk)

**Sunrise Screenprint**, tel: 01356 660430. Web: [www.menmuir.org.uk/sunrise](http://www.menmuir.org.uk/sunrise). The owners are vegan, environmental, and print on fair trade organic cotton T-shirts. Retail/wholesale and custom printed.

## Sport

**Vegetarian Cycling and Athletic Club** Open to vegans of any sporting ability. Details: Peter Simpson, 13 Peers Lane, Shenley Church End, Milton Keynes MK5 6BG. Tel 01908 530919. Web: [www.vegac.co.uk](http://www.vegac.co.uk)

## Vegan communities

**Brynderwen Vegan Community** started in May 2002 when a large four-bedroom house in a semi-rural location on the outskirts of Swansea was purchased. It has a huge double garage with planning permission to convert to further accommodation or part accommodation, part workshop. Two acres of adjoining land is being purchased. Some people live at Brynderwen, others independently nearby. If you're interested in visiting or living at the house or nearby contact Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Tel: 01792 792442. Email: [vegancom@btinternet.com](mailto:vegancom@btinternet.com). A small newsletter is available (send SAE). Web: [www.veganviews.org.uk/brynderwen](http://www.veganviews.org.uk/brynderwen)

## Vegan shops

**Vegonia Wholefoods** sells only vegan products. 49 High Street, Porthmadog, North Wales. Tel: 01766 515195.

**Unicorn Grocery**, 89 Albion Rd, Chorlton, Manchester, M21 0BN. Tel 0161 8610010. Web: [www.unicorn-grocery.co.uk](http://www.unicorn-grocery.co.uk)

**One Earth Shop**, 54 Allison St, Digbeth, Birmingham, B5 5TH. Tel: 0121 6326909.

**Star Organics**, 84 Cranleigh Rd, Southbourne, Bournemouth. Tel/fax: 01202 418541. Organic fruit and veg, health foods and eco products.

# Vegan Views

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The website features highlights from recent back issues. From VV93 and onwards, the entire magazine can be downloaded.

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**New layout!**

This issue comes to you with a new layout. We would be pleased to hear of your reactions to this.

**Vegan Views** is independent of the Vegan Society but shares its aims. It was started in 1975 by a group of vegans who wanted to make contact with others interested in creating a more harmonious way of living based on veganism, and to communicate more informally than could be done in the official journal of the Vegan Society. It realises that many vegans feel isolated from society and appreciate contact with, and news and opinions of, other vegans.

We rely on readers' contributions and welcome letters, articles, news, events, drawings and constructive criticism – and try to print all that is relevant and of interest in the magazine. If you don't want your letter published please make this clear when writing.

We expect to publish quarterly, but have no fixed publication date, so write early to be included in the next issue.

# From the editor...

**Food seems to be prominent in the news lately. There is an increasing worry that illnesses due to bad diet are on the increase and if this trend continues it would overwhelm the provision of health care.**

*By Harry Mather*

Attention has focused on the eating habits of children and the fact that food manufacturers are targeting children to promote overconsumption of processed foods that do them more harm than good, foods that lead to too much salt and sugar in the diet and an unbalanced diet generally. Many schools are now giving children fruit for snacks and the children seem to enjoy them. The unhealthy drinks vending machines which drinks promoters have supplied to schools are also seen as unsuitable. Children are now growing up without a basic idea of cookery and it may be that more emphasis will be placed on teaching the basics of nutrition to counter the

biased promotions of advertisers on TV and elsewhere, but governments stop short of regulations that would challenge misleading advertising.

Hopefully this step in the right direction is the beginning of an awareness that the conventional diet is not the best and more people will come to take note of the nutritional advice now given by those who study nutrition and be less influenced by the propaganda of manufacturers mainly interested in boosting their sales.

Food manufacturers are under pressure to reduce the unhealthy ingredients in their products and are slowly responding, but the changes need to be much greater.

People still look on milk as the best source of calcium, whereas plant foods will provide a more balanced source, and it has not occurred to them that milk is only intended for babies. People still think of meat as an essential and traditional part of a meal, whereas the greater part of populations have either lived without meat or eaten it only on rare occasions.

## Events

**4 – 8 August: The Funky Raw Festival**

Near Plymouth on an organic farm close to a sandy beach. Band and DJs, juice bar, food tent, various stalls & workshops. Camping. Price: £60 or £30 concessions. Details: Chris Kennett 023 92611607.

**7 – 21 August: Vegan Camp**

this year it will be held at Longhorsley in Northumberland. All Welcome. Come for a long stay or a short stay. More details from Veggies Catering Campaign, Sumac Centre, 245 Gladstone Street, Notts NG7 6HX. Web: www.veggies.org.uk/vegancamp.

**15 August: Cruelty-Free Fayre**

In North Yorkshire Moors near Scarborough Ravenscar Old Cricket ground behind Village Hall. 12 to 5 pm. Vegan Café, BBQ, Crafts, Campaigns, Plants, Fair Trade, Music and more. Piches to hire/offers of help to Karen/Kev: 01723 870366.

**12 September: Festival of Life**

10 am – 9 pm £4 (concessions £2, under 16s free). Celebrating sustainable, compassionate, raw/living-food & holistic lifestyles. Web: www.festivaloflife.net. Conway Hall, Red Lion Square, Holborn, London WC1. Nearest underground station: Holborn.

**25 September: Vegan Organic Farm Visit**

Held at Tolhurst Organic Produce in Whitchurch-on-Thames near Reading, 1pm.

Organised by the Vegan Organic Trust (www.veganorganic.net). Find out what a diverse range of foods can be grown in the UK, pick up some tips on growing your own fruit and veg in your garden or allotment without animal by-products (such as blood, fish & bone and manures), meet like-minded people, ask questions, learn! For beginners or experts in growing. All are welcome, not just VOT members. The tour normally lasts around 3 hours, then there will be free light refreshments and chat. Cost: £18, which helps to fund VOT's valuable work in promoting stockfree farming. Numbers are limited so book early! To reserve your place, send full payment (payable to VOT) to Graham Cole, Coach House, Holywell Estate, Swanmore, Southampton SO23 2QE. Tel: 01489 896471. Email: veganrainbows@tiscali.co.uk. Full details will be sent on receipt of payment. Closest railway station is Pangbourne (nearly 2 miles from the farm) which is a 25 minute walk if you are a fast walker. Lifts from/back to the station may be possible – ask for details.

**11 Dec: Nottingham Vegan Festival**

The festival will be held at the Council House, Market Square, and feature a whole range of stalls. Organised by Veggies Catering Campaign and House of Life. Email Ronny and Reuben if you would like to have a stall. vegan-festival@veggies.org.uk

**Correction:**

Vegan Camp In VV100 Events was listed as being 7 – 21 July, when it should have read 7 – 21 August.

Visit [www.veggies.org.uk/calendar.htm](http://www.veggies.org.uk/calendar.htm) for the latest vegan and animal events. Vegan related events are also at [www.veganviews.org.uk](http://www.veganviews.org.uk)

# Vegan organic growing: A Time for Harvests and More Sowings

It is now that time of year when the plans and labours on our plots reach fruition and there comes the reward of harvests of health-giving fruit and vegetables and the colours and scents of the flowers delight the senses. But it is also a time of sowings and plantings to take advantage of the still warm soil and high light levels.

By Graham Cole

Many Oriental vegetables are compact and fast maturing making them useful for smaller plots, for interplanting between rows and filling gaps. Many of the Oriental salad leaves can be grown as cut-and-come-again crops for raw eating, steaming or stir-fry are nutritious and make a change.

They can be raised in modules for planting out and of a larger and more robust size to resist the creatures that find them tasty too or direct sowing, soaking the shallow drill first before sowing if the weather is dry and also keeping moist once through as the flea beetle thrives in hot, dry conditions and peppers the leaves with tiny holes.

Some come in seed mixtures of some half-dozen types and can be sown thinly but close together and cut several times at a young tender stage. Examples of Oriental crops are as follows:

**Chinese Cabbage** Many different types, all quick growing with mild flavour. Need a moisture retentive soil and cut semi-mature or mature tight heads. Varieties include "Wong Bok", "Green Rocket" and "Early Jade Pagoda" (my own favourite).

**Mustard Greens** A varied group of oriental greens including Mizuna, Green-in-the Snow and Mibuna with a hot and peppery taste the pungency varies with variety and age of plant. Grow as seedling crop and is ready in a few weeks.

**Pak Choi** Close relative of Chinese Cabbage-the leaves have a wide, white and crunchy mid-rib and can be eaten raw or lightly cooked at any stage from seedling to mature heads. These can be sown up to September for even growing under cover. Shallow rooting so needs regular moisture. Varieties... "Canton Dwarf" and "China Choi".

**Oriental Saladini** A mixture that can include mizuna/mustard greens, pak choi, komatsuna and non-heading Chinese cabbage. Can be good in tubs and containers, again, plenty of moisture and leave a stump and the plants will re-sprout for 3-4 more cuts.

Also at this time **Autumn Onions** (sets or seed), Chard, Leaf Beet, Chicory and Lettuce can be sown, the latter includes such types as "Valdor", "Arctic King" and "Pinnokio".



**Oriental greens for cut-and-come-again.**

**Green Manures** A time to fill any space to cover the soil in Autumn and through the Winter, ideally a nitrogen fixing legume such as Clover, Trefoil or Tares to protect and improve soil structure and build fertility because it is possible to grow plants without animal manures and blood, fish and bone and chemicals as we are demonstrating in the UK and around the world on Vegan Organic plots of all sizes.

**Fruit** If you planted some "Autumn Bliss" Raspberry canes last winter as I suggested you should be getting your first and useful pickings

about now and if you haven't discovered this easy, excellent variety that only needs a little space to give delicious berries for years to come then consider it this autumn...

Finally, you can join me for the annual farm visit at Hardwick Gardens (details: Events, page 3) to see Tolly and his varied crops that feed many people on a weekly basis "Box Scheme" in and around Reading, Berkshire. As featured on Radio 4 programme "On Your Farm"... be inspired and see what is possible.

## Useful information

**Seed catalogues:** *Suffolk Herbs*, Monks Farm, Coggeshall Rd, Kelvedon, Essex CO5 9PG. Web: [www.suffolkherbs.com](http://www.suffolkherbs.com)

*Tamar Organics*, Tavistock, Woodlands Estate, Gulworthy, Tavistock, Devon PL19 8JE. Web: [www.tamarorganics.co.uk](http://www.tamarorganics.co.uk)

**Animal-free compost:** B&Q Organic Peat free Multipurpose compost. Alternatively, composted municipal waste (i.e. grass and tree cuttings) is available in some areas – try your local recycling centre.

**Organisations:** Vegan Organic Network, Plants for a Future, and Movement for Compassionate Living: see page 18.

**Website:** Vegan Views website contains the current and all the of previous Vegan Organic Growing articles, and in many cases, has extra colour photographs. See [www.veganviews.org.uk/vvcrossref.html#grow](http://www.veganviews.org.uk/vvcrossref.html#grow)



Graham Cole has worked on several large gardens since 1978. He is a supporter of the Vegan Organic Network, and will be the presenter on their forthcoming videos on stockfree organic agriculture.

# Interview with Vegan Village

**John Curtis has interviewed Libby Watts who puts together the Vegan Village website. Unlike many other vegan websites it is UK-based and extremely popular amongst vegans. The free noticeboard is a daily must-see. The website address is: [www.veganvillage.co.uk](http://www.veganvillage.co.uk)**

## **Vegan Views: How did the idea of the Vegan Village website come about, and when did it go live on the internet?**

Libby: It was back in 1997. Me and my husband both worked with computers and had started to use the web ourselves. We didn't know any other vegans, and thought that the web would be a good way to create a virtual community for vegans in a way that you could never do in the 'real world'.

## **It must have been one of the earliest UK vegan sites. Had the Vegan Society got a website by then?**

It was actually one of the earliest vegan sites in the world! There weren't very many vegan websites at all at that point. I think the Vegan Society's website had been up and running for about a year by then, but that was more for people thinking of going vegan, rather than for those of us who had already taken the plunge.

## **How popular is it. How many 'hits' do you get?**

The Vegan Village is very popular and well known in the vegan world. We get around 42,000 visitors each month, looking at 150,000 pages. The most popular section is the noticeboard and we handle up to 1,000 small ads a year. The recipe book is the next most hit section.

