

Vegan Views

A Forum for Vegan Opinion

No. 106

Winter 2005/6

£1



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Animal groups

Viva!, 8 York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 944 1000. Web: www.viva.org.uk. Email: info@viva.org.uk. Publishes the magazine Viva!Life quarterly. They are very animal oriented and are good for teenagers and young people.

Animal Aid. Web: www.animalaid.org.uk
PETA. Web: 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

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
 Email: 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 0208 481 7239.

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

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) 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 Vegan Society. (See page 18)

Arkangel An animal liberation magazine. £10 for 4 issues inc. p&p. Arkangel, BCM 9240, London WC1N 3XX. Articles to: arkangelweb@hotmail.com

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

Growing Green International is published by Vegan Organic Network. See page 18. Web: www.veganorganic.net

The Green Queen Twice yearly lesbian, gay, bisexual, vegan & veggie mag.K. Bell, Green Queen, PO Box BM 5700 London WC1N 3XX.

New Leaves is published by Movement for Compassionate Living. See page 18.

Web: www.MCLveganway.org.uk

Vegan Voice Quarterly Australian magazine. Promotes a non-violent way of living beneficial to the planet, all animals and human health. Credit card facilities available, approx £18 for 4 issues (ie 1 year) PO Box 30, Nimbin, NSW2480, Australia. Web: <http://veganic.net> Email: veganvoice@lis.net.au

Viva!Life published by Viva. www.viva.org.uk
Realfood Campaigns Available by subscription of £8 for 6 editions. Contact Realfood, PO Box 339, Wolverhampton WV10 7BZ. Web: www.realfood.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
 Web: www.woodlandproject.org.uk

Religion + spiritual

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

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 overloaded 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, 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

Sunrise Screenprint, tel: 01356 660430. Web: 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.geocities.com/vegetariancac/

E-mail: Psimpson@vegac-mkveg.fslife.co.uk

The Vegan Runners Group has vests and shorts available (black with green band, name on both sides). Join VC&AC e-mail list. Independent of VC&AC at present but affiliated to the sport's governing bodies.

Vegan communities

Brynderwen Vegan Community started in May 2002 when a large four-bedroom house with terraced gardens 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. 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. Email: vegancom@btinternet.com. Tel: 01792 792442. A small newsletter is available (send SAE). www.veganviews.org.uk/brynderwen

Tolstoyan Community Espouses Anarchism, Pacifism and Veganism. 59 Chapel Road, Ramsgate, Kent CT11 OBS

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

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

Website design/hosting

Local Veggie Web (LVW) lets you create and host your own veggie campaigning website, is free to use, requires no web design knowledge and requires no software installation. Free technical support provided. Details: www.lvwmakesense.co.uk

Vegan Views

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Sell Vegan Views:

Sell Vegan Views to friends, local shops, bazaars or at meetings. If you order a minimum of five copies, each copy costs 50 pence including postage within UK. (We can no longer accept returns.)

Printed by:

Footprint Workers Co-op, Leeds. Tel: 0113 262 4408. www.footprinters.co.uk

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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

As I write, there is much concern about the poor countries of the world. Crowds are demonstrating for the slogan 'Make Poverty History' and celebrities are voicing their concern about the unfair trade policies of the richer nations.

By Harry Mather

By the time you read this the whole fuss and bother may well have itself passed back into history. It is hard for nations and individuals to let go of their privileged, comfortable lifestyles. They want more, not less.

Many point out that the governments of poor nations are often corrupt and that the poor will see little benefit from the wealthy nations' donations. But it would be interesting to know how much the financial and commercial interests of the West encourage that corruption.

In our last issue we reviewed the book 'Not on the Label' by Felicity Lawrence that shows how the food bought from poor nations often increases the poverty of the ordinary population.

There are many instances where the food preferences of the Western nations directly creates poverty in nations of the Third World.

Shrimps, also called by their Italian name 'scampi', are an upmarket delicacy fetching high prices. But that does little to improve the lot of the ordinary people where they are farmed. In fact, subsistence farmers in those areas are often driven off their land by entrepreneurs who drive them off in order to establish shrimp farms. Governments see these exports as a valuable source of foreign currencies and encourage the exploitative practices.

In Bangladesh, for instance, a very poor country, the Government gives grants to wealthy people to acquire land for establishing large shrimp farms. The local poor farmers are driven off the land, usually by brute force. The ground is dug into lakes and then salinated to provide a suitable environment for the shrimps. This salination will make the land useless for growing food crops like rice, whenever or wherever the land becomes available again for subsistence farming. Owing to intensive farming practices, pesticides become necessary on the shrimp farms. In Britain, shrimps, picked locally, were at one time looked on as food for the poor. The marketing of the larger oriental Asian shrimps as a 'starter' when dining out has led to devastation of coastal lands where they are now farmed. Mangroves, which would mitigate the force of a tsunami, are being uprooted to make way for shrimp farms. Eating scampi adds to the 'history of poverty'.

Another example of the way we increase the burdens on the poor was shown from the media information about school dinners. Catering for schools was using beef imported from Botswana, presumably because it was cheaper. I can hardly believe that Botswana has a surplus of cattle! How can we possibly make poverty history whilst we take such a wastefully produced food from them.

Our dairy cows don't just eat grass. Owing to selective breeding they need a protein supplement, usually based on soya. But soya doesn't grow in this country, so forests in Brazil are being cleared on a huge scale to feed our cattle.

Veganism becomes more and more a necessity for a world that is going in the wrong direction.

Events

Saturday 4th December: Christmas Without Cruelty Fayre. 10 till 17.00. Kensington Town Hall, Hornton Street, London W8 (opposite High Street Kensington tube station) Admission £1. Children (under 11) free. Organised by Animal Aid.

Saturday 10th December: East Midlands Vegan Festival. 11:30 to 17.30 at The Council House, Old Market Square,

Nottingham. Free admission. Web: www.eastmidlandsveganfestival.co.uk

Visit www.veggies.org.uk/calendar.htm for the latest vegan and animal events. Vegan related events are also at:

www.veganviews.org.uk

Letters

A Sad Loss

Dear Harry,

We were shocked to read in V.V.105 that our dear friend Toma Sik had been killed in Hungary by a tractor. We met Toma when he came to London and had been corresponding with him for years - we were even learning Hungarian! Our last letter to his farm (Tanya) went unanswered with 'meghal' (died) written on it. He was part of our lives and wrote in great detail about his daily life. Once he had nearly all his money stolen. I worried too that he extended a welcome to all and that some of his new neighbours did not necessarily understand (or appreciate) his idealism - but nothing dampened his spirit.

VV is a great tool for the like minded and really helped on this sad occasion! Keep up your wonderful work!

Best Wishes,

Anne and Anahita Hoose

Mother and Child,

I saw a beautiful piece of natural parenting by a ewe for her lamb last week. The two had become separated by a wire fence some thirty or so yards from an open gate, and the ewe called and led her lamb from the other side of the fence calling all the time, until they became reunited - beautiful.

Philip Beeching

Refound with the Internet!

Dear Harry,

You're doing a great job with Vegan Views. I was a subscriber back in the days of Vegan Newsletter and across the change of name, when I also used to help out at the Vegan Café, but had lost contact in recent years. I found the magazine again through the internet and am quite happy to keep on reading it online, but would like to subscribe as well. So here is my £4, but please don't incur any costs sending me anything (unless there is an easy way for you to send out e-mails letting people know when a new issue is online).

Incidentally are you in touch with any of the old crowd - Cat, Keith, Richard, Sue? It would be great to hear how they are getting on.

Many thanks again,

Michael Benis.

[Ed: see also Advertisements]

French Food Prices

Dear Harry,

In your article on school dinners in the Summer 2005 issue of Vegan Views you write:

'In France the minimum spent on ingredients is £1.50 (but note that food prices are probably twice that of Britain) ...'

This has never been true. In the past the

prices of some types of food were indeed higher in France than in the UK but many were far lower, e.g. bread, olives, figs (which in France are priced by the kilo, not individually) and other locally-grown produce. This applied to all other countries I've visited, for instance when I first visited Germany in 1967 (long before I became vegan) I was pleased to see how cheap yoghurt and bananas were.

However on recent visits to France, the latest being in May/June this year, I've noticed that more and more food is cheaper than here, sometimes considerably so, and even food imported from the UK is about the same price as here. Petrol, too, is now cheaper, whereas once it was much more expensive. Eating out is cheaper

Of course the exchange rate can muck price comparisons up so average earnings need to be taken into account. However overall the standard of living in France is higher than in the UK.

In addition the French attitude towards food is, in general, very different from that held by most UK citizens (though doubtless not by the majority of the readers of this magazine), and this extends to meals in schools, other educational establishments and works' canteens. The French place far less reliance on convenience food, shop more often and the majority still actually enjoy their meals and treat food with the respect it deserves.

It's such a pity that they don't extend this respect to the animals that suffer and are killed.

Patricia Tricker, Vegan Society Local Contacts' Coordinator. Cottage 3, Arrathorne, Bedale, N. Yorkshire, DL8 1NA, UK.

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

Fuel from Sunflowers.

Dear Harry,

Read latest Vegan Views, thanks. Ref the article by Maggi Taylor, I have many of my father's documents in the sunflower for fuel project, including photos of the factory. I believe there was/is a booklet on the subject, and I will try to find it with all the papers there are on this file I have on this work. I'll copy it if I can find it. I think I am probably the only one who has these documents!

Kind regards,

Adrian Ling

Visit to Mallorca

On a recent visit to the capital Palma in Mallorca, I found a couple of vegetarian/vegan restaurants amongst a handful on the whole island. They are:

Bon LLoc. Calle San Feliu and La Ruta Verde on Calle de Marques la Fontana, both in Palma itself - the latter being right near the town bus station.

Trevor Barnard

First Veggie Guide to Rutland Launched!

The first ever vegetarian guide to Rutland was launched on Monday 23rd May 2005 to coincide with National Vegetarian Week. Sam McCreesh, a 15 year old vegan and Vegetarian Society Youth Contact for Leicestershire and Rutland compiled the 15-page guide, which is available both on-line and in print. Sam hopes that the guide will bring more vegetarians and vegans to Rutland and encourage local businesses to cater well for those who live on a meat-free diet.

