

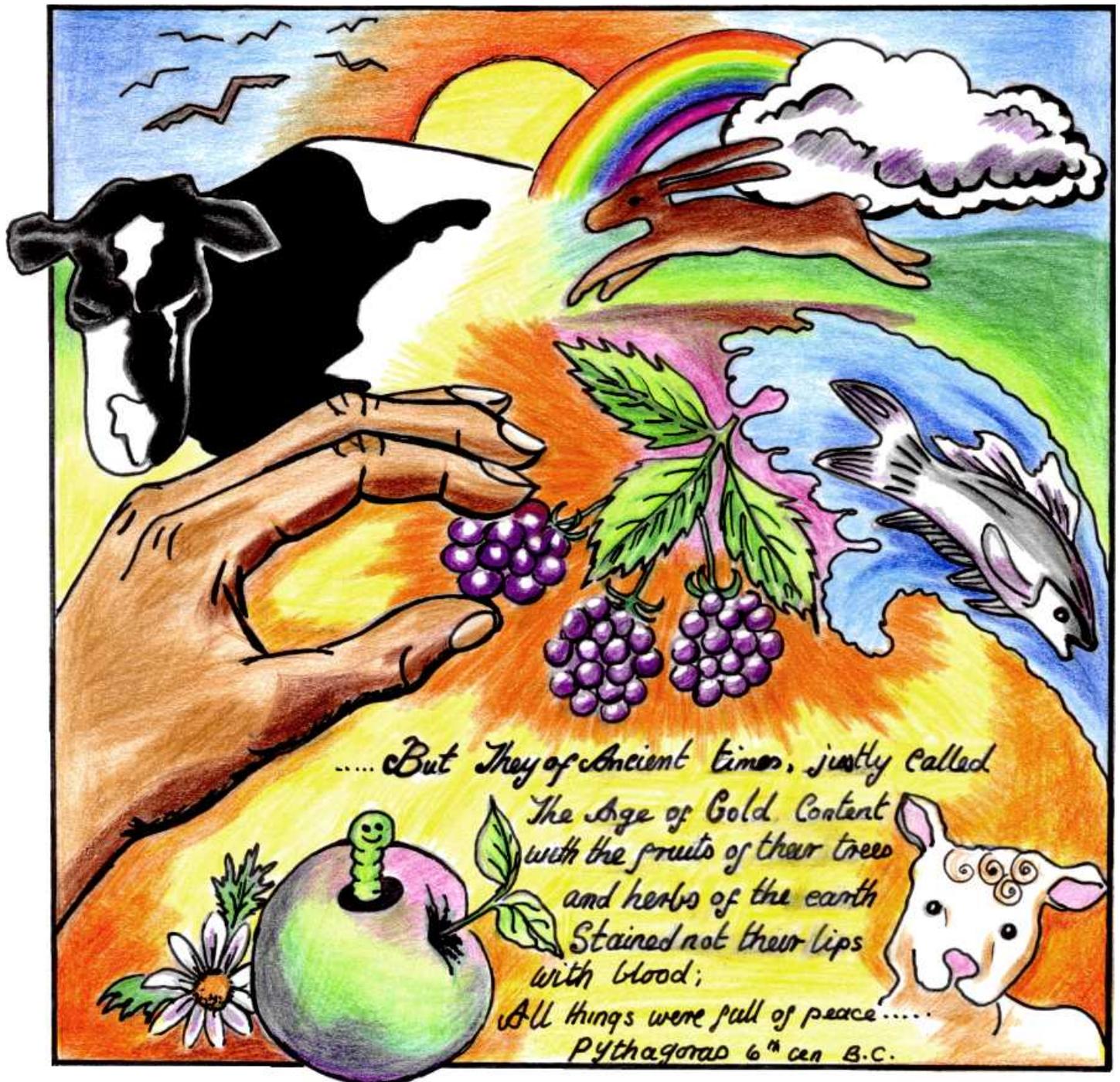
# Vegan Views

A Forum for Vegan Opinion

No. 103

Winter 2004

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# notices



## Animal groups

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

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

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

## Charities

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

**Vegfam** has for 30 years provided short and long-term Relief to People who have been the victims of drought, flood, cyclone or war.

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

Email: [vegfam@veganvillage.co.uk](mailto:vegfam@veganvillage.co.uk)

## Family + children

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

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

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

## Fruitarian + raw food

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

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

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

## Magazines

**The Vegan** is published by the Vegan Society. (See page 18)

**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 Trust. See page 18.

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

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

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

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

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

Email: [veganvoice@lis.net.au](mailto:veganvoice@lis.net.au)

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

**www.realfood** is a monthly online vegan magazine, full of news, reviews, recipes, and details of our campaigns. (Food fairs, vegan buddies, NHS menu charts.) To subscribe free for our magazine contact us at [news@realfood.org.uk](mailto:news@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](mailto:Ancientwoodlands@aol.com)

Web: [www.woodlandproject.org.uk](http://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](mailto:springoftruelife@aol.com)

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

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

**Followers of the Way** Founded by Antony Bates (1920-1996). A group of friends who are vegetarian/vegan, and pacifist in relation to war. They aim to cultivate the inner life and to express this through works of reform and creativity. They proclaim the Christ has returned and anticipate the return of the prophets. Tel: 020 8948 2315. 365 Sandycombe Rd, Kew Gardens, Surrey TW9 3PR.