## **I take it that it's done for the love of it, that you don't get any income from it?**

That's right, we do it in our spare time and fund it from our own money. This means that we retain editorial control over the content, and don't have to worry about keeping advertisers happy! This does mean that we occasionally get unhappy vegetarians who feel excluded, but our philosophy is that there is already plenty out there for vegetarians, and it is time that vegans got some support. The best part about running the website is when we get an email from someone who says that the Vegan Village has made them feel less isolated.

## **The words Vegan and Village sound good together, but they also mean something don't they?**

In our ideal world we wanted to be able to walk down the high street and have a good choice of vegan products – even to go into a shop and be able to choose whatever we wanted off the shelves without having to read the labels. We couldn't do that, so the next best thing was to have a virtual village (originally we wanted to call it the Virtual Vegan Village but thought that was a bit of a mouthful!). Since then we have seen the emergence of companies such as Vegan Store, which is absolutely fantastic and takes us a step closer to our ideal world. We

believe that it is essential that the vegan community supports – vegan companies – that we spend our 'vegan pound' with them to help them grow and innovate.

## **Your website design company is called Imaner Consultants which is run by Libby and Andy Watts. I assume that you're husband and wife.**

Yes, we are husband and wife – we will have been married for 14 years in September and have been running Imaner Consultants and the Vegan Village for half of that time.

## **Is Imaner your full-time job, or do either of you have a day-job?**

Absolutely 24/7 for both of us! IC is a well established, very successful vegan business with an established customer base. We have both worked full time on it since setting it up in 1997.

## **Who have Imaner been working with?**

Over 90% of our customers are vegan. We have an ethical policy, which means that we turn away work which conflicts with our vegan ethics. At first other people thought that this was very odd, but now they can see that it has enabled us to build a very strong business. We are very proud of our client base which includes Animal Aid, Ethical Wares, Uncaged Campaigns, Plamil, the Captive Animals' Protection Society and the Ethical Investors Group.

## **As well as web design, Imaner do consulting. What sort of things does that involve?**

The consulting is largely related to the internet. Andy and I both have business studies degrees (Andy has an MBA too) so we are able to take a broader view than simply the design of a website. At the moment we are looking at ways of using the internet as an effective campaigning tool. We also carry out online market research and give advice to start-up vegan businesses.

## **I guess that many vegans with web-design skills might consider a career in web design for ethical companies to be a dream-job. Do you think there's much room out there for more or is there too little to go round already?**

We are definitely seeing a change in the positioning of veganism. When we started, most vegan-run companies, with a few notable exceptions, thought they should hide the fact that they were vegan – they thought it would put people off their products – but this is now changing, and companies are becoming proud



**Libby Watts in front of the Vegan Village logo.**

to show their vegan credentials. Last year we had so much work that we had to close our books to new customers. The more vegan companies there are, the better news that is for all of us.

## **The Vegan Research Panel – is that a bit of fun, or something more serious. Do you circulate the results to manufacturers?**

We do this in our spare time too! (We don't have much spare time left now!) We set the Vegan Research Panel up in order to canvass the opinions of vegans, and the internet allowed us to do this in a way that had never been possible before. Andy's background is in market research, so we ensure that it is all carried out to industry standards. We send the results to companies who we think will be interested in the results, and at some point in the future we would like to start asking questions directly on behalf of those companies – for example, to carry out research for new product development.

## **How, why and when did you go vegetarian, and later vegan (assuming you didn't do it in one step)?**

I was only veggie for about 6 months before going vegan, after reading an excellent magazine that was around at the time called Vegetarian Living. I've been vegan for about 12 years now. Andy was what he calls a "passive vegan" – he ate vegan at home but was less strict out of the house. After a while he decided that he didn't want to eat any animal products at all and became a fully fledged vegan too. Having done that, it was a natural step for both of us to want to work in a vegan environment too. That's when we set up our own vegan business, and we haven't looked back!

# Vegan caterers

After doing a bit of research, I found that there are more groups and businesses that can do vegan catering than I thought there would be. All of the caterers below can do fully vegan catering, but as noted, some do vegetarian catering too.

By John Curtis

I spoke to David Mather (Harry Mather's son) who got married last December and booked **Leon Lewis** to do all of the catering...

He did a wedding buffet for our 60 guests in a village hall and was fantastic. We had great reports from everyone, and about 90% of our guests were meat-eaters – they loved the food. His pricing was extremely reasonable too – around £6 to £7 per head. Since it was a buffet, the food was to be served cold, and he prepared it all the night before. He did, however, heat a couple of the dishes in the ovens at the village hall. I've been told that he can cater for 100s of people. Leon was friendly professional and very keen to play his part to help make the day a success, which he certainly did. I made numerous phone calls to Leon to discuss food but he also helped me with a few logistical questions that I had. He was very helpful. He also does some of the big vegan events, such as Animal Aid ones. Tel: 01277 218661.

Web: [www.leonlewis.co.uk](http://www.leonlewis.co.uk)

## Purple Penguin Café

All of their catering is fully vegan. They have a marquee, a grand oven to cook fantastic cakes in, chairs, tables, drapes and all manner of useful tat carted around in our dodge and large trailer. They also have a solar-powered lighting and sound system.

They use organic or locally produced ingredients where possible, and include Fair Trade products.

This mobile café started in 2000 and has six members who are based in Hebden Bridge, near Halifax when they are not travelling. They go to festivals/events during the summer, living and working together on the road. Last winter they catered at some indoor events in West Yorkshire. They also lend equipment and people to other groups doing food things such as the Earth First gathering. They don't have any job vacancies, but are always looking for volunteers who would like to have their travel/ticket and food paid for at an event in return for their work.

In the last 12 months they have had stalls at: Crickstock, Leamington Peace Festival, Priddy Folk Faire, Hebden Riverside Festival, Buddahfield festival, Big Green Gathering, a wedding near Rugby, a party in Wales, oblong Xmas Party, a party in scout hut in Hebden Bridge, Newcastle Green Fair, and Kingston Green Fair. Tel: 07786 262 864.



Leon Lewis catering stall at the Glastonbury festival, June 2004.

Web: [www.purplepenguin.org](http://www.purplepenguin.org)

## Veggies

Veggies are based in Nottingham, and were formed in 1984. They did fully-vegan catering right from the beginning and have done ever since. They provided veggie burgers at animal rights demos. In October 1984 they acquired a stall and sold burgers in Nottingham. Around that time they also catered at a few demonstrations, including the Molesworth Anti-war camp and the Smithfields demo organised at the time by the Vegetarian Society (Smithfield in London is a huge meat wholesale market).

They are not-for profit. Many of them are volunteers, although they have sometimes been able to pay low wages to their permanent staff. Money raised funds new equipment, campaigning, and funds the Sumac Centre.

Several years ago, they also started catering at private functions – weddings, funerals, etc.

They cater at many events throughout the year. Their biggest catering event is the Glastonbury Festival in Somerset, closely followed by the Big Green Gathering. Winter/Spring is a quiet time for them for these sorts of events.

There are two main purposes of Veggies: Educating meat-eaters that vegan food can be fun (which is why things like weddings are important, since many of the guests will not be vegan), and providing vegan food cheaply (e.g. at festivals & demos). They aim at a 50:50 balance of these two.

Veggies also have a vegan café in Nottingham, in the Sumac Centre. This is run mainly by a group of volunteers, and not all of them are connected with Veggies.

They cater mainly in the Nottingham/London areas, but will go anywhere in the UK if the event is big enough. They have to consider travelling.

They do not provide a postal service, but do get some orders from prisons who cater for vegan prisoners.

Veggies used to make most of their money selling things like veggie burgers to businesses in Nottingham. Now, due to the much wider availability of veggie food from the frozen food industry, frozen sales have declined greatly. Event catering has risen to take its place.

Event catering is mainly done by Ronny and Patrick of Veggies, with lots of help from volunteers.



Purple Penguins stall at a festival.

# A vegan look at the news

They regularly appeal for volunteers – they have a ‘crew’ list who they call upon for help, and appeal for new volunteers by word-of-mouth and on the Vegan Village noticeboard ([www.veganvillage.co.uk](http://www.veganvillage.co.uk)). They have an increasing number of volunteers based in the London area which helps them to cater at events in this area.

They recently acquired huge pots so that they can cater for 300 to 400 people, making things like pasta with pasta sauce at private functions. At festivals and demos, they tend to sell veggie burgers, pasties and cake.

*Ronny has produced a booklet on vegan cake making called “Cake Scoffer”, available from Veggies for £1.20 inc p&p.*  
Tel: 0845 458 9595.

Web: [www.veggies.org.uk](http://www.veggies.org.uk)

## Other Caterers

**Arjuna** A co-operative who run the wholefood shop and a wholefood distribution business in Cambridge. Web: [www.arjunawholefoods.co.uk](http://www.arjunawholefoods.co.uk). Tel: 01223 3648450.

**Buxton Tram** Mobile catering within 25 miles of Buxton. Hot and cold vegetarian/vegan snacks. Tel: 01298 72472. Web: [www.thebuxtontram.co.uk](http://www.thebuxtontram.co.uk)

**Cavanaghs** The two owners are both vegan, although they will do vegetarian as well as vegan catering. Tel: 01277 227138. Web: [www.cavanaghs-uk.com](http://www.cavanaghs-uk.com)

**Clements Vegetarian Catering** Based in Plaistow on the Sussex/Surrey border. They offer a full outside catering service for vegetarian and vegan functions. They have catered for many weddings in excess of 100 guests. They have also provided catering for christenings, birthdays and funerals. 01403 871 246.

Web: [www.clementsvegetarian.co.uk](http://www.clementsvegetarian.co.uk)

**Grassroots Organics** Based in Glasgow, they can provide veggie, vegan, organic, specialist catering for parties, dinner parties, weddings, gatherings, conferences, talks and festivals. Tel: 0141 353 3278.

Web: [www.grassrootsorganic.com](http://www.grassrootsorganic.com)

**Happy Hamsters** Based in Essex. Tel: 0780 3595815.

**Lewis & Hastings Vegetarians & Vegans** provide outside vegetarian/vegan catering in the South East for Animal and Human Rights Charities. They specialize in barbecues (on one occasion catering for 400 people at an environmental fair) and salad bars, cakes and savouries. Tel: 01435-830150. Web: [www.ivu.org/lhveg](http://www.ivu.org/lhveg)

**Mm...Deli** A Nottingham-based veggie delicatessen who also do outside event catering. Tel: 0115 910 1601.

Web: [www.mmdeli.co.uk](http://www.mmdeli.co.uk)

**Veg Out Sussex** Tel: 01323 449341. Web: [www.veg-out-sussex.co.uk](http://www.veg-out-sussex.co.uk)

*An extensive list of vegetarian/vegan caterers can be found on the Veggies website at:*

[www.veggies.org.uk/acd/groups/caterers.htm](http://www.veggies.org.uk/acd/groups/caterers.htm)  
Also, try contacting your nearby veggie restaurants – a few of them do catering.

## Congratulations Fiona!

Vegan Fiona Oakes who runs Tower Hill Stables Animal Sanctuary ran a sub 3 hour London Marathon coming 62nd in the race - please visit her sanctuary website [www.towerhillstables.com](http://www.towerhillstables.com) to see how you can help. (Source: Vegan Village Noticeboard)

## New Vegan Café in Yorkshire

Leeds Vegetarian and Vegan Society discovered this brand new vegan cafe on its first day of opening, Tues 18th May, whilst accompanying Laurence Main on a small part of his walk across the country for the Vegan Society’s Diamond Jubilee.

Canalside Community Café, Hebble End, next to the Alternative Technology Centre on the canalside, Hebden Bridge, W Yorks. Tel: 07870727373. Email: [kurlykathb@yahoo.co.uk](mailto:kurlykathb@yahoo.co.uk)

Times: Tues-Thurs 10-6pm, will open on Mondays for groups by prior arrangement. Non-smoking, eat in or outside in the garden, child friendly with children’s menu, toys and high chair.

## The Bull Lives On

At a recent bull fight in Nimes, Southern France, the spectators were so impressed by the stamina and courage of the bull that they clamoured for his life to be spared. It was only a spark of mercy. Could this spark start a thought process leading to enlightenment.

## Another Cattle Disease

A new mystery cattle disease has appeared to puzzle the experts. It is not yet sure whether this new disease is transmittable to humans, but after the fiasco of BSE and its effect on humans, scientists are being cautious.