Rutland may be the UK's smallest county but is certainly a great place to wine, dine and shop 'til you drop if you're a veggie - or so it seems! The comprehensive guide contains listings of over 25 shops, restaurants, pubs and accommodation catering for vegetarians and also information about places to see and things to do in and around the county.

Explains Sam, "I hope that the guide will help veggie visitors make the most of their time in Rutland and provide them with all the information they need to make sure their stay is both enjoyable and pleasant".

Businesses that didn't get the chance to feature in this first edition of the guide are invited to submit their details into the constantly updated on-line version at www.vegetarianrutland.co.uk, which will be used as a starting point for a second edition in the future.

It's also available in a printed version in exchange for a Stamped Addressed Envelope and 30p in loose stamps from Sam McCreesh, 1 Braunston Road, Knossington, Oakham, Rutland LE15 8LN.

New veggie/vegan guide to Yorkshire

This guide has been produced by the Doncaster Vegetarian Trust, and is now ready to be distributed far and wide! It costs £2 plus 35p for p&p. They sold over 100 in the first week alone, and it has also been featured on BBC Radio Leeds, where they had a 15 minute slot with a vegan tasting session and a discussion of the reasons for going veggie/vegan.

All profits will go straight into fighting animal suffering. Please contact them if you would like to order copies of the guide to sell. Also if you know of any other establishments that may take the guide, i.e., tourist information, book shops, cafes, wholefood shops, libraries etc please approach them on the Trust's behalf.

This guide is available through Animal Aid (www.animalaid.org.uk) and VIVA! (www.viva.org.uk).

Plants for a Future

PFAF is a Trust dedicated to vegan organic

cultivation and needs a new trustee. Contact Richard Morris on 01208 872963 if interested. The site at Blagdon Cross in Devon is no longer inhabited and is reverting to a natural wilderness. Anyone interested in acquiring the site should contact Richard Morris (as previous paragraph). The Field at Penpol in Cornwall is thriving and holds Workshops at intervals. Contact 01208 873554 for details and dates.

Animal Rights Community Online

www.animalrightscommunity.com ARCO invites you to join its online animal rights community. We offer discussion boards to talk and discuss animal rights issues as well as add your latest demos, petitions and recipes. We also offer support for less cruel diets as the vegetarian, vegan and fruitarian alternative. You can go directly to the boards at www.animalsuffering.com/forum

Establishment at Mirca

Vegetarians are invited to a non-profit making establishment at Mirca on the island of Brac in Croatia. Potok is a farmhouse that has been extended and renovated to form three spacious flats, a separate double room, communal areas, storage and workshop space. There is a vegetable garden and orchards covering 1,500 sq m. 600 m from the beach and harbour. Half that route is on a private path with glorious rural and coastal views.

Mirca is on a bus route and is midway between the attractive coastal villages of Sutivan and Supetar - the island's main port and ferry terminal. There is a pleasant walk to either village and the whole island offers superb walking. For under £2 a regular ferry takes you to Split, the largest city on the Adriatic coast and full of architectural interest.

Potok has solar/oil central heating and is open to permanent residents, volunteers and, space permitting, guests, all of whom will help to realise its potential. It offers a unique opportunity to those dedicated to the compassionate way of life.

Contact: Jenny Gage, Potok BB, Mirca, Brac 21400, Croatia. Tel 00385 212 630179.

Milk Doesn't Build Bones!

37 studies looked at the impact of calcium consumption on bone strength in children and adolescents. Of these studies, 27 found no link between dairy or dietary calcium intake and measures of bone health. Of the rest of the reports, nine found calcium's effects on bone health to be minimal.

The researchers concluded there was little convincing evidence to support the current recommendations that eating more dairy provides bone benefits in children and adolescents.

Pediatrics, 2005; 115:736-43. Sourced from What Doctors Don't Tell You, September 2005.

So You Think You're Vegan?!

Everyone reading this knows what veganism is. Even my dictionary knows: a vegan is 'a person who does not eat or use animal products' (The Concise Oxford Dictionary).

And yet, put a group of vegans in the same

room, and sooner or later a discussion will begin about what it means to be a vegan. Are you a vegan if you still wear your old leather belt? Are you a vegan if you eat eggs that your rescue hens have laid? What if you eat a meal a friend has carefully prepared thinking that it is vegan, but which you discover contains honey? Are you a vegan if you took medicine containing an animal product when you were ill?

A strict vegan will be quick to say no. Vegans do not eat or use animal products, so if you do so, you are not a vegan. End of story. But if this is the case then it raises the question, who is a vegan? Is there really anyone out there who has not, at one time or another, knowingly or accidentally, used or consumed an animal product? I doubt it. The sad truth is that it is simply not possible to live in a modern Western society as a perfect vegan. So does this mean that there are no vegans on this planet? Of course not.

Let us turn instead to the Vegan Society's definition of veganism: 'Veganism may be defined as a way of living which seeks to exclude, as far as possible and practical, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.' There are, I believe, two things that are very important to note in this definition.

Firstly, it accepts that it is not possible to avoid animal products entirely. Veganism 'seeks to exclude': it is an attempt to exclude animal products, it is not the act of flawlessly doing so. It wasn't possible to avoid animal products entirely when the vegan movement began, and it isn't now. So if, on occasion, we find that we have consumed something containing an animal product, or need to take a medicine containing an animal product, this is no reason to give in to feelings of guilt, or consider ourselves no longer a vegan as a result.

And secondly, the definition places emphasis not on dogmatic adherence to the avoidance of all animal products for its own sake, but in order to avoid exploitation of animals. And it is this aim of avoiding exploitation of animals that is of primary importance. Of course, most of the time, the way in which we can best avoid animals being exploited for our benefit is to avoid animal products. But consider again one of the examples I gave at the start of this article: A friend, knowing that you are vegan, spends time and effort preparing what they think is a vegan meal for a dinner party. Unfortunately, it contains honey, which they had not realised was not vegan.

So you have two options available to you. You can refuse to eat the meal, thereby maintaining your veganism. All right, so you offend your friend, leaving them with the impression that vegans are ungrateful and fanatical, and of the opinion that they won't bother making the effort in future. Or you can thank them for their thoughtfulness, eat the meal in the knowledge that everyone else is enjoying a virtually vegan meal whereas, had you not have been present, they would have been eating meat, and perhaps, if the opportunity arises, point out that honey is not actually strictly vegan, opening up the opportunity to talk about veganism to people who might not

otherwise have considered it.

Personally, I know which option would seem to most 'reduce the exploitation of, and cruelty to, animals'. Similar reasoning, with the emphasis on minimising cruelty to animals, can be applied to the other examples I mentioned. Personally I would probably not eat an egg laid by a rescued hen since to do so would promote the idea that it is acceptable to eat eggs, which in general causes harm to animals. And similarly, I would not wear even a second-hand leather belt as it promotes the idea that it is acceptable to wear leather. But I am aware that there are reasonable counter-arguments which say that it is better to eat the egg than let it go to waste, and it is better for people to use old leather products than throw them away. However, although there is not always an easy answer, what is clear is that if, in these instances, through your decision you are attempting to 'reduce the exploitation of, and cruelty to, animals', you are acting as a vegan.

Veganism is an attempt to minimise animal cruelty through avoiding animal products. It is not possible to always avoid all animal products, and there may even be circumstances where one could argue that it is better not to do so. But in my opinion that does not mean that if one does, knowingly or accidentally, occasionally use an animal product, then one is no longer a vegan. I think an appropriate analogy can be found through comparison to religion. A person may still call themselves a Christian even if, on occasion, they sin. And a person is still a vegan if, on occasion, circumstances force them to consume an animal product.

For in the final reckoning, the root of veganism lies not in avoiding of animal products: that is simply a result of veganism. The essence of veganism is the attempt to 'reduce the exploitation of, and cruelty to, animals'. That is what is important.

Note: This article considers veganism to be synonymous with ethical veganism. I am aware that there are those who are vegan only for health reasons, and for those people, other definitions of veganism might be held as being of paramount importance.

By John Davis

How Was Your Holiday?

Did you unexpectedly find marvellous vegan food?

Did you have a horrid experience that you would like to warn others about?

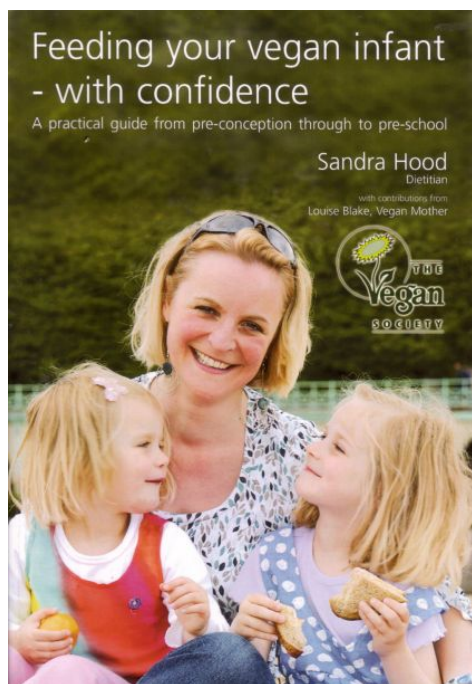
Did you take a vegetarian guide with you, or trust to luck?

We would love to hear from you and share it with our readers.

If a body has wings and a heart and it sings,
That body is meant to be free.

Malcolm Williams-King (Snowdonian songwriter).

BOOKS



Vegan Animal Rights by David Horton.
Information and orders from:
dhorton@hotmail.com or 63/2 Ithaca Road,
Elizabeth Bay, NSW 2011, Australia. Cheques
and money orders to 'Vegan Wise' \$10 including
post overseas (or equivalent currency) ISBN 0
9585769 4 7.

Seventy Articles of varying length on a variety
of ways of looking at veganism and animal
rights.

"These articles are about two different
attitudes to life - how certain people let animals
die for them, whilst others choose to lead
'abattoir-free' lives."