**Spiritual Veganism** The ultimate belief. You are a spiritual vegan if you are a vegan whose one and only concern is for the animals, and you

believe that those beautiful, intelligent, loving creatures, bred for an already overlaid table, have the divine right to live. Spiritual Vegans, Kent House Kent Place, Lechlade, Glos GL7 3AW.

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

## Printing + resources

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

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

## Sport

**Vegetarian Cycling and Athletic Club** Open to vegans of any sporting ability. Details: Peter Simpson, 13 Peers Lane, Shenley Church End, Milton Keynes MK5 6BG. Tel 01908 530919. Web: [www.geocities.com/vegetariancac/](http://www.geocities.com/vegetariancac/) E-mail: [Psimpson@vegacac-mkveg.fslife.co.uk](mailto:Psimpson@vegacac-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](mailto:vegancom@btinternet.com). Tel: 01792 792442. A small newsletter is available (send SAE). [www.veganviews.org.uk/brynderwen](http://www.veganviews.org.uk/brynderwen)

## Vegan shops

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

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

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

**Star Organics**, 84 Cranleigh Rd, Southbourne, Bournemouth. Tel/fax: 01202 418541. Organic fruit and veg, health foods and eco products. Box scheme for local delivery. You can choose.

# Vegan Views

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## Sell Vegan Views:

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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...

**So Christmas has come around once more to celebrate renewed hope with the return of lengthening daylight and looking forward to life enhancing Spring.**

*By Harry Mather*

**F**easting helps us get through the long nights but vegans shudder at the thought that millions of birds will be slaughtered to celebrate the birth of 'Peace on Earth'. The earth is plainly not at peace. Many humans are happily slaughtering other humans either out of a need to assert themselves, out of greed, or lust for power, or because they think others are evil and should be exterminated. There are many complex reasons why people kill each other, but the reason for peace is simple enough: respect for the 'other'.

Albert Schweitzer, a profound thinker, expres-

sed it as "respect for life". He considered the 'other' beings as having a "will to live", just as he himself had a "will to live" and we should take this into account in our relations with other beings. Persuasion may turn enemies into friends. Killing only leads to thoughts of revenge and to further killing.

As for the slaughter of animals for food at Christmas and Yuletide, vegans see it as completely unnecessary. Most of the festive feast is vegan and replacing one main dish by another is no big deal. For me, a nut roast in place of the bird seems part of a vegetarian tradition a century old. I hope our recipe page

will help to inspire you.

And the books we review in this issue also give plenty of tasty vegan recipes, though you may already have your own favourite. There is plenty of variety in vegan menus.

So enjoy your seasonal feasting; all the more because you are part of the bloodless revolution.

**Christmas is coming  
You're all getting fat  
Please to put a £  
In the VEGFAM hat  
If you haven't got a £  
Two 50s will do  
If you haven't got two 50s  
Then ask...  
Friends, relatives,  
Like the real poor  
Have  
To.**

## Events

### 27 Nov: Viva! Roadshow in Brighton

Venue: Komedia, Gardner Street, Brighton, 9.30am–3.30pm. Taste a whole range of veggie foods, get all your questions answered, pick up great free info, watch cookery demos and sit in on helpful talks. There'll be a wide range of recipe books available plus food from local shops and restaurants. If you know people who are considering going veggie, tell them about this event – free entry. Details: 0117 944 1000 or see [www.viva.org.uk/events.html](http://www.viva.org.uk/events.html)

### 5 Dec: Christmas Without Cruelty

Kensington Town Hall, Hornton Street (Off Kensington High Street), London W8. 10am–5pm. Admission £1, children free. Lots of stalls selling Xmas and other cruelty-free merchandise. Vegan Food. Speakers. Web: [www.animalaid.org.uk/events/00cwc.htm](http://www.animalaid.org.uk/events/00cwc.htm)

### 11 Dec: East Midlands Vegan Festival

11:30am–5pm at the Council House, Old Market Square, Nottingham. Stalls, vegan food, recipes and advice. Organised by Veggies and House of Life. Web: [www.veggies.org.uk](http://www.veggies.org.uk)

### 11 Dec: Sheffield Cruelty-Free Fair

10am–4pm at Houlden Hall, Norfolk Row, Sheffield. Details: Tel: 0114 258 8869

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

for the latest vegan and animal events. Vegan related events are also at:

[www.veganviews.org.uk](http://www.veganviews.org.uk)

E-mail: [info@sheffieldvegansociety.org.uk](mailto:info@sheffieldvegansociety.org.uk)

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

### 29 Jan: Viva! Roadshow in Solihull

Venue: Shirley Methodist Church, Stratford Road, Solihull. 10am–5pm.

### March: Animal Aid's Veggie Month

Contact Becky at Animal Aid on 01732 364546 ext 29.