## Vaccines in Tomatoes

Scientists are still working hard on ever new forms of Genetic Modification. Tomatoes can be modified to provide a vaccine against Hepatitis B by genetic manipulation. This could be taken through eating the tomato, through tomato paste, or through providing it as a pill. This would avoid the expensive cold storage needed for the present vaccine usage.

## Eastern Progress

Economic Progress is ‘mushrooming’ in China and they are catching up with their view of prosperity as seen in the ‘West’. This includes eating more meat, also dairy produce which is not part of their traditional diet. A fish and chip restaurant in Beijing is also doing good trade!

## Superficiality

“By being so superficial, the world has become artificial” Sundari. There are signs sent by Nature to show its unease at the insane use that we, human beings, have towards it. Our superficiality is so great that it prevents us from seeing reality in its true dimensions.

It is our behaviour that creates great damage to the life of the planet, but we do nothing to change it. We prefer, from convenience or laziness, to look at the problem as something independent from us. Consequently to change the damage we

cause, we devise excuses or structures which are external to us:

Is the world polluted? Let’s invent ECOLOGY which should solve the troubles caused by us.

Is the world at war? Let’s discover PACIFISM which would stem the obscenities of battles.

Is cruelty in the world so clear that brutalities towards animals seem something normal and unimportant? Let’s think up ANIMALISM that stems some perpetrated atrocities done to defenceless beings.

Is there starvation, poverty, slavery in the world? Let’s discover CHARITY which should be useful in alleviating the suffering of helpless beings

Finding solutions that lessen disasters caused by us doesn’t give us the authority to continue with them. If our behaviour causes incurable damage (for nature, for humans, for the animal world), hasn’t the time maybe come to change our lifestyle?

If we really want to stop being destroyers, it would, in my opinion, be easier, more logical and normal to look around us and start to read with the right importance the alarms that Nature sends us, revising our lifestyle; beginning to be protagonists for change, rather than going on with delegating this task to others. If all people go on delegating, superficiality cannot but prevail.

After mad cow disease people now talk about bird flu. A virus which caused the death of tens of millions of winged animals and which seems to be transmitted to humans with lethal consequences. I agree with the opinion of Lee Jong-Wook, the Director General of the World Health Organisation, when he affirms that this flu “is a serious world threat to human health”. I don’t believe in that case. Thinking about those events, I come to consider our bodies and immune defences. High temperatures, like many other manifestations of disease, are nothing but the symptoms that inform us that something in our system is not working.

In the same way, we must understand that mad cow disease and bird flu are only the symptoms, the signals, the evidence that Nature is ill. Dangerously ill. Our superficiality makes us forget there exists a natural law of things which doesn’t lend itself to compromises like men’s laws do. We must not think that we can carry on living on this planet with foolishness and presumption. Planet earth is not man’s planet, it’s the planet of several forms of life. Nature is the only true Law, and in the end it comes up with the bill.

Maybe in the astonishment of our death we could find the reasons for our existence. But it is certain that for many people the incapacity of being responsible and conscious of their own lives only causes inauspicious events not to undervalue the reality of Life on planet Earth.

To be vegetarian doesn’t make us better people, but the vegetarian choice can improve the world.

*Carmen Somaschi, President of the Associazione Vegetariana Italiana. [presidente@vegetariani.it](mailto:presidente@vegetariani.it). Edited by Harry Mather.*



## Food of Bodhisattvas – Buddhist Teachings on Abstaining from Meat

Published by Padmakara Translation Group, Horticultural Hall, 300 Massachusetts Avenue, Boston, Massachusetts, 02115 USA. \$14.95 pbk. [www.shambhala.com](http://www.shambhala.com). ISBN 1 59030 11.

This is a plea for vegetarianism written by the Buddhist yogi Shabkar Tsodruk Rangdrol (1781 – 1851). The argument is that all who aspire to spiritual advancement should adopt a vegetarian diet, but milk is not excluded. The context and language are appropriate to the time and place. They will no doubt be of close interest to Buddhists. Of greater interest to the general reader is the lengthy introduction by the translators which addresses the often contrary sayings attributed to Gautama Buddha which seem to imply that he permitted his followers to eat meat. It is suggested that in the severe climate of Tibet it would be very difficult to grow vegetables sufficient for subsistence and he was aware that many followers had long been accustomed to eating meat. Teachings were made to various audiences in accordance with the people and the circumstances he was addressing, in the hope that they would at least limit their meat consumption and not entirely reject his teachings.

‘Knowing that people are transformed only by what they can understand and actually assimilate, he did not mystify them with subtle and abstruse words or try to impose on them disciplines that were beyond their strength. Instead, he spoke to them according to their ability and need.

The teachings recorded in the scriptures are therefore circumstantial, bestowed in a given situation and to specific individuals. A teaching appropriate for one person or group of persons is not necessarily suitable for others. Instructions intended for disciples of great acuity, and that approximate more closely the Buddha’s own understanding, are not appropriate for disciples of more modest capacity, who need a more gradual approach. Buddhist scriptures present an entire spectrum of instruction, all of which has a single aim: to lead beings to liberation... It is a mistake to quote teachings out of context, applying them too broadly, in situations for which they were not designed.

But no matter how cogent the circumstantial argument may be, and there is little doubt that it was so in Tibet, it is still important to preserve the essential principle. However much the eating of meat may be justified in the case of given individuals and circumstances, this should not be allowed to obscure the basic fact that meat eating does violence to the Mahayana ideal and is in normal circumstances indefensible. It is clear from Shabkar’s writings that this was one of his main preoccupations.’

As for the idea put out that the Buddha died from eating tainted pork. The authors point out that any normal person would be aware if any meat was tainted and would refuse to eat it. It is

ridiculous to suggest that the Buddha should not be aware of tainted meat.

Another point is that Buddhists believe in the reincarnation of souls and that it is possible for humans to be reincarnated as animals. You might therefore be eating what had been a human – maybe even your own mother. Shabkar may be speaking more widely when he says, ‘When we have acquired an awareness of the fact that that all beings have been our mothers, and when this awareness is constant, the result will be that when we see meat, we will be conscious of the fact that it is the flesh of our own mothers.’

Those who accept the modern ideas of evolution could also reflect that we have a relationship with the other species of the animal kingdom and should treat them with respect.

There could be some circumstances in which killing an animal is necessary for our own survival, but such circumstances can only occur very rarely to very few individuals and is no excuse in the present day when so many vegan foods are widely available.

Getting many people to eat less meat can have more impact on animal welfare and, incidentally, on human health than persuading a few to give up meat entirely.

## The Grapevine Great British Where To Eat Vegetarian Restaurant Guide

Compiled by Daryl Burton. Published by Grapevine Guides, PO Box 555, Maidenhead SL6 3ZG. ISBN 0 9547243 0 5.

Here is a bright, well laid-out and informative guide to eating out for vegetarians in England, Scotland and Wales (not Ireland); grouped in regions with 38 useful maps, comprehensive info (opening times, seating, non-smoking, licensing, a clue on prices, etc – but not wheel chair access). Vegan availability is mentioned where appropriate. There is an informative write-up for what each place has to offer, their specialities and typical menus – so up-beat that you would think even meat-eaters should be flocking there (Which in fact happens in some restaurants).

Over 500 places – restaurants, cafés, pubs and bistros are listed, but there is no mention of shops, nor guesthouses favourable to veggies. This book can be ordered direct from [www.grapevineguides.co.uk](http://www.grapevineguides.co.uk). Your local



bookshop should also find it for you.

### Recommended Books...

**Vegan Rustic Cooking For All Seasons** by Diana White. Published by Vegan Organic Trust, 10 Charter Road, Altrincham, Cheshire WA15 9RL.

**Animal-Free Shopper** 6th Edition £4-99 + £1-50 P&P from The Vegan Society.

**Specious Science** by C. Ray Greek, MD and Jean Swingle Greek, DVM Authors of *Sacred Cows and Golden Geese*. How Genetics and Evolution Reveal Why Medical Research on Animals Harms Humans. ISBN 0 8264 1398 6 US\$ 26.90.

**Vegan Stories** Vegans around the world tell their stories of how and why they went vegan. Collected by Julie Rosenfield. £7-99 + p+p from The Vegan Society. Julie’s Vegan London website: [www.veganlondon.freeserve.co.uk](http://www.veganlondon.freeserve.co.uk)

**Plant Based Nutrition and Health** by Stephen Walsh Ph. d. Published by The Vegan Society. 240 pages £7-95 ISBN 0 907337 26 0 paperback.

An up-to-date review of current scientific research on vegan nutrition. Using sound science he is able to show the health benefits of a vegan diet, and to inform vegans about the best nutrition they can follow. The points made in various chapters are explained in simple language and each chapter ends with a clear summary of the practical points. There is clear guidance on the often raised topics of calcium, iron, vitamin B12 and fatty acids (e.g. omega 3’s).

# Letters

## Past Vegan Views Remembered

I remember when Vegan Views was The Newsletter. When the newsletter started was about the time I became vegan, so we have a lot in common!

There are many things I remember, e.g. "Birth of Seonaid", "Interview With Leah Leneman", "Interview with Liz Cook". I've also contributed over the years with various letters!

I'm so proud to be vegan! I've met some wonderful friends, e.g. Lesley Dove, Marilyn Harrison, Doreen Craddock, Mary Horsfield.

Through getting depressed I started art classes and found a talent, which I now use to promote veganism. I draw and paint flowers and animals. I have had it tough looking after an autistic son, having two violent partners, but my veganism has always got me through it!

I now do art for Autism and children with cerebral palsy. So I can help animals as well as humans, because I believe in Equal Rights for humans and animals.

Lots of Love to all my Friends out there,  
*Linda Boyle*  
*Vegan for 28 years!*

## Sheep and Cattle

It was with a note of horror that I read the New Scientist article on sheep. Apparently 'we' the scientists are near to producing wool from tissue cells of sheep in great vats of nutrients and hormones.

They, the scientists, have isolated the hair follicle from the epidermis, which, when floated on the nutrient medium can produce sheep fibres. It states that the wool follicle is such an autonomous, self-sufficient organ, that it will 'scrape' together whatever nutrients it needs from its surroundings. Large scale production might mean cultivating a lawn of dermal cells then seeding them with immortalised cloned papillae cells.

Another gem: this one from 'Walk', the Ramblers Association magazine, talking about cattle near footpaths. I quote, "A group of young cows may approach you out of curiosity, but stop before they reach you. Keep walking confidently and HOLD EYE CONTACT – thus coupling to their consciousness"

*Philip Beeching*

## Meat Look-Alikes

I have every sympathy with the serious questions which Nicola and Chris raise (VV99 and VV100) for every Vegan and indeed faced by every thinking person. We do not have Vegan tablets, nothing is in stone. We would rather respect flesh and life.

Perhaps I should feel guilty that I did not, back in the 60s, follow Vegan principles to the letter. Why not? Well, I couldn't without causing considerable hurt. Will I ever? I doubt that I shall ever be beyond criticism; the world is not made that way and all our critics are happily free.

I turned away from the waste, cruelty and dangers of the carnivorous life. Everything

since has driven home the message; there is no natural paradox, the message is unambiguous. Even if that had not been the case, I knew I would never retrace my old steps. This I hope for every convert.

Is anyone less a Vegan who would if they could but they can't? Trapped in a doting family perhaps, or incarcerated, an illegal combatant in Guantanamo Bay perhaps?

A dear friend once said to me the most irritating thing about me was my eating habits. Why, said I in astonishment, I never mention them? Every time you sit down in the canteen with a plate of vegetables, you reproach me, he replied. We can care for kind humans, be they never so misguided. The dedicated meat eater is best served a different menu.

Do ersatz educators peddling faux foods ditch our principles to make pretend converts? We may get an unpleasant sense that someone is getting away with it; having their cake and eating it, as it were. On the whole, I agree with Chris. What people think we crave doesn't matter. We don't need to pleasure our virtues, they comfort the heart but do not come formally labelled.

Thank you, dear Vegan Views, for your wonderful contribution to our open forum – the only thing I read from cover to cover.

*Peter Edmonds*

## Fish Look-Alikes

Well, well done to all the businesses producing animal-free meat and fish look-alikes that are currently flooding the market, and may they get tastier and tastier than every meat and fish product available, so making it much easier for people to change over to a new diet causing less and less exploitation of animals. When friends and family visit, I can produce a lovely spread of food to show them how "easy it can be to eat cruelty-free", and they will no more look at me perplexed and say "if you don't eat meat then what do you eat?"!