The following will give you a flavour of what
to expect:

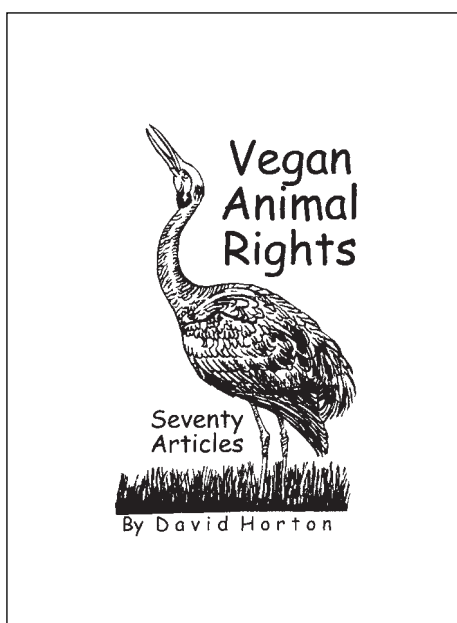
"Not so very long ago, slaves were kept as
work-machines....It amounts to much the same
thing with animal rearing today."

"Developing empathy for animals takes us
into a whole new world of cruelty-free products
and non-violent attitudes. It is not surprising
that we want others to know about it."

"We've built a society on business and
ruthless competition and now we're reaping the
whirlwind. One of our biggest industries
provides the example - the animal industry."

"Over the centuries, so many people have
gotten away with so much cruelty that it is no
longer disapproved and we refuse to see certain
actions as theft."

"Yet we humans seem to be capable of hating
even the unhatable. You can see that by what
we do. We defoliate mountains, pollute rivers,
murder animals, desecrate forests and all in the
name of survival, pleasure and need. We don't
mean to do it. We don't do it out of spite but
simply out of habit. We hardly ever look at



these habits, but someday we're going to have
to."
HM.

Feeding Your Vegan Infant - with confidence by
Sandra Hood with contributions from Louise
Blake. Published by and obtainable from The
Vegan Society £9-99 plus P&P. ISBN 0 907337
29 5.

A practical guide from pre-conception through
to pre-school.

Sandra Hood collaborated with the late
Arthur Ling to produce a booklet with
examples of infants raised on vegan principles
and containing nutritional guidance with the
aim of providing encouragement to vegan
parents and providing supporting evidence of
the sufficiency of the vegan diet for the
newborn. With growing numbers of vegan
children some of whom are now grown up and
with a much expanded amount of research
documents, this work has now been expanded
into a complete book full of guidance at every
stage up to the time for starting school. Of great
value to vegan parents and would-be parents, it
will also help reassure health professionals and
the doubters among family and friends. It aims
to dispel the common myths concerning a
vegan diet and provides reassuring guidelines
on creating a well balanced diet, getting baby
from milk to solids and how to provide the
toddler with all the essential nutrients for
growth and development.

The book uses modern photographic and
printing techniques to present numerous
gorgeous colour pictures of vegan children
which should in themselves dispel any doubts
about the suitability of bringing up children the
vegan way. The addition of brilliant drawings
by Juliet Breeze make this a most attractive
book on every page. However, what is most
important is that it provides detailed helpful
information on bringing up the infants and full
references on research papers that should help



health professionals have an informed view and
sweep away any prejudices that many seem to
have.
HM.

Vegan Passport by George Rodger (with a little
help from friendly vegans). 2nd Edition. 2005.
Published by The Vegan Society, 7 Battle Road,
St.Leonards on Sea TN37 7AA.

A new, expanded, edition of The Vegan
Society's ever-popular Vegan Passport is now
available.

This handy pocket-sized book contains a
simple message explaining what vegans do and
don't eat (and why!) in many different
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Signature

But I like Meat

I know why I am a vegan. And it seems so obvious it is the right thing to do that when I encounter someone who doesn't agree, all those arguments and reasons which seem so clear in my mind somehow evaporate, leaving me stammering something along the lines of 'but eating meat and dairy is so cruel'.

By John Davis

TTrue, perhaps, but not the most convincing of arguments to someone who clearly doesn't think it so cruel that it is worth giving up their bacon and eggs. The following, then, are not so much answers I've given to people who question my veganism, as answers I wish I'd given, had I thought of them at the time, or had the courage.

Of course, perhaps you know them all already. In which case, all I can ask is where were you when I last had to eat a meal beside someone tucking into their roast flesh?!

You need meat and dairy to survive.

I am vegan, I am alive and healthy. Healthier than I was before I became a vegan, come to think of it.

There is nothing wrong with eating meat and dairy.

That depends on what you mean by wrong. But if, like me, your idea of what is wrong includes inflicting needless suffering on other beings, then it is wrong to eat meat and dairy.

Eating meat is natural.

Yes, in so much as many other species eat meat. They also commit rape, infanticide, and cannibalism. Just because an instinct to do something is natural doesn't automatically make it morally acceptable. Also, consider that other meat-eating animals do so because they have to in order to survive. We, on the other hand, have the luxury of not having to kill other beings in order to live.

This animal was dead before I started eating it

But you created the demand for its death. If no one ate meat, no animals would be killed and sold for their meat. You are in effect a contract killer.

But the bible gives us dominion over animals.

The bible says a lot of things. That doesn't necessarily mean they are true. And even among Christians, there is a lot of debate over what it means by dominion, which could equally be a command to care for rather than abuse and eat.

I like meat and dairy.

Well, so do I. I like the car my neighbour drives, too. But that desire isn't a particularly sound moral basis for stealing it. The fact that we desire something does not, in and of itself, give us any right to act upon that desire.

You talk about rights. Why do you think animals have rights?

There is no satisfactory short answer to that one, as there are many kinds of rights, and many reasons for believing a person or being

should have access to them. But, briefly, and at the most fundamental level, I believe that if a being can suffer then it should have the right not to do so. Or, to reverse the question, what right do we have to inflict suffering on another being? Also, consider that we too are animals. And if we have rights, we are forced to ask what property we possess that gives humans but not other animals rights.

People are suffering and being killed. Aren't people more important than animals?

It is true that by most standards we care to apply, humans are either more important, or as important, as animals. However, firstly, it is not a case of either helping humans or animals. A vegan diet does not cost money, or prevent money or effort being spent on easing the suffering of humans. In fact, a vegan diet requires less land and energy to support it than a non-vegan one, so a vegan diet actually helps make food, land and energy available to support humans. And secondly, even if one believes humans to be more important than other species of animals that is not to say that people are infinitely more important than other animals. If they were, there would be nothing wrong in torturing a pet for idle amusement, yet few people consider this the case. So simply because humans may be more important than animals, this does not mean we have the right to do what we want with them, to eat them or enslave them for their produce.

People will be out of a job if it wasn't for the meat and dairy industry.

If everyone stopped eating meat and dairy tomorrow, yes, many people would lose their job. But this won't happen. It will be a gradual process, with time for people to find new jobs. And if there are jobs lost, then there will be other jobs created. And of course, it is worth pointing out that simply that because someone is employed to do something, that doesn't make it right.

If it wasn't for the meat and dairy industry, there would be fewer animals in the world. Wouldn't that be a bad thing?

That depends on whether you believe that the more animals there are in the world the better, or that the better the quality of life for those animals that exist in the world the better. I believe the latter to be true. And, if you extend the concept to humans, you probably believe this too. For would you consider a future where people were forced to live ten to a room better than one in which there were fewer people but each had more room, and a better standard of living?

Ever heard of natural selection?

Yes. It is the way in which, generally within a species, those best fitted for the environment survive and pass on their genes, whilst others perish. It is not a moral guideline or framework. If it were, we would not give glasses to the short-sighted, medicine to the ill, or protect the weak.

You still kill animals, even as a vegan.

Yes. It is simply not possible to live in modern society without killing other animals, from flies on a car bonnet to animals killed to ensure a

harvestable crop to eat. However, simply because we cannot live without killing any creatures, does not mean we should kill as many as we wish. If that reasoning applied, we would not do anything to improve the world since, whatever we do, it will still not be perfect. But we do act, because it is better to do something than nothing, to make some improvement rather than none. And, for the animal who doesn't die to provide us with food, that something, no matter how insignificant in the grand scheme of things, means everything.

You mention animals killed to ensure a harvestable crop. I heard that more animals are killed to protect a harvest than are killed to provide meat for my plate.

This is simply not true. The claim failed to take into account several factors, the chief being that it takes six times as much harvested crop to feed an animal for your plate to feed you, as it would if you ate the crop itself.

All right. But you still kill plants then?

Yes. As far as is known, plants are not capable of suffering. And even if they are, more plants are killed in order to feed animals which are slaughtered to feed a person on a non-vegan diet than they are if we eat them directly. Veganism is not a way of avoiding suffering. It is a way of reducing it.

I only eat animals that are killed humanely

Good for you. So it would be all right if I killed you, as long as I did so humanely?

So what if I only eat eggs and dairy from animals that do not suffer as a result?

If that is really the case, then I do not think it is wrong for you to do so. Veganism is not dogma, it is a means to an end, and the end is the reduction of suffering of animals. However, are you sure the animals do not suffer? Are they allowed to live out a natural life after they have stopped being productive? And what about the offspring they give birth to? Also, you might wish to consider what impression you give to others when you eat these eggs and dairy: are you giving them the impression that it is all right to eat eggs or dairy and, not knowing the source of your produce, to eat any eggs or dairy?

Look. It is my right to eat meat and dairy. Stop bugging me.

That depends on what you mean by right. It is certainly your legal right. Just as, a couple of hundred years ago, it was your legal right to keep slaves. That does not mean it is your moral right.

All right, if we're speaking of rights, you have no right to stop me.

I certainly have no legal right. I would argue, however, that since it is morally wrong to eat meat and dairy, I do have a moral right to try and persuade you not to do so.

But it isn't morally wrong to eat meat.

That is your opinion, but it is not mine. I hold that it is morally wrong to inflict needless suffering, and eating meat and dairy inflicts needless suffering, and I have explained why I feel this way. So if you do not agree, perhaps you might explain why you believe it to be morally acceptable?