### Watch out for other Viva! Roadshows!

**26 Mar:** Manchester at Cross Street Chapel, Cross Street. 10am–5pm.

**30 Apr:** Edinburgh at St George's West Church, 58 Shandwick Place. 10am–5pm.

**14 May:** Cardiff at St Davids Hall, The Hayes. 10 am – 5 pm.

**11 Jun:** Southampton at Southampton Institute Conference Centre, St James Building, Above Bar Street. 10 am – 4 pm.

**25 Jun:** Newcastle at St James United Reform Church, Northumberland Road. 10 am – 5 pm.

**23 Jul:** Sheffield at St Marie's, Houlden Hall, Norfolk Row. 10 am – 5 pm.

**10 Sep:** Oxford at Wesley Memorial Methodist Church, New Inn Hall Street. 10 am – 4 pm.

**22 Oct:** Canterbury at St Peter's Methodist Church, St Peter's Street. 10 am – 4 pm.

# Vegan organic growing: Looking back, looking forward

Early winter is a time to look back on the labours of the past growing season, our successes and failures, and to plan ahead for next year as this time of year (as I write in late October) is really the start of the new gardening year.

By Graham Cole

It was a much wetter year, particularly in August. Potatoes got blight so tops were cut off to stop it spreading to the tubers, and still a heavy crop was had. Sweet Corn was slower to ripen, but was harvested over a longer period than last year's hot summer. Runner Beans cropped well with extra moisture but came in for some battering winds. For some reason I got patchier germination with the Parsnips and Carrots. Grass cutting started earlier in the spring but finished earlier due to so much rain making it too wet to mow, but huge Sunflowers were had producing big seed heads. This year I grew the "Spaghetti Squash", a tastier marrow type thing, and the good old reliable "Buttercup" Squash has produced many moderate-sized fruits for storage and winter eating. The cooler rainy conditions also benefited the salad leaf crops and Chinese Leaves, the latter has given many helpings for raw use and stir-fries. Lastly, the first bunches are being eaten from the "Strawberry Grape" which, in its south-facing wall position, is producing about a dozen good sized bunches.

## Seasonal Tasks

In the fruit garden, blackcurrant bushes can be pruned – aim to remove about a third of older wood by cutting low to the ground. Some of the younger shoots on those pruned branches can be inserted in the ground in a sheltered spot as cuttings to produce new plants by the end of next summer. Order and buy fruit trees and bushes and get planting whilst the ground is still relatively warm.

The veg garden sees us starting to harvest Brussels, Leeks and Parsnips after a frost as this makes them "sweeten up", as a kind of anti-freeze is produced in the plant tissues. Garlic can be planted in winter to give them a long growing time, resulting in a good size when harvested next summer. Keep compost bins covered to keep some heat in and rain out – black polythene or empty compost bags do a good job. Where Runner, Climbing French Bean and/or Sweet Peas will be grown, a trench of a spade's depth can be taken out and kitchen plant wastes can be buried along it during winter.

November is about the best time to plant trees and shrubs – the soil is moist and warm and the plants will have ample time to settle in and make new roots before top growth starts in spring. New trees need to be tied to a stake after planting to prevent wind rock – knock in position next to the planting hole so as not to damage the roots before placing the plant in the hole and back-filling with soil. Use an old



3 varieties of Winter squashes: 'Buttercup', 'Spaghetti Squash', and 'Triple Treat'.

nylon stocking or rubber tie that does not damage the bark, and check previous ties to make sure no biting into wood is happening. It is also a good time to transplant anything, digging up carefully and putting in a new waiting hole.

## Collecting Leaves

DO use all leaves that fall in autumn. DON'T use evergreen leaves such as holly, laurel and conifers. Leafmould is easy to make, cuts out bonfires, saves using peat (it's better than peat nutritionally), is free, easy to handle and good for the soil. It rots down with the slow action of fungi rather than the quicker-acting bacteria responsible for composting. Collect the leaves and put them in black plastic bags – tie the top and put a few holes in the sides using a fork when filled. Alternatively, use wire netting in a shady place to keep the leaves in a pile. Water if dry to help them to rot, and ignore them for a year or two.

**Uses:** Newly fallen leaves can cover bare soil. Young leafmould (1 year) can be used to mulch shrubs, fruit, trees, herbaceous plants and vegetables; cover bare soil with it over winter and in the following spring, dig it in since it acts as a soil improver. Old leafmould (2 year+) can be used in the same way as young leafmould, but can also be used in potting mixtures with sharp sand, loam and/or B&Q Organic Peat-Free Multipurpose Compost (free from animal ingredients).

## Apples

Late autumn is the best time for planting bare rooted trees. I am in the process of putting in a row of cordon apples, which is a way of taking up less space and getting more varieties. Prune the fruiting side spurs on a single main stem tilted at 45 degrees, with the row tied to post and wires running north-south. These are the ones I have chosen from Deacon's Nursery (Isle of Wight), Agroforestry Research Trust (Devon) and a local enterprise at good prices for rare old varieties: Fruitwise (Hampshire)...

**Laxton's Epicure** ready late August, does not keep long, for quick eating!

**Ribston Pippin** a personal favourite, ready

November, keeps into New Year.

**Mother** October-December eating.

**Adam's Pearmain** December-March.

**Ashmead's Kernal** russeted, tasty, old variety, December-March.

**Orleans Reinette** another excellent-flavoured old kind, December-March.

**Margil** can keep until Spring, small tree, January-April.

**Court Pendu Plat** our oldest recorded apple, late flowering, December-April.

**Winter King (Winston)** picked late and keeps until March.

Finally, I went to a very enjoyable local Apple Day where we could try and buy different varieties, and fresh apple juice plus a few bargain-priced trees. Also music, song and dance! We have a long apple history and can grow many varieties all over Britain, including up in Scotland if the right (and local) types are chosen, find some space for some this winter.