There are some things not widely known such as the majority of the 6 billion human world population are vegan, thus vegetarian, and the greatest proportion of world fuel energy source is already renewable, from wood and hydro, but also walking, handwashing and wind and sun drying of clothes, and everybody's home already benefits from some passive solar heating. So, being Vegan, we have to ask exactly what is it that we are concerned about, and what does it in practical terms affect, and I would say only two things:

1. lessening the exploitation and cruelty to our true animal cousins and
2. our children's and our own bodily health.

I understand the point that Nicola Watson made in her "meat look-alikes" letter [VV99], but where does this negativity stop? Because, as far as diet is concerned, I think the evidence is quite clear that any animal is going to be at its peak physical fitness and live healthily for the whole of its long life, if it is eating the food that evolution has designed it to eat, and for us being relatively hairless, riverside and seaside

dwelling primates, has to be raw fruit and veg, roots, nuts and raw fish. With the diet, eaten sparsely, there are areas in the world where people live to be 100 years and more – Okinawa and Azerbaijan being two. The main point I am making though is on our way to finding out and changing to the diet which is the one which we are supposed to eat (vegans substituting other things for fish), why not confine one's disapproval to the more important things such as "starvation of exploited human being animals in an already abundant world". It seems to me that human beings who cannot make choices about their predicament because they are dispossessed by richer human beings need those richer human beings – us to say enough, I'm rich enough now – I start to SHARE and be fully Vegan?

*Love, Light and Circle,*  
*Frank Bowman*

## Veganism Solves Health Problems

I've just recently been to a lecture by a man called Philip Day. He researches health problems and advises people to eat mainly vegan. Instead of a 'normal' diet of meat, dairy produce and wheat, he recommends eating mostly fruit and veg – no more than 10 – 15% of one's diet should be meat or dairy produce. This he thinks will heal many 'incurable' illnesses. He has a video 'How to live to be 100' and has studied primitive cultures who do not have access to Western health care. The longest lived eat mainly vegan. He stresses it's their diet that is the key to their longevity. I struggle to be vegan when I'm away from home and find myself in a café/restaurant that has very little to offer me. When I'm hungry I don't stick rigidly to veganism, but have to eat vegetarian. With people like Philip Day, perhaps soon this will change.

*Patricia Millar*

## Restaurants, also questions.

I'm writing to tell you that I found two lovely Vegetarian restaurants in Sheffield: *Olive Garden*, 117 Norfolk Street (0114 272 8886) and *Blue Moon*, Cathedral Street.

Good For You Café in Matlock are now selling Vegan Views.

"The Globe" Pub at Glossop, Derbyshire, has a Vegan café but they need someone to take over as Melody who works there is too ill to continue. Any one interested contact them. 01457 852417.

Does anyone know how to get rid of kidney stones apart from lipotripsy which has not worked for me?

Can anyone recommend anything for macular degeneration. I know kale and spinach is high in lutein. Can anyone recommend anything else please?

Please contact me via Vegan Views address.

*Lots of Peace and Love,*  
*Sue Fox*

# Grassroots News

If you run or help out with a "grassroots" vegan group, project or community and would like news from it listed in this section, please send us details. It would be nice to get some more news of non-agricultural projects!

## Vegan Organic Trust (VOT)

They have recently had a graphic designer put together a colour leaflet promoting VOT, and invested in a large and colourful banner for use at stalls. Another graphic designer, this time from [www.emonkeys.co.uk](http://www.emonkeys.co.uk), has redrawn and tidied up their logo. (Shown below.)

Their stall at the North West Vegan Festival in Manchester on 8 May was very successful. Most of the people who run VOT are based in and around Manchester, so it was a chance for them to meet people who have not heard of VOT. Many leaflets and information sheets were handed out to spread the word. It was also the first time that they used their above-mentioned new banner, which was made just a few days before.

They plan to have more stalls at other similar types of events in other parts of the UK, and are always looking for volunteers to help on these stalls.

They want to get their message on stock-free agriculture far and wide, especially to related groups in the green, animal rights and vegan areas. To do this, they are looking for groups who will put VOT leaflets on their stalls or give them out to their members.



## Plants for a Future

They are developing their ideas of a Land Club (described in Grassroots news VV99) at their site in Cornwall called The Field.

For more information on this, contact Phil James, 24 Lerryn View, Lerryn, Lostwithiel, Cornwall, PL22 0QL [acousticthyme@phoncoop.coop](mailto:acousticthyme@phoncoop.coop). If you would like to do volunteer work at the Field, contact Addie on 01208 871253.

At their Blagdon site in Devon, they are working towards the construction of an eco-built visitors centre. They desperately need more charity trustees so that they have the minimum number needed to pursue funding bids.

Becoming a Friend of PFAF is a valuable source of income to them. Membership is only £10 (or £25 if you wish to be a supporting friend). They are also keen to explore the idea of sponsorship. Blagdon holds huge potential for different groups and individuals to sponsor certain projects and pockets of land, such as specialist gardens or parts of the woodland. Please get in touch with PFAF if you want to discuss this further.

## Vegan Summer Gathering

Malcolm Horne who organises this event told us...

"It went well, and around 70 adults and 10 children participated. The accommodation, which

caused some problems last year, was better this year. The weather was excellent – hot and sunny. There were many talks including ones on Buddhism and Compassion, and Psychology of Veganism. Frieden Howard of Vegfam and Neville Fowler of Hippo also did a joint talk on promoting vegetarian and vegan ideas in the developing world. Other events included Tai Chi and yoga, a raw-food lunch, trips out to the Gower, and a meal at Govinda's, the vegetarian restaurant in Swansea for which 40 people turned up. We also had a couple of big meetings at a local hall. Next year's gathering will be in Mumbles again, from 11-18 June 2005."

## North West Vegan Festival – Review

Until recently, there was just one big vegan festival per year in the UK, and you had to go to London to appreciate it. How things change. Now there's also one in Bristol, and for the first time, one in the north, and Manchester was its first destination on 8th May this year. There were plenty of big names there with stalls, like Plamil, Viva!, Uncaged, Vegan Store, the Vegan Society and the Green Party. There were also plenty of smaller groups with stalls, including some local animal groups. Veggies were there doing the catering. Realfood ([www.realfood.org.uk](http://www.realfood.org.uk)) organised it, and we spoke to Mary Brady of Realfood about it...

"It's the first time there's been a free-of-charge vegan festival. We wanted not just vegetarians & vegans, but also meat-eaters to attend. Meat eaters don't want to pay for the privilege of being told that they're wrong! Around 2,000 people turned up, which was beyond our expectations. We had people outside with raffle tickets and vegan butties, pulling people off the street into the festival. We would estimate that 40 to 60% of the people who attended were meat-eaters. Many took leaflets and asked questions about the vegan diet.

My partner Neil Lea, who edits ARC News, has been thinking for years that there should be a vegan festival outside London. He didn't just want it to be a big group hug for vegans, but a campaigning effort for veganism, which is why it was important that entrance was free.

We had a stall at the Bristol Vegan Fair last year which was organised by Yaoh, and it was very well attended with over a thousand people, so it really should have been called a festival rather than a fair. It was also very professional, and there were lots of meat-eaters there. Tim



Vegan Organic Trust trying out their new banner at a vegan festival.



This truck was for sale at the North West Vegan Festival.



A photo from Plants for a Future's "The Field" site in Cornwall.

from Yaoh is very good at organising things, and got lots of sponsorship. It worked beyond anyone's expectations. Neil was born and bred in Manchester so knew all the best places, and decided that there should be a vegan festival there too. We chose a hotel that was right on the main shopping drag, which was professional and cheerful looking – we didn't want it looking like a fringe interest. We did press releases and got sponsors, and got people in the local area on the local radio to promote it, and to do leafleting for it. They even organised local mini-buses.

The next vegan festival that we organise will be in the midlands, possibly Birmingham or Derby, which will be called the Heart of England Vegan Festival, then the year after it will return to Manchester.

Veggies are planning to hold a vegan festival in Nottingham and have been asking us for advice following how well the North West one went. All these vegan festivals came about because of a brainwave of Robin and Alyson when they had the idea for the National Vegan Festival in London; they have organised it ever since."

## Here and There

### Good Food in France

Le Speakeasy (Snack Bio) provides organic vegetarian/vegan meals in Nice in the South of France Open everyday for lunch (except Sunday) at 7 rue Lamartine, just behind the Nice-Etoile Shopping Centre. Owned and operated by an American lady it is small, seats only eight and was covered with animal rights posters when Vegan Views readers Mercy Stonehill and Miriam Mather visited this year and found the food excellent.

### Corrections

In Vegan Views no. 100 we said that Provamel use fish in their recipes. This seems to have led a reader to think that there was a link with fish in the soya milk they produce. What we were trying to say was that when Provamel publish recipes using their products they include fish in some of these recipes and this does not promote the vegan ethic. We did not mean to imply that there was any fish product in the soya milk itself. Sorry if this was confusing.

On page 15 of Vegan Views no. 99 on an article on Bird Flu we referred to the flu epidemic of 1918. Unfortunately the date

printed came out as 1718 (but was corrected in the downloadable version on our website). Apologies if anyone was confused by this!

### What's In A Name?

Bob Flowerdew sounds a suitable name for a gardener, and Jim Parsley of Peckham was a good name for a vegetarian cyclist. Miss L. Seal was secretary to the Ladies Swimming Section of the Vegetarian Cycling and Athletic Association, but some vegetarians and vegans have names that clash with their principles.

The man who at the beginning of the 19th century preached vegetarianism and whose influence eventually led to the founding of the Vegetarian Society was called Rev. Cowherd. There was a Mrs. Hunter who ran a vegetarian guesthouse. Several brothers who were successful in boxing and wrestling were called the Bacon brothers. In fact one of them, later in his life organised a party for travelling to a vegetarian event and this group was known as the Vegetarian Bacon Party!

Do any readers know of similar oddities?

Harry Mather

## April in Cambridge

In April a huge crowd from all over Britain gathered at Parker's Piece in Cambridge to demonstrate against animal experimentation, mainly directed at the Huntingdon Life Sciences Labs situated in the area, which is still active although it is hugely in debt.

By Harry Mather

The crowd heard speakers who insisted that activities would continue by all possible means until the labs are closed down. Normal political means have proved frustratingly ineffective because politicians have consistently ignored the expressed opinions of majorities. In particular, scientists who profess that animal experimentation is essential for research refuse to argue their case with experts who oppose them. A professor from USA who admitted he had at one time experimented on animals, but now spoke against them, said he was always refused a debate on the subject. It is obvious that those who support animal experimentation know that their arguments will be lost.

Modern methods of research are now increasingly being used: cell cultures can use human tissue which is more reliable because species differences make testing on animal unreliable, scanners and computer models also give better results than tests on animals. The latter have become obsolete and are maintained because of outmoded conventions, which are stubbornly resisting changes to more modern and more efficient methods.

There followed a noisy march through the ancient streets of Cambridge with a constant cry to close down HLS (Huntingdon Life Sciences). Whistles and drums supported the shouting and it is good to know that drums with synthetic skins seem to be as effective as those made from animal skins. However, when we reached the University science labs a minute's silence was observed to remember the animals lives that have been so cruelly sacrificed. The silence was only broken by the sound of a police helicopter hovering above, for the police were in there in force.

It is the knowledge that demonstrators and other activists will continue to harass the proposed development of a primate research centre near Cambridge that has added a prohibitive cost to that project. Unfortunately, Oxford are proposing to extend the existing facilities that they have there. The crowd, on the other hand, are obviously determined to maintain an effective opposition to what is a perceived barbarity. It may take time, but the protesters are confident they will eventually overcome.

SUPER HEROES HAVE TO CHANGE THEIR IMAGES. BATMAN AND ROBIN ARE THE FIRST!

HOWEVER!!  
VEGAN SUPER HEROES ARE NOT AFFECTED!!

THIS IS THE BBC IN LONDON. LATEST REPORTS SHOW THERE IS A STATE OF EMERGENCY AS OBESITY LEVEL REACH UNPRECEDENTED HEIGHTS IN THE UK. SWELLING OUT OF ALL PROPORTION. THIS CRISIS IS NOT RESTRICTED TO HUMANS. ANIMALS AND ARCHITECTURE ARE AFFECTED ALSO. SOME HAVE NICK NAMED IT "THE FOOD IN MOUTH CRISIS!!"