Animal Diseases and Human Infectious Diseases

Vegans are often heard to say that their lifestyle is not only more animal-friendly, but also healthier, than a meat-based one. The potential harms of animal products and the protective effects of plant foods are well publicized, and form a strong case for a plant-based diet. Something which is less often discussed is the link between the animal industry and infectious diseases. This is in fact a major issue - farming and hunting animals directly increases the risk of new and dangerous infections arising.

By Jamie Horder

The reason for this is simple biology. Although it sounds strange, most bacteria and viruses which infect humans don't deliberately harm us. These germs use the human body as a breeding ground in which to reproduce. If they were too good at killing us, they would destroy their host environments and wipe themselves out as well - plus, dead people don't tend to spread diseases to others as well as living ones do. As a result, most human germs have evolved such that they only have a moderate virulence - they've learned to pull their punches. The fact that these diseases have been infecting humans for hundreds or thousands of years also means that we have developed some immunity to these infections.

Infections like this do still kill millions of people every year in the developing world. However, they are unlikely to give rise to major new epidemics, since they've already evolved to a stable way of life. They're bad, but they're bad in a predictable way. Unfortunately, there are other diseases out there - a Pandora's box of bacteria and viruses which are usually only found in animals, from pets to wild animals or farm animals. In their natural hosts, these often cause only a mild infection, or no disease at all. But under the right conditions, they may be able to cross the species barrier and infect humans as well.

Because they have not evolved to live in the human body, these animal diseases - which are known as "zoonotic diseases" or "zoonoses" - can be extremely virulent. This, along with the fact that the population has not had time to develop resistance, makes them potentially very dangerous indeed. Luckily, many zoonoses can only be transmitted from animals to humans, not between people, which limits their spread to those who come into contact with infected animals. However, person-to-person transmission can develop, perhaps due to a mutation or hybridization, and this can lead to the start of an epidemic.

Many of history's deadliest plagues have been zoonoses, including the Black Death, and there's every reason to believe that humans and animals have been exchanging diseases since we first walked the earth - but things have

changed in modern times. The development of large scale farming, the mass transportation of animals, the destruction and settlement of rainforest areas (which exposes new animal species to civilization) and other modern practices have led to increased contact between animals and humans, disturbing the balance of diseases and providing a wealth of new opportunities for zoonoses to infect us.

Animal farming is one of the major risk factors. Modern farming involves keeping large numbers of animals together in conditions which are often crowded, unhygienic, and stressful, and also brings them into constant contact with humans (especially in the developing world, where animals and humans may literally live side-by-side). This means that farms are the perfect place for a bug to cross the species barrier - the infection spreads rapidly through the flock or herd, and is then transmitted to the farm workers, or those who consume the milk, eggs or meat. The transport of carcasses and live animals around the world can help to spread such diseases from country to country.

A classic example of a zoonosis which started down on the farm is Britain's own BSE, "Mad Cow Disease". Thanks to the practice of feeding sheep remains to cattle on farms as a cheap source of protein, a sheep disease called scrapie was passed on to cows, which developed a related disease called BSE. Humans eating BSE infected beef are at risk of contracting the human form of the disease, called vCJD, which causes slow and fatal brain degeneration. Fortunately, only a small number of those at risk actually became infected, so the number of deaths from vCJD stands at less than two hundred and is unlikely to rise much higher. But this could very easily have been different - it's just a lucky fact that humans have a certain genetic structure rather than a slightly different one. BSE could have been much worse than it was.

It's not just farmed animals which can transmit zoonoses. Wild animals are also a source of infections, and hunting these animals for food can bring humans into contact with new diseases. The HIV pandemic is widely believed to have started in this way, due to humans hunting monkeys, and it's recently been suggested that "bush meat" (hunted carcasses of monkeys and other animals from Africa and elsewhere) imported into the UK could bring tropical zoonoses, such as the Ebola virus, along with it.

Farming can increase the risk of zoonoses originating from wild animals by providing convenient stepping-stones - like in the case of the Nipah Virus. This virus normally infects fruit bats living in Malaysian tropical forests, where it causes no disease. However, when new pig farms were built near these areas, the virus was spread from the bats to pigs, and then from the pigs to labourers working on the farms, where it causes brain infection. This first happened in 1998, killing over one hundred

people. Fortunately, the virus was not transmitted from person to person, limiting its spread, but there have been several other Nipah outbreaks in subsequent years, including some with reported cases of this kind of transmission. The virus has a death rate of over 50%.

The same thing could happen again with a rather less exotic disease - flu. In East Asia at present, there is great concern that a form of influenza which usually infects birds - a highly dangerous strain called H5N1 - could cause a major epidemic. The virus, which is normally found in wildfowl, can also be spread to poultry, and if this happens it could infect vast numbers of people. H5N1 can't yet be spread from person to person, but if someone were infected with both human flu and bird flu, this could create a lethal hybrid.

This has already happened at least twice in the last 50 years, leading to world-wide outbreaks, and there's no reason it can't happen again. To make matters worse, Chinese farmers have been giving their chickens anti-viral drugs, meaning that the outbreak, if it comes, might be drug-resistant. This is a common result of feeding animals drugs to increase productivity, something which is also routinely done in the West (along with hormones, and various other chemicals).

We would win a great battle in the war against disease by taking action to prevent zoonoses. This will have to involve putting an end to animal farming, amongst other measures to avoid disturbing animal habitats in general. Good farming methods can reduce the risks, but they can never eliminate them entirely - as animal diseases and human infectious diseases.

**ANIMAL LOVERS!
DON'T EAT YOUR FRIENDS
SPEAK FOR THE ANIMALS
AGAINST SLAUGHTER
THEY NEED YOUR VOICE
TO STOP THE MURDER**

Vegan Organic Network News

19 Vonnies enjoyed an inspirational visit to the Welsh College of Horticulture on the 3rd of September. Paul Robertshaw, the head of Organic Horticulture there, showed us animal-free growing at its best! Paul will be one of the stars speaking about vegan organic growing and VON's Stockfree Standards at Viva's Incredible Veggie Show at Wembley on 12th November.

An update from Peter White and David Graham of VON (Vegan Organic Network)

It's a tremendous boost for the Stockfree-Organic Standards that Paul, and Iain Tolhurst at Tolhurst Organic Produce in Berkshire have adopted the standards. They are not just the average organic grower, they are educators, influential in the organic field. To quote Iain "I see vegan organics as the next phase of organic production. There is a growing movement, that is still relatively small, that wants an environmentally benign food system that does not exploit animals".

Now another prestigious market garden is applying for the Stockfree-Organic Symbol too. Alan and Debra Schofield of Growing with Nature market garden near Preston are very experienced and pragmatic growers, well known and respected figures in the organic movement; Alan believes that stockfree is the best way for organic horticulture to go in the future. In an article in Growing Green International, Alan wrote "I believe that if the world is to stand a chance of feeding ten billion people in a sustainable way, we will have to review organic policy of growing food on land for animals which could instead produce cereals, pulses and vegetables for direct human consumption".

Sow and Grow Organics in Wigan, run by Jenny Hall and Keith Griggs, both very experienced and committed growers, is already taking on the Stockfree symbol and will be demonstrating the methods involved next year. Jenny runs the VON Stockfree Services Office that deals with enquiries about the Standards from farmers.

VON will be soon appealing for help to establish bursaries for students at the Welsh College of Horticulture, where courses in Stockfree-Organic growing have already been set up, with ten students having so far enrolled. Those who are studying stockfree-organic methods and the people who have taken on the standards are helping to realise VON's ambition to bring Stockfree-Organic into the mainstream of life. But our work is not static; as the work expands we need people to help, join as supporters and spread the word. Help is needed now more than ever so please join VON today!

VON has a wide network of interactive supporters, runs the Stockfree-Organic Standards, gives advice, publishes information



First Discovery Apple Harvest

sheets, runs courses on vegan-organics, helps people find work experience on vegan-organic farms, holds local meetings and organises visits to vegan farms. VON publishes Growing Green International, a magazine full of information and debate on cruelty-free growing and its ethical basis.

For details of how to join, contact: VON, 4 Mallow Street, Manchester M15 5GD. Email: cherry.chung@btinternet.com. General enquiries to 0845 223 5232. Website: www.veganorganic.net.

Towards a Compassionate Lifestyle.

Quite apart from the abominable cruelty inflicted on gentle, defenceless, sentient creatures, the meat and dairy industries are also responsible for a major contribution to environmental degradation, poor human health (physical, mental and spiritual) and, not least, the starvation of countless millions of fellow humans. Nothing less than a radical change in human motivation, behaviour and lifestyle is desperately required.

By Alan Spinks

Tragically, and disgracefully, we cannot look to a lead being given by Government (of whatever political "hue") as politicians, with a few honourable exceptions, are in the pockets of the farming

lobby, and the meat and dairy industries.

Neither can any guidance, or example, be expected from religious leaders, especially the so-called Christian ones, who hypocritically preach "The Golden Rule" - do unto others as you have them do to you - then go home and tuck into a roast beef dinner! They make it quite obvious too, that the Commandment "Thou shalt not kill" and the scriptural injunction not to partake of blood apply to humans only.

It seems therefore, that we have to rely on our own personal example, as vegans, to "spread the message" and be alert to opportunities to promote an alternative lifestyle, but without 'preaching' or being self-righteous.

There's a long haul ahead, as indeed there once was for the abolition of slavery, woman's emancipation and Apartheid, but as the saying goes: "better is it to light just one candle than to go on cursing the darkness."

What To Eat Today

I guess some people become vegan suddenly and dramatically but I think most drift towards it, so when they consider the question, "What shall I eat today?" they already have some idea of the options open to them, but I think I read in VV from someone along the lines of "how do you decide what to eat?" Abandoning a meat and dairy based diet they may feel a general run through of how to reach a decision would be useful so I set down my thoughts.

By Peter Wills

Having to decide "what will I eat today?" is mostly a decision for those who cook for themselves. Those who decide to become vegan and also have to learn to cook at the same time are facing a steep learning curve but even those who have already been cooking are faced with a challenge. In fact I'm reminded when faced with the question of "what shall I eat today?" of the pedestrian who, when asked for instructions as to how to get somewhere by a passing driver, replied "if I were going there I wouldn't start from here!" Because in fact in practice you need to think about what you're going to eat the day before.