## Contacts

Deacon's Nursery, Moor View, Godshill, Isle of Wight, PO38 3HW. 01983 840750. Email: [deacons.nursery@bopenworld.com](mailto:deacons.nursery@bopenworld.com)

Agroforestry Research Trust, 46 Hunters Moon, Dartington, Totnes, Devon, TQ9 6JT. (01803) 840776. Web: [www.agroforestry.co.uk](http://www.agroforestry.co.uk)  
Fruitwise: [www.fruitwise.net](http://www.fruitwise.net)

## Song to the wind

The winter sun lies low,  
All around there's ice and snow.

The air is cold, the clouds are grey.  
Birds have flown across the sky  
To warmer shores far away.

North wind take me from this frozen land,  
I long to sail across the seas  
I dream of golden summer sand  
And a warm and gentle breeze.

Take me from this faded light  
To a place where water flows,  
Where morning sun shines bright  
And luscious gardens grow.

John Sephton

# A vegetarian school in India

**We have returned to the Tibetan Children's Village of Patlikuhl in Himachal Pradesh State, India. We are present as representatives of a French Association, Tsampa Equita, which sponsors these children.**

*By Clementine*

And, as last year when we made our first visit, this boarding school is entirely vegetarian. But this year we found out that this vegetarianism, contrary to what we thought, only happened a few years ago. There are more than 685 children aged 6 to 18 and more than 200 of them are either orphans, or separated from their families who are in Tibet to whom they cannot be reunited. All have come from very poor Tibetan families and (almost) all are adopted.

We have been lodged for several days in a little blue house that receives visitors, situated in the very yard of the school. The School Principal, a charismatic and warm hearted man, entirely devoted to the cause of "his" children, joins us in our room. Today he explained to us how the school became vegetarian:

"The slaughter of animals destined for food took place just behind the school, along the river. The children could easily see what happened. They were horrified, terribly shocked at the scene: the spurting blood, the shrieking animals and the slaughtered sheep often struggled wildly for a long time... Three years ago, the children refused to accept this situation any longer, and they decided no longer to participate in this massacre. They have

decided to say "no!". First they decided to discuss this with their 'mothers' (women responsible for their physical and general welfare). They referred to the administrative personnel and the affair came up to me. At the first, I said "no, no question". I was then persuaded that, without meat, the children would have deficiencies and be ill. But they continued to protest; and insisted that the spiritual Buddhist heads themselves favoured vegetarianism. One of them had thus said that, in contrast to Tibet, it is easy to be vegetarian in India, where vegetables, fruits, cereals and pulses are plentiful. Then, since Buddhism preaches respect for all life, and that exile has brought the Tibetans to India, why not take this step?

The children endlessly insisted for two months: "We want to be vegetarian! We no longer want animals to be killed for us". In the end, we organised a vote by hand in the yard, only 14 voted against this decision! I therefore accepted their decision. Vegetarianism was adopted, at first as an experiment. I was still worried they would be ill, but Tibetan doctors advised us with menus. We continued without difficulties in this path, for it is true that in India there are plenty of vegetables and fruits! When we get back to Tibet we will see how we can arrange things. In any case, we have taken this decision three years ago and all is going well, there is no problem.

"Our vegetarianism each year saves 150 sheep and 150 chickens" insists the Principal. [This shows how little meat was eaten in this school, compared to the West.]

The Principal, the staff and the children

today are proud of their vegetarianism, which is in accord most perfectly with the all-pervading ideology of Tibetan Buddhism: compassion to all living beings, human or animal. A Vegetarian Resource Club was formed in the school, non profit making, whose object is to respect the words of the Dalai Lama and to follow the simple Buddhist life, to create a diet that excludes meat for life, to put in its place a diet agreeable for the children and a vegetarian zone for other schools, to stay protected from terrible illnesses... Once a year, it publishes a newspaper in English, the *Vegetarian Magazine*, with testimonies, poems, recipes and information about vegetarianism. The Vegetarian Resources Club is maintained by modest gifts from outside and the support of the school management. Today, other schools have been inspired by this innovation, which is remarkable in more than one way; it is the children themselves who have initiated their vegetarian diet, and moreover, their ideas were taken into account!

Our thanks to the children of this school for this lesson in courage and persistence; to the personnel and the principal, who took note and really listened; to the staff "mothers" and the cooks, who each day prepared hundreds of balanced meals outstanding in freshness and taste, without spilling one drop of blood!

*Published in Alliance Vegetarienne No. 78, Toulouse, France.*

Contact: Vegetarian Resource Club (you can write to them in English), TCV School, Patlikuhl, P.O. Katrain - 175 129, District Kullu (H.P.), India.