BUILDINGS MUTATE AND BULGE SO PEOPLE CAN FIT IN... SMART CARS BECOME FAT CARS!!

VEGANS DON'T HAVE THIS PROBLEM AT ALL!!



POLITICIANS TRY TO FIND SOLUTIONS  
WE MUST FIND AN ANSWER... TO THIS EPIDEMIC... NOW!

NEW FAD DIETS ARE PROMOTED  
I CAN'T EVEN PRONOUNCE IT YET ALONE FOLLOW IT!!

EXERCISE REGIMES EN FORCED  
YOU MUST GET 20 SECONDS OF EXERCISE A WEEK  
I CAN'T DO THAT I'M TOO BUSY ON THIS COMPUTER!!!

SLOGANS ARE INTRODUCED TO CUT OUT JUNK FOOD



IN DESPERATION THE

THE WHOLE OF ENGLAND IS MADE INTO A VEGAN NATION!!!

THE FINAL SOLUTION IS FOUND AT LAST!!

POLITICIANS ASK THE VEGANS TO HELP  
WHAT CAN WE DO ABOUT THIS DILEMMA!!  
EVERYONE MUST BECOME VEGAN AND THE PROBLEM WILL DISAPPEAR



EXTRA EXTRA! READ ALL ABOUT IT UNITED KINGDOM IS NOW VEGAN-ITED KING-DOM  
AFTER THE UK BECOMES VEGAN. THE USA FOLLOW SUIT AND DO THE SAME. SO DOES EUROPE, AND FINALLY THE WHOLE GOB-SMACKIN' WORLD BABY!! WELL ONE CAN DREAM, CAN'T WE?!!

# Recipes

## Garden Peas and Pasta

Serves 2

25g of sun dried tomatoes, chopped small

650g of unshelled peas, shelled

1 soup spoon of olive oil

1 large onion, chopped

100g of mushrooms, sliced

225g of pasta bows or shells

salt and pepper to taste

3 heaped soup spoons of ground almonds

small bunch of fresh parsley or mint, chopped

1. Put two dinner plates to warm. Soak the tomatoes for 30 minutes in just enough hot water to cover them. Shell the peas.

2. Place half a large pan of water to boil. Meanwhile put the olive oil in a frying pan and sauté the onion until half cooked, then add the mushrooms and cook until tender, set aside.

3. When the water is boiling add the peas and pasta to it, reduce to simmer and cook until the pasta is tender, then drain. Place back on the heat and add the tomatoes plus a quarter mug of their soaking water, the onions and mushrooms, salt, pepper to taste and the ground almonds; mix all well in.

4. Place on the plates and garnish with the parsley or mint.

## Moulded Summer Medley

Serves 4

8 radishes, chopped

4 Spring onions including green parts, chopped

Small bunch of parsley, chopped (discard stems)

2 medium carrots, grated

1 rounded soup spoon of Nori flakes

2 410g cans of red kidney beans, drained

500 ml Apple Juice

1 soup spoon of Tamari soya sauce

2 rounded teaspoons of Gelozone (or other unflavoured vegan thickener, following the instructions on the packet)

1. Prepare the vegetables and place in a bowl along with the Nori flakes and beans. Mix all well together. Distribute the mixture between 4 bowls pressing well down.

2. Place the apple juice and tamari in a pan and sprinkle evenly with the Gelozone and mix in. Bring to boil, stirring constantly. Take off the heat as soon as it bubbles, then pour equally over each of the bowls and leave to set. Refrigerate if wished.

3. Serving suggestion: Carefully loosen the moulds with a knife and top them onto 4 plates. Encircle with a layer of chopped salad leaves and new potatoes. Top the mounds with a little natural soya yoghurt if wished.

The two recipes above were taken from: *Vegan Rustic Cooking For All Seasons* by Diana White. (See page 8 for details to order this book.)

## Mushroom Soya Bake

2oz Soya mince (preferably flavoured)

2oz Oats

3oz Vegan Burger mix (Sosmix, Sosfry, etc.)

2 teaspoons dried parsley

2 Tablespoons Oil

1 Onion, finely chopped

1 Clove garlic, finely chopped

4oz Mushrooms, finely chopped

1 teaspoon Yeast Extract

3 Dessertspoons Soy Sauce

1 teaspoon Miso

400ml (3/4 pint) boiling water.

1lb loaf tin, lined with foil and oiled

Oven preheated to 180 C (Gas4)

Heat 2 tablespoons of oil in a pan and add the onion and garlic. Cook gently till softened.

In a large bowl, mix the soya mince, oats, burger mix & parsley.

Add the mushrooms to the onions and garlic and continue cooking until the mushrooms start to exude their juices.

Dissolve the yeast extract and miso in the 400 ml of boiling water, then add soy sauce.

Pour the liquid into the pan with the cooked vegetables, stir briefly then tip the contents of the pan into the dry ingredients and mix thoroughly.

Pack the mixture into the prepared tin and bake for 45 to 50 minutes at 180 C (Gas mark 4).

Dave Sharman

## Plain Oat Biscuits

Many people are allergic to wheat or wheat improvers in the flours owing to intensive farming and toxic sprays, so that it is helpful to use grains other than wheat when cooking.

3/4 lb breakfast porridge oats

pinch of sea salt

1/2 pint water

1 and 1/2 tablespoons of olive oil

Boil water in a saucepan. Pour quickly on the oats, add 1.5 tablespoons of olive oil until porridge like consistency (thick) adding more water or more oats as required.

Roll out on a board 'floured' with porridge oats.

Use medium sized cutter for shapes. Put on baking trays.

Bake at Gas mark 4 for 15 minutes then Gas mark 3 for 30 minutes or more.

Biscuits need to be baked through, so they may need turning to finish off.

Cool on wire tray. Do not seal in a tin until quite cool or they will go soft. Adding chopped walnuts make them even tastier.

Eileen Scott

Hi! Are you going with Mom to the store today? Do you like to go to the store? Any store? Oh! You like going to the grocery store. Do you mind if we come along? You don't have to wear a coat or a hat, or even a scarf because It's always just right in Bookland.

Let's go right NOW!

Remember. Mum is a vegetarian and Dad is a vegetarian and you are a vegetarian too.

Here we are at the grocery store. Which door shall we use today?

Let's do eanie, meanie, minie, mo. Catch a potato by the toe. We know potatoes don't have toes. We can go in this door anyway.

Wrong, wrong, wrong door!

See the vegetables 'way down there?

Hop in the magic basket. It will get us over there as fast as

A BLINK

"Vegetable stop. All out" for

Red potatoes

Red tomatoes

The best corn

Ever born

Celery and carrot

Good cooking merit

Spinach is fine

Not all the time

Tiny peas

They say please

Broccoli is really green cauliflower

Cooked way, way under an hour

String beans are sweet,

For you a real treat.

Artichokes are for when you are older,

and wiser and a wee bit bolder.

Lettuce goes with all tomatoes, Spinach is great mixed and mashed with potatoes

A taste of tofu and green and red pepper

Fried with onions makes tasty supper.

Oh! I forgot

Eggplant and mushrooms

And

raisins and nuts

and yes

give us a big, big, big smile

You can have ice cream once in a while

and

Apples and blueberries

And strawberries too

Veggies and fruits

just for you

It's fun to be a vegetarian

Yummy

Thank you Mum and Dad!

By Dr. Nora Jacobs

Dr. Jacobs holds a Ph.D in psychology and practised as a therapist in Los Angeles for over thirty years. Prior to that, she created and performed in a children's theatre group known as "The Magic Basket". The company enjoyed a commercial success and was called the best children's theatre currently available by Life Magazine.

Dr. Jacobs was responsible for writing, directing, and choreographing as well as performing in the various shows.

# Veggie Kids

# The Testimony of a Veterinary Student on a Course in an Abattoir

**Animal cries; that is the first thing that I hear each morning when I arrive to work for my Practical Certificate. My refusing to take part would mean five years of study wasted and giving up on all my plans for a future. But all of me – every fibre, every thought – is nothing but denial, repulsion and dismay, and the consciousness of an insurmountable powerlessness. I have to look on and yet am unable to do anything about it, and they will oblige me to co-operate and be spattered with blood. Already from a distance, when I get off the bus, the squealing of the pigs cuts through me like a dagger.**

By *Christiane M. Haup*

For six weeks, for hours on end, without respite, these cries will sound in my ears. Hold on. For you, there will be an end. For the animals never. At the bottom of a ramp, the lorry lowers its tail board, and the first pigs, frightened by the noise and the steep slope, push backwards; but meanwhile a man has climbed to the back and hits out with a rubber truncheon...

When the pigs come to a corner, they stick together in a block and freeze, which makes the workers furious. Whilst I witness this scene, petrified – this is not real, just a dream – the manager turns round to see to another lorry which arrived at the same time. And all must be speeded up with much more squealing...

Behind me, something rubs against my knees; I turn round and see two piercing blue eyes. I know many friends who enthuse about the eyes of cats so full of deep feelings, of the look of deep devotion in the eyes of dogs. But who speaks about the intelligence and curiosity to be seen in the eyes of a pig? Later, I will learn to understand them, those eyes, but in a different manner: dumb with fear, smitten with pain, more empty, broken, exhausted, rolling on the ground spotted with blood.

One thought runs through my mind like a sharpened knife, and will return to me a hundred times during the following weeks: Eating meat is a crime – a crime...

After a quick tour of the abattoir, I end up in the rest room. From a window opening onto the slaughter room you can see the pigs covered in blood, hung up, passing along on an endless chain. Quite indifferent, two workmen eat their breakfast. Bread and sausage. Their white overalls are covered in blood. A strip of flesh is stuck on one man's boot. Here, the inhuman noise which will be deafening when I enter the slaughter room, is dampened. I step back, for the half of the corpse of a pig turning quickly round the bend has hit the one following. It

brushed against me, warm and soft. This can't be real – it's absurd – impossible.

All hits me in one go. The piercing cries. The squeaking of the machinery. The metallic clash of the instruments. The penetrating stench of the scorched hairs and flesh. The smell of blood and warm water. Bursts of laughter; the calling of the heedless workmen. Glinting knives cutting through tendons to hang up on hooks. The halves of animals without eyes, whose muscles are still throbbing. Pieces of flesh fall into gutters through which blood is flowing in abundance, and this disgusting liquid splashes at me. You slip on bits of grease which litter the ground. Men in white, from whose overalls the blood is dripping have, under their helmets or hats, faces such as one sees everywhere: on the underground or at the supermarket.

Involuntarily one expects to see monsters, but it's the kind neighbourhood grandfather, the carefree young man who passes you in the street, the well-dressed man who comes out of a bank. They give a friendly greeting...

The second day I go to the huge machine that cuts up the parts. Brief instructions "Here, remove the rest of the collar behind the throat and detach the nodes of lymphatic glands. Sometimes a hoof is still hanging on, remove it". So, I cut up; you have to be quick, the chain rolls on pitilessly.

Above me, other bits of corpses are going on their way. My colleague works with vigour, whilst in the gutter so much bloody liquid is flowing that I am splashed up to the face. I try to move to the other side, but there a huge water-cooled saw is cutting pigs bodies into two; impossible to stay there without being soaked to the skin. Gritting my teeth I keep on cutting, but I must act quickly, in order to reflect on all this horror, and I have to be devilishly careful not to cut my fingers. Tomorrow I will borrow a pair of metallic gloves from a colleague who has finished her practical...

Why do they make horror films, when all can be found here?

I come to thinking that – a few exceptions apart – the people who work here are not reacting in any inhuman way; they have just become indifferent, like me too in time. It is self-protection. No, the really inhuman people are those who daily order these mass murders, and who, because of their greed for meat, condemn the animals to a miserable life and a sad end, and oblige other humans to carry out a degrading task which changes them into coarse beings...

Returning home, I lie on my bed, my eyes look to the ceiling. Hours go by. One after another. Each day. Those around me are irritated. "Don't be so gloomy; smile a little. You really wanted to be a vet!" A vet, yes, but

not a killer of animals. I cannot contain myself. Such comments. Such indifference...