I tend to divide meals up according to how long they take to prepare. In some cases you have to make a decision several days before in order to have the ingredients to hand and sometimes you need to make a decision hours before. If you fancy butter beans for example then they are best soaked for quite a while; if you want lentils and none have been soaked then you will need to use red lentils which are the quickest to cook.

If you are adamant that you wanted butter beans and none have been soaked then you might consider buying a tin of ready cooked beans and this raises a different issue. There are those who will consider this too near convenience-food style cookery. At the other extreme there are cooks who want the easy life and feel free to buy ready mashed potatoes or complete frozen meals. Mostly a choice is made at a compromise decision according to budget and the time available. You may want to leave the global warming issue until later, until you get the hang of things.

A friend told me that he was greatly relieved when he left home not to know what day of the week it was by the meal his mother served him. Somehow one week's meals are never the same for me as another week but this isn't the result of conscious effort and I'm attracted by the idea of not having continually to be imaginative and take risks with new things! Before refrigeration and global markets most diets in the temperate world were governed by the seasons and buying food in season helps to support local farmers, cuts down on transport and ensures greater variety.

Nutritionally speaking you will need to eat a combination of protein, carbohydrates, fat and

don't forget Five Portions of Fruit-and-Vegetables a day. As a vegan this at any rate should be easy. The next biggest contribution to decision is probably personal taste. A few years ago I decided I'd eaten enough tomatoes for one life time and have rarely bought one since. This isn't to say that I haven't eaten them since, because I sometimes feel that about 80% of vegan meals contain tomatoes. I have no fault to find with tomatoes and if you offered me a fine ripe tomato sun warmed on its vine I would be pleased to accept, but I don't seek them out. The potato, however, I find very satisfying, wonderfully acceptable and comfortably filling and I'm happy to eat them every day. Being of a lean and hungry disposition I make sure bananas and potatoes are never too far away.

Occasionally I am tempted by reading a recipe and buy the ingredients I don't already have. As a result of this I sometimes look in the cupboard and find something I don't know how to use which I've got a for recipe I've forgotten about.. What will I do with that jar of capers in vinegar I once bought? - any suggestions welcome!

There are various other factors which might influence what is to be eaten. I inherited a pressure cooker and found it made brown rice a breeze. I always chose unrefined foods over refined foods but I understand that some people's stomachs will not permit them to follow this path. Similarly some digestive systems apparently cannot cope with beans. If this is your problem restrict yourself to small quantities, add fennel seeds or just avoid them altogether.

Sometimes we may feel a particular food would be therapeutic. Brazil nuts have been found to keep cancer at bay. Blueberries have anti-oxidants in them. Garlic, onions, shallots, leeks and chives are decongestants and strengthen the immune system and the digestive system, fight virus and bacteria and prevent blood from clotting and cholesterol from being deposited in the blood vessels. I have sometimes been tempted into a meal by a plate. I have an octagonal Pyrex dish and I'd like to create a large mince tart in it, enough for eight people. In winter a thick soup or stew often hit the spot while salads and uncooked food feels more appropriate in the summer.

Once you start cooking regularly you may find that one meal leads on to another. After steaming vegetables for example you are left with an enriched liquid which is useful for sauces. Once you make sauces you are able to vary meals by changing the flavour of the sauces, by using things like peanut butter or miso or lemon juice. If you are able to remember such things you can begin to manage without cookery books. Following a book can be an unsatisfactory business because it may have been written assuming more knowledge on the reader's part than they actually have. You will sometimes be told to cook something "until it is cooked" and that is very irritating if you've no idea how long that will be or how to tell by

looking or even what it's meant to taste like when it's cooked.

If things don't go well and you're hungry, you have wasted a lot of time and the food hasn't turned out to be edible, it is a good idea to have something on standby, like beans on toast. Disasters will become rarer as your culinary skills grow. Good Luck!

Global Warning

Earth was once a garden,
Forests sang and children danced.
Rain was sweet and pure,
Nature was in balance.

We cut the wood and burned the oil,
Trees stand stark and bare.
Poisons linger in the soil,
Greenhouse gases fill the air.

We raped the earth and torched the land,
Fish are floating in the streams.
We turned the forests into sand,
Eden's just a dream.

Polar ice is melting,
Frozen land is warming.
Tidal waves are surging,
Judgement day is dawning.
John Sephton.

www.of Life.

Mere part of life's whole web are we,
Just one of myriad strands;
Not ours, superiority,
And he who understands...

Will realise we have our part
To play in stream of Life,
By living from a loving heart
And banishing all strife.

Especially from all "lesser" ones,
Whose lives are precious too,
As just same spirit through them runs,
Alike as me and you.

As humans we don't have the right
To end another's days,
But in response to Love and Light,
Must find much kinder ways...

To treat all creatures here on earth
(Most surely not for food!)
According them their God giv'n worth -
Such acts will not be rued.

Instead, much joy will spread worldwide,
True harmony increase,
With loving Life force not denied,
At last, there'll be true peace.
Alan Spinks

Should Vegans Drive Cars?

The Vegan Society frequently uses the slogan "for people, animals and the environment" on its literature. PETA has a leaflet which says "Think you can be a meat-eating environmentalist? Think again! If you give a damn about the planet, go vegan." There are good environmental reasons for being vegan, and yet veganism is undoubtedly primarily situated within the animal rights movement. This article is an attempt to redress the balance, to turn the tables on the car-driving vegans who cite environmental arguments to support their veganism. To paraphrase the PETA leaflet: "Think you can be a car-driving vegan? Think again! If you give a damn about the animals, stop driving!"

By Patrick Browne

Rather like the arguments against meat, the arguments against car-driving are so overwhelming and so multifaceted that it is difficult to know where to start. But let's start with the obvious: the number of traffic deaths on the roads. According to the League Against Cruel Sports, 50-100,000 foxes are killed annually by cars, as opposed to 20,000 killed by hunts. Badgers, deer, birds, rabbits and countless other wild and domesticated animals are slaughtered daily on our roads and for the vast majority no tally is ever taken. Do vegans kill animals on the roads? Undoubtedly. I once killed a badger on the way back from a hunt demonstration and it was this that made me start thinking seriously about car-driving. Most of the smaller animals are killed without the driver noticing. Thousands of flies are splattered against the windscreen in summer, making driving in summer surely a less vegan activity than eating local organic honey.

By driving cars we also tacitly support road building, and we help to pay for it through the huge taxes imposed on fuel and through vehicle licensing. New roads divide up the countryside separating populations of animals and preventing their free movement. Roads destroy natural habitats such as the woods on the site of the Newbury Bypass. More and more of our countryside is being covered in tarmac, where nothing can live and grow, and where innumerable animals meet untimely deaths.

Around 71% of the cost of your fuel goes to the government to build more death roads; the rest goes to oil companies. It is laudable that vegans often diligently boycott pharmaceutical companies and their subsidiaries, including their consumer product brands, but far fewer vegans take the point with oil companies. There is no sound oil company: they have all been targeted by environmentalists and human rights activists at one time or another. For example, BP's Baku-Ceyhan Pipeline project "has led to allegations of human rights abuses, sparked regional conflict, and deprived local people of their livelihoods and land". Shell was long

lambasted for its involvement in apartheid South Africa; subsequently the company was targeted for its cosy relationship with murderous Nigerian dictatorships and the despoliation of the Niger delta, resulting in massive pollution of natural habitats and farming land, and the deaths of countless people and animals. Oil company Total has been described as the "strongest supporter of the Burmese military". ExxonMobil, the world's biggest oil company, is a strong backer of the current Bush administration, and denies the reality of climate change. And so on.

Quite apart from involvement in oppressive regimes, environmental destruction, and climate change, most oil companies are also implicated in vivisection. This is because they tend to have petrochemical subsidiaries that produce all manner of chemicals for industry, often including agrochemicals such as pesticides that themselves are highly environmentally destructive and lethal to wildlife. According to Ethical Consumer, BP, Shell, Total, Fina, Gulf, Elf and Jet are known to be involved with animal experiments. Petrol itself, and the dyes and other chemicals added to fuel, are tested on animals; petrol pumps in the US display warnings that petrol fumes have caused cancer in laboratory animals.

There is also the fact that by buying fuel for your car you are directly contributing to climate change. The methane emitted by the world's 1.4 billion cattle is said to be the second biggest contributor to climate change; only the consumption of fossil fuel is greater. We vegans cannot challenge the consistency of environmentalists who eat meat on this basis, while ourselves putting fossil fuel into their cars. We will not be taken seriously! And climate change is an animal rights issue: polar bears and penguins are already starting to starve because of it. The climate is changing too quickly for most animal populations to adapt and many will simply die off.

Can we do without cars? It is important to address this question, just as it is important to show people that a vegan diet is a healthy one. Believe it or not, it is possible to live without a car. Cycling produces no emissions and cyclists rarely run over animals. Using tandems, tag-alongs, and trailers, bicycles can be used for taking children, animals and heavy shopping around town. It is a question of organising your life around the sustainable transport that is available, so that you make sure that job/school/college/family are all accessible. You can get just about anywhere using buses, trains, and bicycles.

And there are great benefits to be had! Cycling makes you healthy and saves money and time because you don't have to go to the gym. The level of pollution inside cars is also far higher than the level of pollution outside on the road, though it may not seem like it. There is none of the frustration and possible road rage associated with traffic jams; when trains are delayed the frustration is communal - and anyway you can always read a book! Car culture creates anonymous living conditions because people live too far away from their places of work and school - people don't know their neighbours any more. This leads to increased fear of crime. Children can't play outside because the roads are dangerous; instead they stay inside and play computer games, contributing to the epidemic of child obesity. Car culture means huge supermarkets which destroy green-belt land, and which drive small businesses and farmers to the wall.

The reasons that people give for being vegan are also reasons for not driving cars. It saddens me that so many vegans drive cars, just as it saddens me that so many environmentalists eat meat and dairy products. Both activities are unnecessary and harmful. So let's truly be vegan - "for people, animals and the environment."