## Rechargeable batteries

**If you're looking for rechargeable batteries to replace disposable ones, the best ones to go for are NiMH (Nickel Metal Hydride). These generally can be recharged over 500 times, so are much more environmental and work out to be much lower cost than the throw-away ones.**

*By John Curtis*

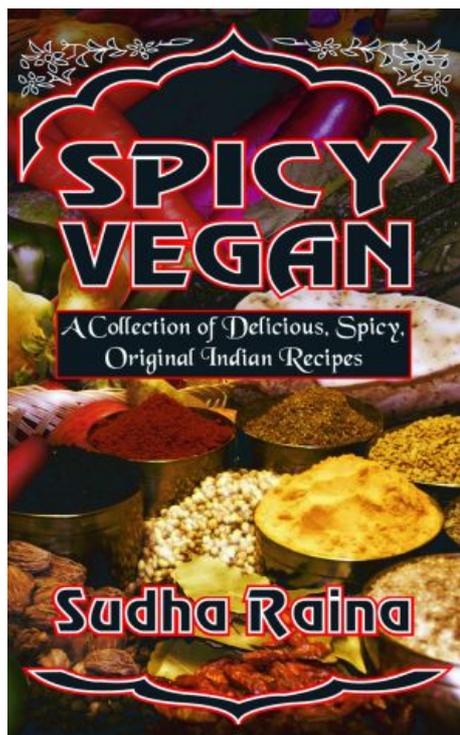
Older technology rechargeables called NiCad (Nickel Cadmium) tend to cost less but are best avoided. They have significantly lower capacity so don't last anywhere near as long between charges. They contain cadmium, a toxic heavy metal, so are environmentally bad news. NiCad batteries can also lose capacity if you don't fully discharge them before recharging them, but NiMH don't suffer from this problem - you can top them up before they're flat.

If you need any of the standard-sized rechargeable batteries (AAA, AA, C, D or PP3) or a battery charger, have a look at [www.battery.ukf.net](http://www.battery.ukf.net) who deliver by post. For high-capacity batteries, they are much cheaper

here than in any shop or website that I've found, and they only sell high capacity ones (high-capacity C & D cells are very difficult to find elsewhere). Richard, the person who runs it, is an environmentalist and an anti-consumerist. He tells me that he's almost vegan, and that his son is fully vegan. The batteries they supply don't come in the normal wasteful cardboard + plastic packaging but come loose. The website doesn't look very professional, but in August, I sent my cheque off for some batteries and a charger and four days later they arrived. The website also has the addresses that you can send any old and dead NiCad rechargeable batteries to for safe disposal. Never put NiCad batteries in the bin since cadmium is very toxic.

The website claims that the whole of the battery industry is a con and based on consumerism, and that C and D cells in particular are designed to under-perform. I agree. My own investigations are that the D-cells available from [www.battery.ukf.net](http://www.battery.ukf.net) have nearly four times the capacity (so run equipment for nearly four times longer between charges) than the D-cell rechargeables you get in places like Argos, Halfords, B&Q and nearly

all internet shopping websites, and only cost slightly more. AA batteries have recently become widely available in high capacity versions, probably because they are often used in digital cameras that drain batteries very quickly, so the rechargeable battery manufacturers have had to get their act together and sell decent-capacity batteries. High-capacity NiMH AA batteries generally last longer for a single charge than disposable high-capacity batteries (the alkaline ones such as those by Duracell and Energiser) in high-drain equipment such as digital cameras. This is because alkaline batteries don't work as efficiently for high-drain applications, but these applications are where NiMH rechargeable batteries perform very efficiently. The AA batteries from [www.battery.ukf.net](http://www.battery.ukf.net) have similar capacity to the highest capacity versions that you can get elsewhere, but at a significantly lower cost and without all the wasteful and unenvironmental packaging. It's also nice to know that you're supporting someone who cares about the environment.



## Spicy Vegan

Written by Sudha Raina – a Collection of Delicious, Spicy, Original Indian Recipes. £10.99. ISBN: 1 84401 2492. Published by Athena Press, Queen's House, 2 Holly Road, Twickenham TW1 4EG. [www.athenapress.com](http://www.athenapress.com) Sudha Raina is from India and enjoyed cooking from an early age. Married to a banker, she has hosted large parties at their home in India and UK, to the delight of her guests.

She has drawn on a lifetime's experience of cooking for vegans and vegetarians and has been inspired by Vegan Views reader Kath Hepburn to put her recipes into a book.

There is good information about a balanced diet, the nutritional value of the ingredients used and an explanation of the spices, also of the methods of cooking.

You will find many Starters and Snacks, Salads, Vegetables, Pulses, Breads & Pancakes, Rice, Pickles & Chutneys, Sweets, Drinks, also suggested menus.

This book is unusual in that most Indian cookbooks are vegetarian but not vegan. Sudha believes deeply that people should have compassion for animals, and hopes that this book will convince them that vegan food is not boring and it will also be of interest to anyone who loves spicy food.

A paperback with black and white pictures, it seems a cornucopia of variety and tasty food. If your diet needs more spice, look no further.  
*Harry Mather*

## The Animals Diary 2005

Written by Mark Gold. £5. ISBN: 1 897766 904. Published by Jon Carpenter Publishing, Alder House, Market Street, Charlbury OX7 3PH. Credit Card Orders 01689 870437.

Another Diary by Mark Gold with pictures by Animal Aid. A week to every page, and inspiring information on each other page, plus a few recipes and a directory of relevant organisations. Worth having for the information about matters of health and the environment, such as this quote from Vandana Shiva:

“The livestock of Europe requires an area seven times the size of the EU to meet their feed requirements.”

## A Vegan Taste Of Thailand and A Vegan Taste Of Eastern Europe

Both written by Linda Majzlik and published by Jon Carpenter Publishing, Alder House, Market Street, Charlbury OX7 3PH. Both priced at £5-99 including post. Credit Card Orders 01689 870437. The ISBN no for the books is: 1 897766 92 0 and 1 897766 93 9.