I would like to tell about the number of slaughters each day – 530. I will never be able to forget this number. I would like to speak about the slaughter of cattle, of their soft brown eyes, filled with panic. Of their attempts to escape, of the blows and the swearing, until the poor creature is finally captive behind iron bars and double locks, with a panoramic view of the chamber where their fellow sufferers are being skinned and cut into pieces, then the meeting with death and in the moment following, the chain to which it is attached and which it vainly tries to shake off, which hoists it aloft. Of the floods of blood which spurt from the headless body, whilst the legs curl under...

I would like to tell you that amidst this viscous, bleeding mass, one finds a pregnant womb, and that I have seen small calves, already perfectly formed, of all sizes, fragile and naked, their eyes shut, in a uterine envelope which is no longer able to protect them. – the smallest as tiny as a new-born kitten, and yet is a

If slaughterhouses had glass walls,  
**We'd all be vegetarian**

Albert Einstein (1879 – 1955)

miniature cow, the biggest with tender, silky hide with long eyelashes, whose birth was only a few weeks away. "Isn't this a miracle that Nature has created?" notes the vet on duty that week., whilst throwing the uterus together with the foetus into the gurgling mill that cuts up the waste matter. I am now certain that no god exists, because no lightning flash comes to punish these wrongs here below, and that these are being committed endlessly. Nor to relieve the thin and pitiful cow who, when I arrive at 7 o'clock, drags itself exhausted on the icy, draughty corridor and stretches itself out just by the death box... For her there is no god, no person either, to give her a little helpful push. After all, it is necessary to deal with the rest of the animals destined for slaughter.

When I leave at midday, the cow is still lying there, trembling. In spite of repeated orders, no one has come to rescue her. I then loosen the halter that is cutting into her flesh and I caress its forehead. She looked at me with her large eyes, and in that moment, I learned that cows can cry...

Often during this time I was asked, "And how goes it at the abattoir? In any case, I couldn't do it". I dig my fingernails into the palm of my hands until they might bleed, or to avoid throwing the telephone out of the window; to cry, that is what I would like to do, but since I have been seeing this sight for days on end, each cry sticks in my throat. No one asked me if I could hold out.

Such niggardly reactions and responses betray the unease on this subject. "Yes it's all very terrible, so we rarely eat meat". Often I give myself courage: "Grit your teeth, you must

hold out, soon it will be all behind you". For me, the fact that this goes on day after day is one of the worst manifestations of indifference and ignorance. I don't think anyone has understood that it is not these six weeks that I have to get by that is important but really this monstrous mass murder, which is renewed a million times, and for which those of us who eat meat are responsible. Particularly those who say they love animals and eat meat: they are not worthy of trust.

"Stop. Don't put me off my food!" It is also this type of reaction that more than once has left me dumb. Sometimes the tone is raised; "But you are a terrorist, every normal person must laugh at you" How can I live through such moments? I sometimes go and look at the foetus of a calf that I brought home and put into formol. "Memento mori" And I let the "normal people" go on laughing.

When I look at the rows of anonymous pigs transported in the same way through the chamber, I ask myself: "Would it be different if instead of pigs they were humans?" All the more since the anatomy of the rear of the animal, thick, spotted with pustules and red spots, strangely resembles what one can see on sunny holiday beaches: loads of fat overflowing from too-narrow bathing costumes. Moreover, the cries that sound endlessly in the slaughter chambers when the animals feel the approach of death, could be coming from women and children. No longer to see the difference becomes inevitable. There are moments when I think: Stop, this must stop. Let him be quick with the stunning calipers, so that he can stop. "Many animals do not cry out", said one of the vets, "whereas others stand as still as statues and cry out without any reason" I wonder how they can stand still and "cry out without any reason".

More than half my time has passed before I finally enter the slaughter chamber so that I can say "I saw it". Here ends the journey that started at the off-loading ramp. The gloomy corridor that all paths lead to narrows to a door

opening onto the holding box with a capacity for 4 or 5 pigs. If I had to put in words the concept of "fear", I would do it by depicting, pigs heaped up together against a closed door, and I would draw their eyes. Eyes that more than ever I am unable to forget. Eyes that each one of us who wants to eat meat should be made to see. The pigs are kept apart by using a big rubber stick. One of them is pushed towards a space closed in on all sides. At the press of a button, the floor of the space is replaced by a mobile trailer on which the pig finds itself astride, then a second conveyer opens ahead and the trailer with the animal on it slides forward into another box. There a brutish butcher, the slaughterman – I always thought of him as Frankenstein – connects the electrodes. A stunning bracket with three prongs, as the manager explained to me. You can see in the box how the pig tries to rear up, then the trailer is quickly removed and the animal, throbbing, falls down in a spurt of blood, nervously twitching its feet. Here another brutish butcher awaits, who confident in his aim, plunges the knife below the front right leg of the pig; a flow of dark blood spurts out and the body slumps forwards.

A few seconds later, an iron chain closes onto one of the rear legs of the animal which is hoisted up; the brutish butcher then puts down his knife, picks a stained bottle of cola from the ground which is covered in blood for at least one centimetre, and drinks a mouthful...

It is not because I want to be a vet that I have come here, but because people want to eat meat. And not just that: but because they are cowards. Their escalopes of veal, sterile and white, that they buy in the supermarket, no longer has eyes flowing with tears at the fear of death and no longer is crying as the knife is about to strike. All you who feed on the corpses of shame, that is carefully spared to you, you who say: "Me, no, I could not do it".

One day, a countryman came with his 10 or 11 year-old son, to have a sample analysed for trichinosis. Seeing the child with his nose flat

against the glass window, I thought that if children could see all the horror, all this animal slaughter, there might be a hope for change. But I only heard the child call to his father: "Dad, look, what a huge saw!"

One night, on the television, there is a news item: "the mystery has not been solved regarding of the murder of a young girl, killed and cut into pieces and I remember the general fright and the people's disgust at this atrocity. I say: "Similar atrocities, I have seen 3,700 in just one week".

Now, I am not simply a terrorist, but I am also not right up there in my head. For I not only feel a shudder and repulsion towards the murder of a human being, but also at the murder committed on animals thousands of times in a single week in a single abattoir. Being human does that not mean saying no and refusing to be the cause of murder on a huge scale – for a piece of meat? Strange new world. It is possible that the tiny piglets found in the womb torn from their mother, and who died even before being born, may have met the better fate than all the rest of us...

The last of these endless days has finally arrived. A weak November sun follows me from the yard of the slaughter-house to the bus stop. The animal cries and the sound of the machinery is dulled. I cross the road as a lorry enters the yard of the abattoir. It is full on two tiers of pigs, crammed one against the other. I go away without a backward glance, for I have born testimony and, now, I will try to forget and carry on living. Others must struggle on. My strength, my will and my joy in life have been taken away and replaced by a feeling of guilt and paralysing sadness. Hell is amongst us, thousands and thousands of times, day after day. And yet there is one thing each one of us can do: Say No. No, no and again no. For ever. *This is a shortened version, translated from the French leaflet distributed by Collectif antispeciste de Paris, 49 rue de la division Leclerc, 94110 Arcueil, France. Email antispe@n0-log.org*

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## My long battle continues...

**I thought you might all care to have an update from when I last wrote in mid-September. Actually I submitted a report toward the end of 2003 that somehow never was published. However, maybe Harry Mather had reasons for that!**

By Pat Reeves

2004 began badly for me, with major brain surgery performed privately in Paris – the risk of a major stroke from the cancer was imminent. This was successful in reducing the risk, though it compromised my left kidney (nil function now). The cancer has already made inroads into my right kidney during the past few weeks. At the time of writing (April 2004), I am about to return to Germany for further

surgery to implant a similar compound that was successful in annihilating cancerous liver cells last year. This will be implanted into closest proximity to active tumours in left shoulder/arm, with the hope of stemming the flow of toxic by-products generated by these tumours, which are compromising the right kidney function. Two weeks ago in Germany I was educated in the self administration of perinodular injections; (left groin lymph node), but this is not sufficient without further treatment.

UK medics have seen fit not to sanction any further surgeries in UK due to high risk, so now I am completely alone with radical unorthodox treatments. I have formed a unique liaison with an eminent German doctor who is assisting me. I feel entirely fortunate in this regard.

Just eight days ago, with almost no training

at all, I retained the 2004 British Master's powerlifting title – now of many years standing. This was an empowering day for me – and a truly remarkable one. Never underestimate your true capabilities!

Though the cancer has a renewed grip and has found additional ways to compromise my organs, I remain resolute in this battle. Whatever time remains, I shall fight on to the very end.

I am very aware that I would not be around now to help my UK and International patients, had it not been for Nutritional Medicine and a raw vegan lifestyle.

*We are happy to report that Pat Reeves is at present in a stable condition.*

# Advertisements

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Email: brambles.vegan@virgin.net

Web: freespace.virgin.net/brambles.vegan

**Lydford, Devon** Room to let for VEGFAM supporters, vegan, non-smoking. The Sanctuary, Lydford, Devon EX20 4AL. Tel: 01822 820203.

**Exmoor** vegetarian and vegan guesthouse. Gourmet meals. Organic food where available. Children and pets welcome. Rescued animals. Exmoor walks. Jane and Cliff Strehlow, Fern Tor, Mesham, South Molton, Devon EX36 4NA. Tel/Fax: 01769 550339. Web: www.fermtor.co.uk. Email: veg@fermtor.co.uk

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**Small ads are free to subscribers or cost £2 for insertion in four issues for non-subscribers. Send your ad to: Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.**

Web: www.douceur-harmonie.org

Email enthousiasme@wanadoo.fr

**B&B** in private vegan house with large garden in pretty little town. Lovely scenery and places of interest. Persons caring for someone with Alzheimers specially welcome. Joan Bryan, River View, Woodside, USK, Gwent NP5 1SZ. Tel 01291 672429.

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## BOOKS

**Vegan Recipe Book by Rachel Henderson** This electronic recipe book contains 100 delicious vegan recipes. It is designed both for vegans and people who have difficulty catering for vegans. Would be an ideal gift for friends and relatives who have trouble thinking of original vegan meals. Tel: 01453 762487.

Web: www.bowbridgepublishing.com

Email: info@bowbridgepublishing.com

**New book now available by Dr Gina Shaw** 'Nutrition and Emotions: How to Transform your Life Through Optimum Nutrition'. Price £7.99 including P+P (cheques to be made payable to GLS Publications). Please send orders to GLS Publications, 22 Webber Close, Ogwell, Devon TQ12 6YL.

## CAFÉS & RESTAURANTS

**Hollyhocks** Vegetarian and Vegan restaurant. Imaginative world vegetarian food. No Smoking. 10 Knights Hill, West Norwood, London SE27 0HY. Tel: 020 8766 8796.

**Wessex Tales** wholefood vegan restaurant. Licenced organic drinks. 20 Ashley Road, Boscombe, Bournemouth (opposite Boscombe bus station & Sovereign Centre car park). Tel: 01202 309869. Lunch: Tuesday - Saturday 11.30 - 2.30. Dinner: Friday & Saturday 7 - 10. Web: www.geocities.com/vegetarian\_restaurant

**Heaven And Earth** Organic Vegetarian café and bakery. 37e Robertson Street, Hastings. Tel. 01424 712206.

**Allsorts Psychic Café** Drinks, cakes and a few savouries. Fully veggie, good choice for vegans, soya milk available. 22 Carlton Place, Southampton. Tel: 023 80237561. Web: www.allsorts-psychic-cafe.com

**Good For You!** 23 Firs Parade, Matlock, DE4 3AS. Fully vegetarian café + shop + veggie info centre. Tel: 01629 584304.

## CATERING

**Purple Penguin Café: Vegan Organic Catering** have marquee will travel! Catering for specialist diets, cake fanatics and people who love good food... based in the Yorkshire area over Winter (and looking for work) and on the road over the Summer at festis, gatherings and parties... see www.purplepenguin.org, or call Emma on 07786 262 864 for more info.

## GENERAL

**The Shellfish Network** works to end the cruelty involved in, and eventually end the slaughter of shellfish for human consumption. Springside, Forest Road, East Horsley, Surrey KT24 5AZ.

**Meat-Free Cats** Supplements for home made recipes. In use since 1986. Send to Vegecat, The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Tel: 01424 427393.

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**Translations** into English from French, German, Italian & Spanish (personal, commercial, legal, technical), over 30 years' experience, big discount for VV readers, no VAT. Patricia Tricker MIL Cert Ed (FE). Tel/Fax 0845 4584714 (BT local rate).