Desertification in Darfur

Sudan is a huge country that is similar in size to Western Europe. which follows the river Nile south of Egypt. In the West of Sudan, bordering on Libya and Chad is the region of Darfur which is inhabited by settled subsistence farmers and also a group of nomads in the North of this region on the borders of the Sahara where they pasture their camels as conditions allow and historically they have migrated seasonally to the hilly region where the settled people live. These have accepted them and exchanged their millet for milk and meat from the nomads or allowed some to use some land.

Due to climate changes, the desert has extended and the settlers have had to extend their fields, cutting across the route of the nomads and refusing access to land. In the famine years of 1984 and 1985, fighting broke out between the farmers and the nomads. In

order to suppress rebellion by the farming settlers, the Sudanese Government in Khartoum has supported the nomads as a part of the Sudanese army. Forcing people out of their homes, burning the villages, torture and other violence killed about 50,000 people and drove about one million to take refuge in neighbouring Chad creating the huge crisis, which other nations have been slow to react to.

Famine has also hit other sub-Saharan countries such as Niger (situated north of Nigeria). These regions need to plant trees to arrest the encroaching desert. Decades ago Richard St. Barbe Baker, who founded the movement Men of the Trees, campaigned for the planting of trees around the Sahara as an answer to desertification. Ignoring his advice and personal efforts has only made the problem worse.

HM

News From Pat Reeves

This is my most inspiring year! - I should never have accessed 2005 according to orthodoxy - fighting back for fifteen years now, obviously it gets tougher. Now with only a very small amount of single kidney function operating - the other was totally enveloped by yet another tumour and was operated on earlier this year. My heart failed twice during this and I was on life support for three days - my medical business partner begged for an extension before their switching off. My family around me in German clinic, it was not expected I would pull through. I'm here to recount! During the time between life and death, I recall everything that people in this situation seemingly undergo - such was the peace I discovered, I did not want to return!!! Fortunately, I did, before they were going to switch off. After SO many episodes and near-death experiences, I KNOW I am here for a purpose! - I do not have all the answers yet but have relegated whatever time I have left to offering my help to anyone who needs it. What goes around, comes around.....I do acknowledge that whatever you want in this life - you HAVE to give it first! - and I am certainly achieving that!

Latest is that I have been given eight weeks before 'out-of-control' tumours link. Presently applying a specific pigment intravenously - alerted by my USA colleague to use, after he had researched for three years in Japan in an effort to slow the cellular growth process down. After four weeks, daily injectables have shown that the tumours remain at 2 cm apart - which is considered an enormous breakthrough. Quite where we go from here is somewhat unknown. Presently trialling various levels, though oral intake makes me very sick - seems I have to stay with injections, at least for the present.

It was my pleasure to speak at the Heart of England Vegan Festival in Birmingham on June 18th - though I had to leave early to compete at the European Powerlifting Championships in Scotland, the venue looked good and very busy. There was also some effective local media input regarding myself because of this event. My next Living Food Day on 23rd August has benefited!

In the space of twenty days, I became European Champion (second time around!), British Champion for the umpteenth time and created a new West Midland dead-lift powerlifting record! I must be doing something right!!!!

I set out this year to leave some records behind for others to challenge - and thus far -



I'm winning! Next target is two World Championships later this year! - I am determined to see that through - and also to be at my younger son's wedding on 13th August. My eldest son is marrying in Thailand in November but, even if I make it that far - I unfortunately am not allowed to fly such distance owing to problems the cancer creates upon my heart. A web-cam will apply!!

I certainly expect to update you all later this year,

Love, Light and Peace - Pat Reeves

* www.livingfoods.pwp.blueyonder.co.uk or email at pat.reeves@blueyonder.co.uk Tel: 01384 270270 - Always here to help you!

Vegan Organic Growing

Looking back... Looking Forward

The mellowing days of autumn brings a reflection of the successes and failures of the season just past, and planning ahead because there is always another growing season with new things to try and that feeling of optimism "that it will be even better" with what has been learnt.

By Graham Cole

Here in Hampshire, after a winter with below average rainfall, the value of raising the quantity of the organic content in the ground year after year and mulching after good amounts of rainfall has begun to show in this, my fourth growing year on this site. The prolonged fine weather during August and September ripened the Sweet Corn, Melons, and our first Apple crop from the Orchard that was planted 3 years ago. Most tree fruit should start to produce at 5 years old when a good branch and root network has established. The sunny days coloured the "Discovery" apples a beautiful red.

The real challenge has been improving the drainage, as we are on clay, particularly in my own plot where flint, stones and general rubble abounds with some waterlogging at times in winter or very wet periods and I have to report the loss of a young Apple tree due to canker and die back. So, a replacement "Pitmaston Pineapple" (a historic, tasty little yellow fruit) will be planted with grit and sharp sand worked in to lighten and aerate. Another loss was the fan-trained Apricot that had its bark chewed all the way round by a rabbit that got in - first time that has happened, I shall put a tree guard round the next one....

Talking Of Apricots

Apricots from international breeding programmes are now finding their way onto the British garden market and until recently a fan-trained apricot on a south-facing fence or wall in the warmest parts of southern England would be the limiting factor. The world of apricot growing is changing radically and I would suggest they are a better bet nutritionally and less beset by disease than Peaches and Nectarines. Thanks to breeding work over the last 20 years, gardeners in the UK can now buy varieties that flower much later and so don't get damaged by frosts and selections that need fewer chilling hours to suit the UK's winters and plants that benefit from a long growing season to allow for the longer ripening period fruits require in typical British summers. So even free-standing trees are a possibility, and several commercial orchards were established in Kent and Cambridgeshire.



Visit to the Welsh College of Horticulture

Cultivars that are becoming available include *Prunus armeniaca* "Flavorcot", "Tomcot", "Delicot" and "Larquen", the latter bred in New Zealand setting fruit readily on highly productive plants. There is even one called "Mangocot" which produces large fruits of great flavour and aroma. Check out the Royal Horticultural Society's Plant Finder at www.rhs.org.uk as these become available and the nurseries that supply them-often by mail order. Oh, and our poor tree that had just reached cropping age when a bunny came along did manage to produce a few fruits that ripened quicker due to its terminal condition and they were delicious! A sun warm ripe apricot is one of life's pleasures indeed!!

Welsh College of Horticulture

The three development areas of education and training, research and development, and commercial crop production on over 20 acres at this site in North Wales is another exciting thing happening now and all of it promoting vegan-organics. Paul Robertshaw hosted a talk and walk around the site back in August with about 20 people attending, showing us the large variety of wonderful looking veg in the fields and polytunnels, the new orchard, hedging and trees and potential for the future. A 50-boxes-a-week veg box scheme is underway supplying local people with fresh food and they are the second growers in the UK to gain the new Stock-Free Organic Certification launched by the Vegan-Organic Network (VON).

The Season of Mists...

The shortening days and cooler temperatures slow down the growing conditions now but any green manure seed sown in August and September should be providing some cover on vacated ground to grow on through to turning in come early spring. Also if salads such as Claytonia, Rocket, Parsley, Corn Salad and Lettuce were also sown then, ideally with some protection, we should start to use these on through the winter.

By the end of October it is worth trying a sowing of Broad Beans to get an earlier harvest in the spring. This year I had excellent results with "Imperial Green Longpod" (from HDRA/Chase's The Organic Gardening Catalogue).

Lastly, this is the best time to plant soft fruit (Raspberries-summer and autumn types, Blackcurrants, Whitecurrants), tree fruit and nuts plus lots of shrubs and ornamental trees so they get established.

Suppliers

Agroforestry Research Trust, 46 Hunters Moon, Dartington, Totnes, Devon TQ 6JT. Tel: 01803 840776. www.agroforestry.co.uk.

The Organic Gardening Catalogue, Riverdene Business Park, Molesey Road, Hersham, Surrey KT12 4RG. Tel: 0845 130 1304. www.OrganicCatalogue.com.

Vegan Organic Network, 10 Charter Road, Altrincham, Cheshire, WA15 9RL. www.veganorganic.net.

COMING SOON!

NO. 44
CASHG
ZK 2005

FAMILY
DRAMA!

YOU ATE
ALL MY
TOFU!

OK CALM
DOWN

IN A WORLD WHERE MEAT
EATING IS KING, ONE FAMILY
DARED TO DEFEY THE ORDER
OF THE DAY. THIS
IS A STORY ABOUT
A PEOPLE UNITED BY
THEIR NAME...
THE VEGONES.

SEE
EXPLOSIVE
ACTION!!

HIGH SPEED
CHASES!!

MEE OOW!!! EEEK!
EEK!

A STAR STUDED CAST!!

BODDIE: BOLD
EAGLES EX PART-
NER. ZEALOUS
ACTIVIST. DYNAMIK
BUT VERY SENS-
ITIVE TO HER NEEDS

LEONARDO DI
CRAPIO AS SCI-
FI THE DISCONTENTED
DISASSEMBLED
VEGAN ACTIVIST
AND BODIE AND
EAGLES SON.

BOLD EAGLE-
TOUGH SINGLE
MINDED.
ECO WARRIOR
AND WARRIOR
HE IS NOT
GOING BALD!

MORRIE.
LOVING GENTLE
FORGIVING
LONG SUFF-
ERING PARTNER
OF EAGLE

ALICE AND POINT 4-0
CHILDREN OF EAGLE.
CHILLED OUT VEGANS
NEEDING THE QUIET
LIFE. GOOD LUCK!

OF OTHER CHARACTERS YOU WILL TAKE INTO YOUR HEART.
TOFU GENIES, MODERN GODS, WEIRD SHARKS, ET'S

AND A HOST
VERY MAD COWS

TOM AND
KEV. EX PARTNER
AND SON OF
MORRIE. NON
VEGGIE ETC.

DONT MISS
THE FIRST ACTION PACKED
EPISODE COMING SOON TO
YOUR VEGAN MAGAZINE!!

*WARNING! THIS CARTOON
MAY CONTAIN TRACES OF NUTS!
NO LENTILS HAVE BEEN HARMED
IN THE MAKING OF THIS CARTOON!