Linda Majzlik continues her gastronomic journey round the world and presents two more cook books to add to the large collection of those which have already appeared.

In the Eastern European Book you can find recipes for Hungarian Goulash, Romanian Ghiveci, Bulgarian Musaka, Stuffed Cabbage Leaves as Main Courses, plus Soups, accompaniments (like dumplings), sauces, snacks, breads and salads, also information on what you should have in your store cupboard.

The Thailand Book has a similar layout with emphasis on Rice, Noodles, Curries, Tofu and Fruity Desserts.

Though you may not be able to travel to warmer climes this winter, you can savour the taste of their food. These cookbooks do not tempt you with glossy pictures. On the other hand they are reasonably priced and full of information to help you with the practicalities. So give some readymade meals a miss and try your hand at tasty cooking. There is so much variety in the vegan world!

## The Well

Written by Kathleen Kinder. ISBN 1 84375 083 X. Published by UPSO, 5 Stirling Road, Castleham Business Park, St. Leonards on Sea, TN38 9NW. Email: [info@upso.co.uk](mailto:info@upso.co.uk) Web: [www.upso.co.uk](http://www.upso.co.uk)

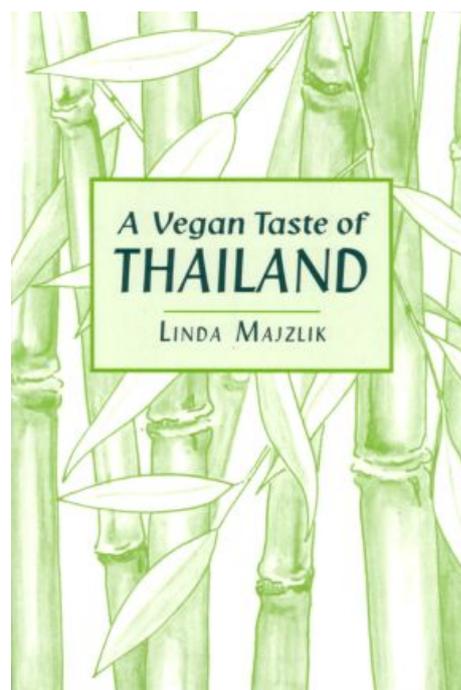
A man has a row with his wife during a violent storm. When he runs after her he finds the cover of the well in the yard has been smashed by a falling tree. Has she fallen down the well? The author (a vegan and Vegan Views subscriber) uses the novel to interpose her views on our relationships with animals.

She has also written *The Raven and the Dove* and *The Wicker Cage*.

## Recommended Books...

**Animal-Free Shopper** 6th Edition £4-99 + £1-50 P&P from The Vegan Society. Web: [www.vegansociety.com](http://www.vegansociety.com)

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



13986. US\$ 26.90.

**Vegan Stories** Vegans around the world tell their stories of how and why they went vegan. Collected by Julie Rosenfield. £5-99 excl. p&p from The Vegan Society. Julie's Vegan London website: [www.veganlondon.freereserve.co.uk](http://www.veganlondon.freereserve.co.uk)

**Plant Based Nutrition and Health** by Stephen Walsh Ph.d. Published by The Vegan Society. 240 pages. £7-95 + p&p. ISBN 0907337 26 0 paperback.

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

**Vegetarian Britain 2005** 3rd Edition out soon. Over 500 pages of restaurants, cafes, accommodation and health food shops. £9-95 + £2 p+p from Vegetarian Guides, PO Box 2284, London W1A 5UA. Also Guides to Europe £9-99, France £6-99, London £6-95. [www.vegetarianguides.com](http://www.vegetarianguides.com)

**Where To Eat Vegetarian Restaurant Guide** Compiled by Daryl Burton. Published 2004 by Grapevine Guides Ltd. £9.95. ISBN 0 954724305. Web: [www.grapevineguides.co.uk](http://www.grapevineguides.co.uk) A well laid-out and informative guide to eating out for vegetarians in England, Scotland and Wales (not Ireland).

## Correction!

In Vegan Views no. 102 on page 15 line 16 unnecessary should read necessary. And page 15 two lines from the bottom 'Fl' should read 'Flu'.

Apologies, we hope no one was misled.

# Letters

## Good news!

I received some good news the other day. A friend of mine whom I have known since 1952 rang me up to ask me where I got my Soya Milk from at wholesale prices. The reason why he wanted to know was that his daughter and her husband had just bought a shop to sell groceries and they have more enquiries for Soya Milk than they have for milk. They were surprised about this as they do not have Soya Milk themselves. How about that! I hope to put them in touch with Plamil.

*Bob Cramp and family*

## Kale is more healthy than broccoli!

Thanks for two replies to my letter about Macular Degeneration and Kidney Stones. I have since learnt that Aspirin is not good as it affects macular vision. Kale is excellent to help eyes (21,900 in 100 grams of carotenoid, Lutein, Zeaxanthin), raw spinach (10,200), Broccoli (1,900) Collard Greens (16,300), Brussel Sprouts (1,300). Lutein and Zeaxanthin are the only carotenoids found in the macular. Dietary habits show that people who ate a diet rich in carotenoids (powerful antioxidants) had a lower risk of MD.