Email: patricia@p-m-t.freeserve.co.uk

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**Vegetarian Web Designer** Websites for the vegetarian and vegan community by VegDesign. For more info, rates and portfolio see www.vegdesign.com. Tel: 07742 336858.

**Meat is Self-Inking Rubber Stamps** **Murder** £7-50. Vernon Stuttard, 15 Millbrook, Fence-in-Pendle, Lancs BB12 9PE. Also T-shirts printed with Meat is Murder front and back, black on grey. Sizes M or XL £9.

# Advertisements

Email: cathy@vegdesign.com

**Nature's Treats** Vegan cakes, pies, slices etc, freshly handmade to order, delivered next day by 1st class mail. Ingredients; Organic Fruits, nuts, seeds and spices. Tel: 023 9261 1607. Email: chriskennett01@hotmail.com

## HEALTH

**Yoga & Colonic Retreats** Empowering 5 – 10 day Tropical or UK Courses involving juice fasting & supplementation, yoga & meditation, nutritional talks, personal consultations and a lot of TLC! The safest & cheapest way to gain knowledge, experience & self-reliance in Health. Will undoubtedly change your life! Web: www.karunaretreats.com

**Natural Nutrition And Naturopathy** Reflexology, Metamorphic Technique, Linseed & Hempseed oil. Amanda Wise, P Dip, NN, MCMA. Tel: 01202 885466.

**Maximol** colloidal minerals with vitamins, amino acids and enzymes. Revenol powerful anti-oxidant. Both products suitable for vegans. Independent distributors of Neway products: 01202 426870, also 01443 862067.

**Nutritional Therapy** Improve your quality of life and get to the root of your health problem. Pat Reeves, qualified, registered, and practising Nutritional Medicine. Oakfield Cottage, Bromley Lane, Kingswinford, W Midlands DY6 8JP. Tel: 01384 270270.

Email: pat.reeves@blueyonder.co.uk

Web: www.livingfoods.pwp.blueyonder.co.uk

**Tested on Humans** – works on animals, a drug-free cost-effective approach to easing aches and pains. Bioflow Magnotherapy Collars are pads for dogs, cats, horses. Enhance the quality of your companion's life without any harmful side effects. Ask for a free brochure. Brian 0845 456 2463 'local rate'. Independent distributor of Ecoflow.

**The Natural Living Centre** Ethical implications, Environmental advantages and Health benefits of a Raw vegan lifestyle. Including safe guidance on natural weight control, transitioning to a healthier life style, retarding premature ageing, cessation of common ailments and reversibility of degenerative diseases. For consultations, retreats, talks, courses and demonstrations of alternative Raw food recipes. Contact, Chris Kennett, Diploma in Nutrition. Sports coaching certificate. Tel: 023 9261 1607.

Email: chriskennett01@hotmail.com

**Psychosynthesis** therapeutic counselling offers powerful and creative ways to turn life issues into opportunities for change and healing, to unlock your potential, reconnect with your true self in a supportive environment. Free initial consultation. Sensitive counsellor available in V/NW4/C London. Gian 020 8847 4740. Discounted fees for VV readers.

**Vegan Health and Nutrition Consultant** available for personal consultations in person or by telephone. Short fasts including group retreats, Iridology and emotional healing sessions also available. Contact Dr Gina Shaw

on 01626 352765.

Email: DrGinaShaw@aol.com

Web: www.vibrancy.homestead.com/pageone.html

**Microcare Tooth Powder** from Health Connections. Contains no fluoride, Sodium Lauryl Sulfate, saccharin, preservatives, animal ingredients, aspartame, artificial colours or flavours. For free sample, tel: 01892 683439.

**Dissolve Cataracts** with Bright Eyes nutritional eyedrops. Safe, gentle. Also used by doctors. As seen on the Richard and Judy show. Tel: 01892 683439 for details.

**Chinese Yoga** Try something old! Deep breathing stretching and relaxing exercises based on Chinese medicine principles. Excellent for improving posture, breathing, circulation, aches and pains, co-ordination and confidence. These 2000 year old exercises were designed by Daoist masters to reverse illness and stop the ageing process. Small friendly class meets Thursdays 5.30 – 6.30 pm. St Michael's Church hall, Westgate End, Wakefield. £3 per class. Enquires: Mark Popplewell 01924 462261.

**Chinese Herbal Medicine and Acupuncture** Commonly used for skin disease, respiratory conditions, digestive complaints, irritable bowel, gynaecological problems including infertility, arthritis, headaches, chronic fatigue, anxiety and depression. Mark Popplewell MRCHM, MBACc is a qualified and insured health professional, vegan for 23 years. Member of the Register of Chinese Herbal Medicine and the British Acupuncture Council. Practising in Dewsbury, West Yorkshire. Enquires and appointments: 01924 462261.

## PERSONAL

**Evergreen** for those seeking friends, soulmates, or penfriends. Friendship agency for free-thinking individuals. Interests include vegetarianism. PO Box 147, Waltham Cross, Herts EN7 6BZ. Tel/fax: 01992 632250.

**London-based Gay Guy** vegan/vegetarian, slim, quiet, honest, 50ish; interested in history, buildings, gardens, cinema, cycling & recycling, not spiritual, not interested in «pets», would like to correspond with/maybe meet younger (18-30) similar, in the country. Box 202, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

**Attractive Vegan Female (38)** N/S, healthy, free-thinking individual. Loves sunshine, walking, cycling, camping, music, travel... the simple things in life! Hates human, environmental and animal abuse. Is caring, compassionate, sensitive and loyal. Searching for lifelong love with gentle, affectionate male with similar qualities (ALA), photo appreciated & returned. Reply to Box 103, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

**Vegan Gentle Man** (raw food bias) seeks a lady for friendship and relationship. OHAC in the South West. Willing to work at the mutually supportive relationship (B.de Andelis student).

Currently involved in promoting veganism and compassionate lifestyle – helpmate sought. A.L.A. Reply to: Box 102 Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

**Is there a Like Minded Person?** Are you 100% vegan (A.R.)/100% organic (environment) and dislike cars/TV etc? (prefer a simple lifestyle). Please write me (woman 36) for support anyway. (I'm depressed now). I need like-minded friend(s) to meet, live/write with. More info; vgnwmn@yahoo.co.uk (no, do not have own PC!)

**Brand New Vegan Male (Nottingham)** loves walking, countryside, seaside. Seeking opportunity penpals as new on path. Also females for possible long-term relationship. Non-smoker. ALA. Tom Healy, 19 Baldwin Court, Ilkeston Road, Nottingham NG7 3FZ.

**Aubergine Introductions.** A new dedicated UK introduction service for vegetarians and vegans. Open yourself up to meeting educated, eligible, like-minded people. www.aubergineintroductions.com

**Jamie Burrell-Corey**, Male, 25, Brampton, Cumbria. jamieburrell\_corey@hotmail.com. I'm a trainee electrician with a degree in Environmental Biology and would really enjoy the company of someone who doesn't get frustrated with me at meal times. Does such a person exist? I hope so because I'm beginning to feel like I'm on the wrong planet!!

**Vegan male**, 57 N/S 6'1". Sensitive Caring Calm Nature. Enjoy Music Art Travel Animals Reading History Cultures of other countries. Seek Kind Compassionate Female to share Joy & a deep Love For which the soul yearns. ALA Brian Robinson, 117 Somerton Rd, Newport NP19 0JX.

## SHOES

**www.veganline.com** sell vegan shoes online – Freepost LON10506, London, SW14 1YY 0800 458 4442. Their website also has a veg recipe search engine.

**Freerangers** sell animal free footwear. Send for brochure to 9B Marquis Court, Low Prudhoe, Northumberland NE42 6PJ.

Web www.freerangers.co.uk

Tel: 01661 831781. Fax 01661 830317.

**Vegetarian Shoes**, 12 Gardner St, Brighton BN1 1UP. Tel: 01273 691913.

Web: www.vegetarian-shoes.co.uk

**Ethical Wares** sell vegan footwear and clothing. Send SAE for catalogue: Caegwyn, Temple Bar, Felinfach, Ceredigion SA48 7SA. Tel: 01570 471155.

Web: www.ethicalwares.com

**Vegan Shoe Repairs** and large range of vegan shoes. Total Liberation, c/o Lyme Leisure, South Street, Axminster, Devon EX13 5AD. Web: www.lymeleisure.org.uk. Tel: 01297 631133. Also making vegan moccasin slippers. Will shortly make shoes starting with children's.

# Veganism & vegan organisations

**Veganism means living on plant products and excludes, as far as practical, the exploitation of animals for food, clothing, or any other purpose. Like other vegetarians they exclude from their diet meat, poultry and fish. They go further and exclude animal milks, eggs, honey, and their derivatives (eg cheese and butter). They are left with an abundance of grains, pulses, nuts, seeds, fruit and vegetables, which modern nutritionists recommend for a healthy diet. Most vegans find they can enjoy greater variety in their diet than they did before. There are also many tasty substitutes for animal products (even delicious ices).**

**The Vegan Society** If you would like more information on Veganism send two 1st class stamps for an information pack to The Vegan Society at Donald Watson House, 7 Battle Rd, St Leonards-on-Sea, East Sussex TN37 7AA. Tel: 01424 427393. Web: www.vegansociety.com. The Vegan Society publishes *The Vegan*, a quarterly magazine which members receive. Also available from a

few shops.

**VEGA (Vegetarian Economy and Green Agriculture)** Free on-line magazine. Web: www.vegaresearch.org

**The Movement for Compassionate Living** (The Vegan Way) founded by Kathleen Jannaway, works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation. Annual subscription £5 (or what you are able to afford) includes the quarterly journal *New Leaves*. Other literature available. SAE for details to MCL, 31 Walton Close, Ernesford Grange, Coventry CV3 2LJ, UK. Web: www.MCLveganway.org.uk

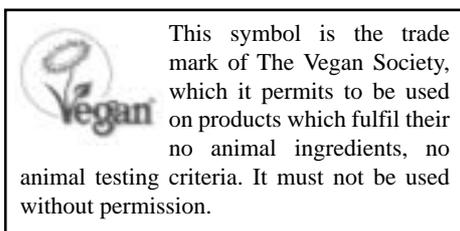
**Vegan Organic Trust** encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green*

*International* to spread knowledge, and reports from vegan organic growers worldwide. Contact Patrick Browne, 161 Hamilton Rd, Longsight, Manchester M13 0PQ. Tel: 0161 248 9224. Email: veganorganic@riseup.net. Web: www.veganorganic.net

**Plants for a Future** Blagdon Cross, Ashwater, Beaworthy, Devon EX21 5DF. Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: www.pfaf.org

**The Plant Milk Trust** was established in 1976 to promote soya milk and other vegan foods, particularly in the areas of research and publicity. It is managed by five devoted honorary trustees. Gifts or legacies are most welcome, and all monies received are totally devoted to the Trust's work, without any administrative expenses. Write for details to Dr G J Buist, 53 Gosden Hill Road, Guildford, Surrey GU4 7JB.

**Vegan Business Connection** wants to hear from individuals as well as companies providing goods and services suitable for vegans. Contact VBC c/o Veggies, 245 Gladstone Street, Forest Fields, Nottingham NG7 6HX. www.veggies.org.uk/vbc.htm



## Help Vegan Views!

There are many ways that you can help Vegan Views. We have listed a few suggestions here.

1. Subscribe to Vegan Views.

2. Sell Vegan Views to friends, local shops, stalls, bazaars or at meetings.

If you order a minimum of five copies, each copy cost 50p. This price includes postage

within UK. (We can no longer accept returns.)  
3. Since Vegan Views is *your* magazine, it would be nice if you could write an article for Vegan Views!

## Order form!

I have enclosed payment for the following: (Please mark!)

Subscription to Vegan Views from issue no.: ..... and will pay: .....

Back issues cost 50p each or 8 for £3. (Prices include postage within the UK.)