RATING (G)
VIOLENCE: ONLY LENTILS
NUDITY: WE HOPE!
SILLINESS: NEED YOU!!
ASK

VEGAN ROOT

Advertisements

B&Bs & ACCOMMODATION

South Devon B&B. Beautiful clifftop/peaceful cove location. Vegan, mainly raw food. Tel: 0845 458 9257.

Maes y Gwernen 3-Star veg/vegan accommodation and restaurant, School Road, Abercrat, Swansea Valley, Wales. Tel. 01639 730218. Web: www.maes-y-gwernen.co.uk. Email: gwernen@btconnect.com. Wholistic Centre. Totally vegetarian/vegan (organic) restaurant with variety of tasty meals. No smoking, no alcohol, natural paints, oak flooring, courses, treatments, jacuzzi, sauna, conference facilities, some family rooms and family chalet. Also looking for a chef.

North Yorkshire Moors Organic vegan natural foods in peaceful coastal village overlooking Robin Hood's Bay. Close to the best fossil beach in Europe. Non-smoking. Special diets. Children really welcome. B&B from £22, ensuite £24, 4-course dinner £10, packed lunch £5. Karen, Ranworth Guesthouse, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Tel: 01723 870366.

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.ferntor.co.uk. Email: veg@ferntor.co.uk

Making Waves Vegan Guesthouse in picturesque St. Ives, Cornwall. Food 100% animal free, organic. Special diets catered for. Children welcome. Voted best guesthouse 1999/2000. From £21 per night. Tel: 01736 793895. Web: www.making-waves.co.uk Email: simon@making-waves.co.uk

Low Cost Holidays Want to get out of the rat race? Interested in sustainable living? Vegan Organic farm near Snowdonia set in forest clearing near scenic reservoirs. £10 per night. Own room, shared facilities. Extra low rates if you volunteer a little of your time helping out. Details Vic: 01244 819088.

Small Vegan/Organic Community in reclusive scenic Pyrenees (France) offers accommodation in rustic homestead and chapel over 250 years old and beautiful home cooking. Contact Bleurette, Douceur et Harmonie, 'el Faigt', 66230 Serralongue, France. Phone 00 33 4 68 39 62 56.

Email enthousiasme@wanadoo.fr

BOOKS

Sunshine and Shadow by Wilfred Crone. Autobiography of well-known vegan & fruitarian. £7-50 inc.p&p: Harry Mather, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB

Vegan Recipe Book by Rachel Henderson This electronic recipe book contains 100 delicious vegan recipes. It is

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.

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

Book 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, Oggwell, Devon TQ12 6YL.

1000 Doctors Against Vivisection by Hans Ruesch. £13 inc p&p.

Slaughter of the Innocent by Hans Ruesch. ISBN: 0951 964631. This book was first published in 1978 and was in 2003 published by Slingshot Publications. £12 inc p&p.

Skewed by Martin J. Walker £12 inc p&p.

A Cat in Hell's Chance £10 inc p&p. ISBN: 0951 565524. Published by Slingshot Publications.

All four of the above books can be bought from Philip Duckworth, Dormers, Outwood Lane, Chipstead, Surrey CR5 3NF. Cheques payable to Philip Duckworth.

CAFÉS & RESTAURANTS

New Café in Swansea There is a new Vegetarian Café in Swansea serving 99% vegan food called The Retreat, 2 Humphrey St, SA1 6BG. We want more vegan customers and vegan volunteers to help out in the café and the mind body spirit centre. We have rooms to hire too. All welcome. Email: info@TheRetreatCentre.org

Pogo Café, 76 Clarence Road, Hackney. London E5 8HB. Delicious vegan food & Alternative Culture. www.pogocafe.co.uk

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 cafe 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 cafe + 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 festivals, gatherings and parties... see www.purplepenguin.org, or call Emma on 07786 262 864 for more info.

GENERAL

Ethical Website Design by Applegreen Designs. Website design for ethical causes by Sam McCreesh, a vegan studying Art, ICT and Graphic Design at GCSE level. Wide range of professional services available at competitive rates. 10% discount to Viva!, Vegan Society and Vegetarian Society members. For more information, services, prices and portfolio visit www.applegreendesigns.co.uk or phone 01664 454324.

Advertising services - advertisements, branding, brochures, press releases, speeches, etc. Copywriter, creative director and journalist with over 20 years experience working for international blue-chip clients offers discount to VV readers. Michael Benis Tel: 01273 562118. Email: michael@michaelbenis.com

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.

Amplifaire A new and most efficient system for heating home and water. Also Amplifaire flue pipe to make AGA or Rayburn more efficient. Send a large SAE (47p 2nd class) to Frieden Howard at The Sanctuary, Nr Lydford, Okehampton, Devon EX20 4AL.

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.freemove.co.uk

Chipke Natural toiletries. Wide range. Suitable for vegans (with exception of honey soap and lip salve). Products sourced locally or internationally to avoid exploitation of people or environment. Animal testing is unnecessary and unacceptable. Send for brochure to: Chipke, 6 Wyle Cop, Shrewsbury, Shropshire SY1 1UT. Tel 01743 244466.

Email chipke@hotmail.com

Welhealth Fruit Farm (North Wales) All year round vegan camp! On Forest Garden Land. We are down shifting, co-operative anti-consumerist, vegan diggers and have land to create an alternative renewable sharing forest garden community. We are seeking holiday members and full-time members. Tel: Vic 01490 420074 or Tel/txt: Frank 07980 158661.

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.

RECIPES

Barley Soup

4oz Barley
1 grated carrot
3 stick celery, chopped
1 tablespoon parsley, chopped
1 onion, chopped
1 clove garlic, chopped
1 tablespoon oil
1½ pints vegetable stock
1 lemon, juiced
seasoning if desired.

Sauté the onion, garlic, carrot and celery in the oil until soft. Then add stock, barley, parsley and seasoning. Bring to boil and simmer for at least an hour. Stir in lemon juice and serve with bread or salad. Other vegetables could be used.

Baked Apple

Take a cooking apple and cut out the central core to make a round hole. An old fashioned potato peeler does this job well.

Into this hole you can stuff sweet fruit such as raisins and chopped dates or soaked prunes.

Put into a baking dish with a little water
Bake in a moderate oven for 45 minutes to 1 hour, until apples are tender.

Substituting Eggs

Vegans may wonder what to do when they come across a cookery recipe which includes eggs. Eggs may be used as a binding agent or a raising agent. Do not worry, there are simple answers.

For binding you can use mashed potato, avocado, tahini or nut butters.

Wholegrains and nuts tend to be crumbly, so a soft and sticky binder is needed.

Breadcrumbs or oats bind bean burgers. Nut butters bind grain burgers.

For cakes and biscuits, a mashed banana can be used, if the flavour is suitable.

Raising agents create carbon dioxide to make it more airy. Replace the egg with a half teaspoon of baking powder or add two teaspoons of lemon juice.

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. 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

Karuna Detox Retreats 7 day juice fasts. Using colonics, yoga, meditation and massage to rid disease, plus nutritional talks and personal empowerment to encourage health. Small group size to allow personal contact with practitioners and simple, health-orientated practices to take away with you. Monthly

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retreats in Devon, UK. www.karenretreats.com
Natural Nutrition And Naturopathy Alkalize and energise using natural nutrition, Super greens and prime ph – free coaching for vegans using this amazing health system designed by Dr. Robert O. Young. Amanda Wise P.Dip.N.N., M.C.M.A. Tel 01202 885477 www.bodywise.uk.net

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

The Natural Living Centre Ethical implications, environmental advantages and health benefits of a raw vegan lifestyle. Contact: Chris Kennett, Diploma in Nutrition, Sports Coaching Certificate Tel: 023 9261 1607 Email: chriskennett01@hotmail.com

Whatever your transition, Psychospiritual counselling offers powerful and creative ways to facilitate change, reconnect with your true Self, unlock your potential, support yourself to really be who you want to be the most! Free initial consultation. For more information call Gian on 07764 308525 (London)

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. Online ordering or cheque ordering. Discount for regular customers. web site for tooth and gum hygiene system: www.microcare4teeth.com

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 in Wakefield, West Yorkshire. £3 per class. Enquiries: Mark Popplewell 01924 462261.

Chinese Herbal Medicine and Acupuncture Commonly used for many conditions. Mark Popplewell MRCHM, MBAC, practising in Dewsbury, West Yorkshire. Enquiries and appointments: 01924 462261

PERSONAL

American Vegan Male, late 40s would like to meet British/European vegan female, 30s to early 40s, desiring a lasting relationship and a

wish to start a family. Must be able to relocate to US. Please email me at JPHunt56@aol.com or call 001 901 2185470.

38 year old Polish vegetarian looking for employment in England working for a vegetarian business. Keen to work in manufacturing or a kitchen (eg vegetarian fast food) or in transport, but any job considered. I have a driving licence, also for a lorry, and long experience without an accident. I also have experience in sales. Please email details to Joanna at joskra@o2.pl or joskra@wp.pl

Attractive Female 39, into health and fitness. Happy go lucky personality. Enjoy nature, friendships, children, reading. Ready to meet someone special to build mutually supportive relationship. Ph/txt: 07951 302970.

www.vegansrock.net I run a vegan forum network on line at www.vegansrock.net

Many topics other than veganism are discussed in a pleasant, friendly atmosphere, from permaculture, environmental sustainability or veganly consumerism to computer games, anime & books. We're friendly, informative & eccentric, pleasant when we meet new people. Feel free to drop in.

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!!

SHOES

www.veganline.com sell vegan shoes online – Freeport 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 87 Derwent Street, Chopwell, Newcastle upon Tyne NE17 7HZ. Tel: 01207 565957. Web www.freerangers.co.uk

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.

What is veganism?

So What Do Vegans Eat?

There are all the fruits and vegetables of course and there are lots of products that taste like meats and cheeses: vegaburgers, sosolatas, "jerky", "caviars", "Cheatin' chicken" and many more that can help people turn vegan without affecting their taste buds.