Buckwheat sprouts, cherries, raspberries, cranberries, rosehips, blackberries, mangoes and orange bell peppers are rich in betacarotene, (they help the eye be filter) carotenoids.

Food high in the carotenoid lutein are squash, celery, cucumbers, spinach, zucchini, green bell peppers. Ginkgo Biloba 3 times a day and bilberry 3 times a day containing nutrients and phytochemicals are believed to inhibit MD. Blueberry with lutein is available in most Health Food Shops.

Kidney Stones: try Chinese Golden Money Tea or Parsley Piert, minus the gelatine of course. Try not to eat strawberries, rhubarb, magnesium citrate & potassium citrate in combination.

## New Campaigning Website

Leicester & Rutland Youth Contact Sam McCreesh has set up his own campaigning website: [www.campaigningforanimals.co.uk](http://www.campaigningforanimals.co.uk)

The CFA website aims to promote ways people can help animals in their everyday lives by making a few simple changes such as buying non animal-tested products & adopting a vegetarian or vegan diet. Please help promote this site by adding a link to it on your website – if you do this Sam will add a link to your site in return. If you have any favourite vegan recipes, or links to veggie & vegan recipe pages, please email them to Sam for the new recipe page. You can also submit events for the online International Events Diary. Any ideas and comments about the site are most welcome – please email [info@campaigningforanimals.co.uk](mailto:info@campaigningforanimals.co.uk)

Any suggestions or contributions towards a new vegan page would be gratefully received.

If anyone is interested, Aloe Vera is excellent for healing wounds on animals eg. horses with sweat hitch burns. Contact: C. Elstob 01609 882819.

My brother Dr. Michael Fox has written two new (paperback) books “The Healing Touch for Dogs” and “The Healing Touch for Cats” “The Proven Massage Program” – Newmarket Press.

Anyone who wants a cheap weekend in Derbyshire (Friday eve to Sunday) write to box no 304 c/o Vegan Views, leaving landline and address.

Michael Elliot Trust Donkey Sanctuary, Peak Forest Derbyshire 01298 79775 (donations on entry) is a peaceful place to be.

*Best Wishes, Love & Light,*

*Susan Fox*

## B12 advice

In the VV102 article “*The nature and importance of our prehistoric diet*”, the author Allan Withnell writes that our B12 needs are “*1 to 2 micrograms per day ... daily dose is unnecessary because ... the body can store the vitamin – sufficient to last four to five years.*” and “*Vegans have been known to consume solely plant foods for over twenty years without any signs of vitamin B12 deficiency and so it may well be that the bacteria in our own gut can produce adequate quantities.*”

Although 1 to 2 micrograms of B12 per day is enough to prevent serious illness – pernicious anaemia that can result in nerve damage and even death – more is needed for improved health benefits. These include increased resistance to heart disease and, for pregnant women, reduced birth defects of their babies. Some vegans may have lived on plant foods only without using B12 fortified foods for over twenty years without B12 deficiency as the author stated, but others have become deficient, so it's not worth taking the risk – pernicious anaemia is a very serious illness.

For improved health, the UK Vegan Society and many other vegan organisations around the world now recommend that vegans take at least 3 micrograms of B12 per day. Since the body absorbs larger amounts less efficiently, this should be spread fairly evenly across two or three meals (1 microgram at each of three different meals in a day, for example). If you only take B12 once per day then you need to take more due to poorer absorption – 10 micrograms is recommended (probably a supplement since you are unlikely to get this much in a single meal from B12-fortified foods). Alternatively, take a supplement with at least 2000 micrograms if you take it just once a week. Supplements should be chewed thoroughly before swallowing to ensure good absorption. The UK Vegan Society sell B12 supplements that are vegan by mail order – see [www.vegansociety.com](http://www.vegansociety.com), or phone 0845 4588244. You can also get them from some healthfood shops, but check first that they are vegan.

In the UK, some (but not all) yeast extracts, plant milks, margarines, soya-based ‘meats’ and breakfast cereals are fortified with B12. Check the labels to ensure that they are fortified; if they aren't, switch brands to those that are. Even though there are plenty of B12 fortified foods, many are only lightly fortified or are only eaten in small quantities, so it can still be difficult to get enough B12 from fortified foods alone. However, Plamil milks (both Soya and White Sun but not the organic variety) and Meridian yeast extract (the regular rather than the low-salt variety) are fortified with B12 at significantly higher levels than other brands, so are excellent choices; switch to these if possible.

B12 is not available from natural vegan foods – it must be obtained from B12-fortified foods or supplements.

For more details on B12, see [www.vegansociety.com/html/info/b12sheet.htm](http://www.vegansociety.com/html/info/b12sheet.htm) or ask the Vegan Society for a printed information sheet on B12. The Vegan Society has also published a book by Stephen Walsh about B12 and vegan nutrition in general called ‘Plant Based Nutrition and Health’.

*John Curtis*

*Steven Walsh was interviewed in Vegan Views no. 97, where he discusses B12.*

## Dear fellow Vegans

I (animal rights based vegan woman with strong environmental and social, “third world”, affinity) still seek a vegan/organic place to volunteer (in exchange for vegan/organic food + bed) e.g. vegan/organic animal sanctuary-nursery-horticulture-guesthouse-cafe; practical/physical work for a long period by mutual satisfaction. Don't hesitate to contact me for more (personal) details.