- |  |   |
|--|---|
| <input type="checkbox"/> 101 Interview with Vegan Village (this issue) | <input type="checkbox"/> 93 Nutritional Supplements |
| <input type="checkbox"/> 100 Vegan Views: The early years              | <input type="checkbox"/> 92 Veggie Pride            |
| <input type="checkbox"/> 99 No More Fish                               | <input type="checkbox"/> 89 Feeding the world       |
| <input type="checkbox"/> 98 Food co-ops                                | <input type="checkbox"/> 88 Farming crisis          |
| <input type="checkbox"/> 97 Interview with Steve Walsh                 | <input type="checkbox"/> 87 Meat in crisis          |
| <input type="checkbox"/> 96 Interview with Karin Ridgers               | <input type="checkbox"/> 84 Leah Leneman: in memory |
| <input type="checkbox"/> 95 Interview with Liz Cook                    | <input type="checkbox"/> 37 Arthur Ling interview   |
| <input type="checkbox"/> 94 Vegan Organic Network                      | <input type="checkbox"/> 34 Leah Leneman interview  |

Name: .....

Address: .....

Send form to: Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.

## Subscribe to Vegan Views!

It is easy to subscribe to Vegan Views. Fill in the form or write a letter. (Remember to include your payment.)

### Subscription rates

When subscribing please state which issue you wish to start from. Cheques etc payable to Vegan Views.

**UK** four issues for £4, or single copy for £1. Postage is included.

**Europe and surface mail overseas** four issues for £5 including postage.

**Airmail outside Europe** four issues for £7 including postage.

### Subscription renewals

If your subscription is due for renewal, a reminder will be included in this issue.

Be kind to animals!

(Even if an elephant lifts you up by the trunk...)

# Vegans in your area

## SOUTH

**London Vegan & Vegetarian Families Group** If interested contact Lesley on 020 8861 1233 or email Lesley@vegan4life.org.uk. Also wants to hear from families anywhere wanting to holiday together.

**London Vegans** meet on last Wednesday of the month (except December) 6:30 – 9:30pm at Millman St Community Rooms, Millman St, London WC1. 24 hour info line: 020 89311904. Web: www.londonvegans.freeserve.co.uk

**London Animal Action** A local animal rights group campaigning against all forms of animal cruelty, e.g. the fur trade, the meat industry, animal experiments and hunting, and for a way of life not based on the exploitation of animals, people or the environment. BM Box 2248, WC1N 3XX. Tel 0845 458 4775.

Web: <http://londonanimalaction.org.uk>

Email: [info@londonanimalaction.org.uk](mailto:info@londonanimalaction.org.uk)

**Vegetarian and Vegan Gay Group (London)** Informal social & campaign group meets in London on the last Sunday of each month and has other events for gay, lesbian, bisexual and transgender vegetarians, vegans, fruitarians and raw foodies and their friends, and those who would like to be. Further details: information line: 020 7713 9063.

Email: [vvgg@freeuk.com](mailto:vvgg@freeuk.com)

Web: [www.vvgg.freeserve.co.uk](http://www.vvgg.freeserve.co.uk)

**Vegan Essex** meet 1st Tuesday every month at Brentwood School Sports Hall (Courage Hall, Middleton Hall Lane).

Web: [www.vegansex.org.uk](http://www.vegansex.org.uk)

**Kingston & Richmond Vegetarians** welcome vegans. Send SAE for programme to John, 49 Harrowdene Gdns, Teddington, Middlesex TW11 0DJ.

**Waltham Cross (near Enfield)** Regular Socials. Vegan buffet. Everyone welcome. Tel. Lisa 01992 624079.

**Hertfordshire** Lisa Ceneri would like to have contact with other vegans in her area, especially those with children. 63 Leven Drive, Waltham Cross, Herts EN8 8AL. Tel: 01992 426710.

**Harlow** Lian Tyler, the Vegan Society and

**To publicise your meetings, appeal to meet vegans or request penpals, please send details for this page. We also put these details on our website. The Vegan Society have their own local contacts – see the Vegan magazine for details, or there website at [www.vegansociety.com](http://www.vegansociety.com) for a list. The Vegetarian Society have affiliated local groups and information centres which often include vegans – see [www.vegsoc.org/network](http://www.vegsoc.org/network) for a list.**

Vegetarian Society Local Contact for Harlow has compiled an online Vegan guide to Harlow and the surrounding areas. Tel: 07754 166813.

Web: [www.veganharlow.co.uk](http://www.veganharlow.co.uk)

Email: [info@veganharlow.co.uk](mailto:info@veganharlow.co.uk)

**Hastings Animal SHAC** meet every second Tuesday of the month, 7:30pm at Friends Meeting House (upstairs), Priory St. Vegan refreshments available. All welcome.

**Norfolk Vegetarian & Vegan Society** Jane Johnson, 17 St Austins Grove, Sheringham, Norfolk, NR26 8DF. Tel. 01263 821609.

Email: [janejohnson@vegfolk.co.uk](mailto:janejohnson@vegfolk.co.uk)

Web: [www.vegfolk.co.uk](http://www.vegfolk.co.uk)

**Solent Vegetarians & Vegans** John Curtis, 31 Cranbury Rd, Eastleigh, Hants SO50 5HB. Tel. 023 80643813. Email: [solentveg@ivu.org](mailto:solentveg@ivu.org)

Web: [www.ivu.org/solentveg](http://www.ivu.org/solentveg)

**Bournemouth Vegetarians & Vegans** Tel. 01202 555712. Email: [t.west@oneteldsl.net](mailto:t.west@oneteldsl.net). Web: [www.ivu.org/uklocal/bournemouth](http://www.ivu.org/uklocal/bournemouth).

**Isle of Wight Vegetarians & Vegans** Tel. 01983 407098. Email: [iow@ivu.org](mailto:iow@ivu.org)

Web: [www.iwvv.org.uk](http://www.iwvv.org.uk)

**Penzance Vegans** social group currently meet each Wednesday, 8pm in the Bath Inn pub (right-hand bar), Cornwall Terrace, Penzance. To confirm details, please call 01736 786473 or email [wilf\\_frith@lineone.net](mailto:wilf_frith@lineone.net)

Web: [www.wiz.to/penzancevegans](http://www.wiz.to/penzancevegans)

**Guildford Vegans & Vegetarians** welcomes vegans to its varied programme of

events (see local groups listings on [www.vegsoc.org/network](http://www.vegsoc.org/network)) for further information or to join the email list ring 01483 425040.

**NEW Thames Valley Vegans & Vegetarians** social events, veggie and vegan support and info, talks and presentations, displays, information stands in the Reading area. Web: [www.makesense.co.uk/tvvvs](http://www.makesense.co.uk/tvvvs)

## WALES

**Swansea Vegans** meet on third Monday of each month. Details: George Barwick. Tel: 01792 518773

Email: [george.barwick@ntlworld.com](mailto:george.barwick@ntlworld.com)

**Carmarthen Vegetarian Friends** We are nearly all vegans and we meet socially on the first Tuesday of each month at 11.30am at the Waverley Vegetarian Restaurant, Lammas St, Carmarthen. Just come, or to check phone 01267 241547 or [hippocharity@aol.com](mailto:hippocharity@aol.com)

## MIDLANDS

**Nottingham** The Animal Rights Confederation meet on the first Monday of the month from about 7pm, usually at the Sumac Centre, 245 Gladstone Street, Forest Fields, Nottingham. Social, speaker, snacks. Phone beforehand 0845 458 9595 for details

Email: [nar@veggies.org.uk](mailto:nar@veggies.org.uk)

**Birmingham Vegetarians & Vegans** c/o 5 Esher Road, Kingstanding, Birmingham B44 9QJ. Tel: 0121 353 2442.

## NORTH

**Sheffield Vegan Society** meet in the upstairs room of the Fat Cat, Alma St, Kelham Island, on the first Wednesday of the month. Business 7:30pm, and then social 9pm. Contact PO Box 537, Rotherham S66 7WW.

Tel: 0114 258 8869.

Web: [www.sheffieldvegansociety.org.uk](http://www.sheffieldvegansociety.org.uk)

**Doncaster & Area Vegans & Vegetarians** meet about once a month for socialising in various ways (e.g. walks, picnics, meals out, yoga). Ring Vivien on 01405 769730.

**East Riding Vegans** meet once a month for socialising. New members welcome. Mark, 140 Victoria Avenue, Hull, HU5 3DT. Web: [www.merrydowncontrolware.co.uk/ervegans](http://www.merrydowncontrolware.co.uk/ervegans)

Email: [ervegans@merrydowncontrolware.co.uk](mailto:ervegans@merrydowncontrolware.co.uk) Tel: 01482 471119.

**Leeds Vegetarian & Vegan Society** Meet twice a month for various social events and activities, fantastic pot luck lunches, newsletter every few months. For a programme and/or newsletter ring Natalie on 0113 2484044 or email [natalie@tharraleos.freeserve.co.uk](mailto:natalie@tharraleos.freeserve.co.uk)

**North Riding Vegetarians & Vegans** Meals, walks, theatre etc. Patricia, tel/fax 0845 458 4714 (BT local rate).

Email: [patricia@p-m-t.freeserve.co.uk](mailto:patricia@p-m-t.freeserve.co.uk)

**Cumbrian Vegans** Are you interested in joining a local group for shared information/support? If you are then please call Mandy on 01900 817038.

## Useful websites

### General

[www.veganvillage.co.uk](http://www.veganvillage.co.uk)

[www.btinternet.com/~bury\\_rd](http://www.btinternet.com/~bury_rd) (Vegan News: free on-line magazine)

[www.eco-centric.co.uk](http://www.eco-centric.co.uk) (A website for vegans and people interested in alternate lifestyles in the UK/Ireland)

### Listings of Veggie Restaurants & cafés

[www.happycow.net](http://www.happycow.net) (worldwide)

[www.veg dining.com](http://www.veg dining.com) (worldwide)

[www.veggieheaven.com](http://www.veggieheaven.com) (UK)

### Travel

[www.vegetariansabroad.com](http://www.vegetariansabroad.com) (places to stay abroad)

### Vegan online shopping

[www.isitvegan.info](http://www.isitvegan.info) (vegan foods/drinks)

[www.isitveggie.com](http://www.isitveggie.com) (vegan foods/drinks)

[www.crueltyfreeshop.com](http://www.crueltyfreeshop.com) (run by Dr Hadwen Trust)

[www.veganstore.co.uk](http://www.veganstore.co.uk)

### Vegan-run business lists

Artists, accountants, translators, decorators...

[www.veggies.org.uk/vbc.htm](http://www.veggies.org.uk/vbc.htm)

[www.veganvillage.co.uk/services.htm](http://www.veganvillage.co.uk/services.htm)

### Vegetarian information

[www.vegsoc.org](http://www.vegsoc.org) (UK vegetarian Society)

[www.ivu.org](http://www.ivu.org) (International Vegetarian Union)

[www.planetveggie.co.uk](http://www.planetveggie.co.uk) (Planet Veggie)

# Springtime in Paris

Vegetarians and Vegans gathered in Paris on 15th May for the 4th annual event to demonstrate for Veggie Pride. They want everyone to know that they are tired of being marginalised in society, to assert their right to have their diet respected and catered for in canteens, schools and other institutions instead of being looked on as of no importance. They want people to face the facts of animal exploitation and mass slaughter and the cruelty involved in the meat industry, animal experiments and sports (especially bullfighting which is legal in France).

By Harry Mather

Fotos by Amandine, Cathrine and Loetitia

In the afternoon of May 15th, on a dry sunny day that was quite hot at times, about one thousand people gathered in the Place Beaubourg in the centre of Paris where information stalls were on display and attracted attention. Then a march was begun through the centre of Paris with many banners and continuous shouting of slogans. Police stopped the traffic at intersections. Parisians are quite used to demonstrations holding up the traffic, but they may have found that here was something unusual. The march lasted about one hour and returned to the starting point where many continued to shout their slogans. so that the stream of passers by should also get the message. Peter Simpson of the Vegetarian Cycling and Athletic Club had brought along his hen's head mask and attracted much attention. He was much photographed, but as his face was not visible fame will elude him.



Lively day in Paris.

About hundred people were then grouped at arm's length of each other wearing animal masks. The loudspeakers played animal noises with a commentary on animal exploitation which was very moving. Passers by had to squeeze round the edge of the demonstrators and could not help but hear the message. Then several speakers followed to give their personal testimony. Many showed their strong convictions and determination to continue their

efforts. The third Saturday in May is fixed as the date for the next Veggie Pride demo in Paris.

There was an arrangement for a later get together at Charlie's Bar (not far away) for veggie food and to get to know one another better.

There is no doubt that vegetarianism and veganism are a strong voice in the world that will have to be listened to.



We do not have one heart for humans and another heart for animals.



Peter Simpson from UK attracted much attention with this mask.