Other vegan dishes include: all pastas and noodles that don't have egg in them, rice dishes, beans and lentils, wheat, oats, barley, rye, maize, cous cous and chick peas. Vegan cookbooks are full of tasty recipes to guide you.

There is soya milk, rice milk, oat milk, almond milk, soy yogurts, soy cream and soya ice creams as well as sorbets.

Vegans avoid gelatin. It is made from animal bones, but alternatives can be made from vegetable sources.

But what do you do for protein?

Protein is everywhere because it is in all living cells, but many foods have a higher concentration of protein. In the East they swear by the nutritious value of rice, in the West of wheat ('bread, the staff of life') or on oats (for the Scots!) or rye. Nutritionists are satisfied that vegans do have a nutritious diet. Beans, lentils and nuts are rich in protein.

Yes, but what about vitamin B12?

The Vegan Society recommends that vegans eat foods fortified with B12, like yeast extracts, plant milks, breakfast cereals, margarines, soya meat substitutes. But check the ingredients to make sure the ones you use are fortified with B12. Otherwise take a tablet of B12.

I bet you wear leather shoes!

The Vegan Society was founded on changes in what people eat and that is the basis of defining a vegan, but from the start vegans have wanted to avoid all animal exploitation in their way of life. Nowadays it is reasonably easy to find non-leather footwear and belts. Leather coats and leather furniture, purses, suitcases, etc. should be avoided. Fur coats and trimmings are obviously out, as are silk and wool.

Anything else?

Toiletries and cosmetics can have animal ingredients or have been cruelly tested on animals. Vegan alternatives are easily obtainable. The Body Shop became a huge success selling cruelty-free products.

Conventional medicine is often based on cruel animal experiments. Alternatives are herbalism, homeopathy, acupuncture and other ways.

Vegan organisations

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.



This symbol is the trade mark of The Vegan Society, which it permits to be used on products which fulfil their no animal ingredients, no animal testing criteria. It must not be used without permission.

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*. SAE for details to 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. Tel. 01639 841223. Web: www.mclveganway.org.uk

Vegan Organic Network 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. 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

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Be kind to animals!

Vegans in your area

SOUTH

Vegan Bristol help people of all backgrounds and experience access all aspects of vegan lifestyle in the area. Web: www.veganbristol.makessense.co.uk

London Vegan & Vegetarian Families Group If interested contact Lesley on 020 8941 8075 or email Lesley@vegan4life.org.uk

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 8931 1904. Web: www.londonvegans.org.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: www.londonvegans.org.uk

Email: 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: vvvgg@freeuk.com

Web: www.vvvgg.freereserve.co.uk

Bedford Vegetarians Tel 01234 365651.

Web: www.bedfordvegetarians.co.uk

Veggiesocials Social group covering London + South East. Web: www.veggiesocials.co.uk

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

Web: <http://essex.veganfestival.org>

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

Harlow Lian Tyler, the Vegan Society and 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

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 their website at 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 for a list.

Email: info@veganharlow.co.uk

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

Web: www.vegfolk.co.uk

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

Web: www.ivu.org/solentveg

Bournemouth Vegetarians & Vegans Tel. 01202 555712. Email: t.west@oneteldsl.net. Web: www.ivu.org/uklocal/bournemouth.

Isle of Wight Vegetarians & Vegans Tel. 01983 407098. Email: iow@ivu.org

Web: 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

Web: www.wiz.to/penzancevegans

Guildford Vegetarians welcomes vegans to its varied programme of events (see local groups listings on www.vegsoc.org/network) for further information or to join the email list ring 01483 425040.

Thames Valley Vegans & Vegetarians social events, veggie and vegan support and info, talks and presentations, displays, information stands in the Reading area. Web: www.makessense.co.uk/tvvvs

WALES

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

01792 518773

Email: 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

MIDLANDS

Leicestershire Vegetarian/Vegan Group

Web: www.leicesterveggyes.org.uk

Shropshire Malcolm Cramp Tel: 01952 432874. Malc@3173.freereserve.co.uk

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

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

Leicester & Rutland Campaigning for Animals to promote ways people in their everyday life can help animals by making a few simple changes such as buying non animal-tested products & adopting a vegetarian or vegan diet. Sam McCreesh (youth local contact for Animal Aid, PETA VIVA! and The Vegetarian Society).

Email: info@campaigningforanimals.co.uk

Web: www.campaigningforanimals.co.uk

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

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

Email: 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.freereserve.co.uk

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

Email: patricia@p-m-t.freereserve.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
www.btinternet.com/~bury_rd (Vegan News: free on-line magazine)
www.eco-centric.co.uk (A website for vegans and people interested in alternate lifestyles in the UK/Ireland)
www.arcnews.org.uk (animal rights new)
www.realfood.org.uk
www.veganbuddies.org.uk
www.veggievision.com (internet TV station)

Lists of Veggie Restaurants & cafés

www.happycow.net (worldwide)
www.veg dining.com (worldwide)
www.veggieheaven.com (UK)
www.vegetarianvisitor.co.uk
www.vegout.info (UK)

Travel

www.vegetariansabroad.com

Vegan online shopping

www.isitvegan.info (vegan foods/drinks)
www.isitveggie.com (vegan foods/drinks)
www.crueltyfreeshop.com (Dr Hadwen Trust)
www.veganstore.co.uk
www.octoberbooks.org (vegan books)

Vegan-run business lists

Artists, accountants, translators...
www.veggies.org.uk/vbc.htm
www.veganvillage.co.uk/services.htm

Vegetarian information

www.vegsoc.org (UK vegetarian Society)
www.ivu.org (International Vegetarian Union)
www.planetveggie.co.uk (Planet Veggie)
www.campaigningforanimals.co.uk

Sheep Problems In Australia

Australia had been described as a country that rides on a sheep's back. In the mid-twentieth century, sheep and wool production was Australia's most important industry, providing over a quarter of the world's supply of wool.

By Harry Mather

In the State of Queensland, 20 million sheep occupied 120 million acres controlled by 4,600 woolgrowers. Coarse woolled, fat-tailed sheep were brought to Australia by the early settlers in 1788. Spanish Merinos, noted for their fine wool, were imported from South Africa and from the Royal Stud of England. Sheep grazing provided the means of settling much of the Australian interior. Wool was the main product. Merinos have wrinkly skins and provide a larger amount of wool. This provides an ideal breeding place for blowflies and their larvae cause a devastating disease called blowfly strike, which attained serious proportions at the beginning of the twentieth century. It occurs most commonly in the breech and tail of ewes where the skin is folded or wrinkled and the wool is sometimes soiled and kept wet by urine. As a result it becomes attractive as a place for the blowflies to lay their eggs. At any time of the year a susceptible sheep provides warmth, moisture and shelter, thus affording

conditions favourable for the developments of the maggots. The sheep industry early adopted crutching as a means of protecting against blowfly strike. This consisting in shearing the wool from around the breech, which reduced the soiling around the breech. A less labour intensive procedure was found in jetting, which consisted of spraying the breech of the sheep with a jet of fluid at a pressure up to 120 lb/sq.inch. In 1931 J.H.W. Mules, a South Australian woolgrower, published his observations on blowfly strike and claimed successful protection by the surgical removal of the offending wrinkles and this became established as the normal procedure for controlling blowfly strike.

"Surgical removal of the offending wrinkles" almost sounds like a friendly cosmetic operation. The reality is bloody and brutal. Folds of skin are cut off with shearing shears without any thought of anaesthetics and leaving the sheep with a bloody scar. Sheep will not scream when suffering pain, because, being preyed upon, they instinctively keep quiet to avoid attracting attention from other predators.

Some twenty years ago, Christine Townsend published a book called *Pulling the Wool* that highlighted the practice of mulesing and the distress this must cause to the sheep, but this received little publicity. Lately, the cause has been taken up by PETA (People for Ethical

Treatment of Animals) using street protests, calling for a ban on the use of Australian wool and displaying on a billboard in Manhattan a picture of the mulesed sheep with such horrific impact that they were made to take it down. They persuaded some British and US retailers to stop using Australian wool on the threat of picketing their shops.

Australians had been shocked with revelations of the cruel suffering of sheep exported to Arabia and now had to face further revelations on sheep farming. Wool no longer plays a significant part in the Australian economy as synthetic fibres have proved more convenient and popular with customers, although the best Italian suits still prefer to use the finer Merino fibres.

The wool farmers have agreed to phase out mulesing by 2010 and are looking for alternative treatments. One suggestion is the use of a topical anaesthetic that will avoid inflicting pain in the cutting.

Fashion houses are promoting Astrakhan Fur, a soft black wool soft as velvet, mostly derived from Uzbekistan is a recent fashion. It comes from lambs slaughtered within days of being born. Upward of 4 million lambs are killed each year for this trade. The finest wool is obtained by slaughtering the mother just before she is to give birth and the lamb is taken from the womb.



Be a Vegan Buddy, Find a Vegan Buddy, Join Vegan Buddies! If you have ever considered going vegan, but don't know where to start, here is a website designed just for you. www.veganbuddies.org.uk was set up by the Realfood (www.realfood.org.uk) team, to allow new vegans to share advice and information about the vegan lifestyle in a friendly way.

The forum is set up so that people can chat to each other online. If you are a vegan who wants to help others make the change, then come online and say hello. You can share your experience with others. If you are a solitary vegan then you can become part of a friendly

Vegan Buddies

family, where we can support each other online, and hopefully make firm friendships. The website also offers a chance for people to advertise for vegan contacts in their own area. An aspiring vegan can ask for a buddy.

An isolated vegan mum can ask for local vegan parents to meet up with. Willing mentors can advertise their presence on the forum. If individuals have a difficult question, they can post anonymously, and receive advice on the site.

Like any other forum this one hosts links,

etc, to like-minded sites, as well as daily updates on the front page, keeping you in the loop of vegan news and events. This will help people to network in the "real" world as well as online.

So please, come and join our growing vegan friendly family, and feel free to use the site, whether you are vegan, not yet vegan, or simply interested. We are here to help.

Yours, The Vegan Buddies Team

For more information on the Vegan Buddies initiative contact Mary or Neil at info@veganbuddies.org.uk. or phone us on 0845 458 0146.