*Alexandra (vgnwmn@yahoo.co.uk)*

## Send her a card!

Serena Coles was one of the team with Kathleen Jannaway, Eva Batt and Jack Sanderson who, in the early 1970s worked successfully to raise the Vegan Society profile. In particular, she gave inspiring lectures at World Vegetarian Congresses and supported Kirsten Jungsberg of Denmark to start the Vegan International Congresses. When a new Council was formed in 1984, she ably presided over their meetings. In the 1990s contact with her was lost and a year ago the staff of the Vegan Society was unable to contact her, partly owing to hostility of her relatives.

Happily, Kirsten has been able to trace her old friend at a Nursing Home in Purley, Surrey, with Alzheimer's with no vegan food and support. Croydon vegans will bring support, but we hope other readers will send her a Christmas Card. Serena Coles, New Amberley Lodge, Downlands Road, Croydon, Surrey.

*Harry Mather*

# Eating out in Manchester

**There's a lot going on in Manchester. Some would say it's ahead of London on the vegan and ethical front.**

By John Curtis

Photos by Shirlaine Forrest

Ethical Consumer magazine is based in Manchester. In nearby Altrincham there's the Vegetarian Society which also has a vegetarian cookery school. The Vegan Organic Network together with its charity wing the Vegan Organic Trust was founded by people living in Manchester, and today this organisation is mainly run by several volunteers from their homes in the Manchester area. Back in May this year, Manchester hosted the first ever North West Vegan Festival; OK, so London beat them by many years on this front. One thing that Manchester lacked for a long time was an active local vegetarian & vegan group, but that sprung up a few years ago and it's called ManVeg. There's much more to Manchester than this, but we won't talk about football here, we'll instead talk about eating-out and shopping vegan.

My thanks to Brian Rogers of Manveg, for his help with this article, and for asking Manveg members to send in their opinions on the many veggie cafés and restaurants in the Manchester area. Manveg hold monthly meetings in the centre of town and various ad hoc events, organised through a lively email group. Details: [www.ivu.org/manveg](http://www.ivu.org/manveg)

The photos used in this article were taken with a digital camera so the use of photographic film is avoided. (All film contains gelatine, the animal-based curse of conventional photography.)

**The Bean Counter**, 535 Wilbraham Road, Chorlton, Manchester. Tel: 0161 882 0700.

- Went about this time last year. Didn't find it particularly vegan-friendly so haven't been back. Staff didn't seem clear about which items were vegan and which weren't so didn't inspire confidence.[GH]

- In the heart of radical Chorlton.[DG]

**Diamond Dogs**, 52 Beech Road, Chorlton, Manchester. Tel: 0161 882 0101.

- We go here regularly. Lovely food – about half (or more?) vegan. Very vegan aware. Not cheap but they do use organic products and make everything from scratch. No tinned beans on their vegan breakfasts. They are homemade. Very child friendly and happy to serve half portions and give extra plates to share food.[GH]

- Went there in the evening a year ago with three other vegans, and we all had different courses and shared them. Two were excellent, and the other two good. Good choice for vegans, nice decor, friendly staff.[JC]

**Earth Café**, 16-20 Turner Street, Manchester. 0161 834 1996. [www.earthcafe.co.uk](http://www.earthcafe.co.uk)

- Earth – could be described as a Vegan Oasis in

the middle of a carnivorous city. All food is vegan and the only dairy product is milk within tea or coffee if so desired. Most of the food is organic. Menu changes daily and a full meal costs around £5.40 with choices of vegetable and fruit smoothies and cakes. Not too far from Market Street so no buses to catch if just wanting to shop in the city centre. Situated below a Buddhist centre and has a peaceful ambience.[Diane]

- This is my favourite. Menu all vegan but I think you can get dairy milk in your tea if you ask for it. Menu changes every day and is varied and healthy and there is always a fab

selection of salads. Food is always tasty and the coffee and walnut cake is out of this world.[GH]

- The only completely vegan restaurant. Also bookshop and meditation rooms.[DG]

- Earth Café is a favourite amongst Manchester vegans, and deservedly so. Alongside an extensive juice and salad bar, Earth offers an ever changing variety of hot dishes including peacock pie, vegetable wraps, Thai curry, soups, sandwiches, and the highly addictive spinach and mushroom quiche. All this set in a relaxed and unpretentious atmosphere, a perfect break from the rush of the city centre. Whilst

## Spotlight on Unicorn Grocery



**Unicorn celebrated its 8th birthday in September. It was a Sunday and the shop was vibrant; full of music, dancing & laughter and there is good reason to celebrate. We've shown you can prosper as a good food store, an ethical alternative to the mighty supermarkets.**

By Kelly Bubble

About 10 years ago after a college placement at Daily Bread Workers Co-operative, Adam (one of our founder members) had an idea, quite simply to set up the kind of food store where he would like to shop. After a lot of hard graft between a handful of determined people (who fortunately dismissed others' claims that it was a crazy idea which wouldn't work) Unicorn opened.

The way we trade is informed by our 'Principles of Purpose'; secure employment, equal opportunity, wholesome healthy consumption, fair & sustainable trade, solidarity in co-operation. We seek to offer an alternative model of trade where the principles are intrinsic to the daily running rather than 'an add on' and so far this has been a success story.

In the early years we had a basic shop &

we have grown to fill the space. From a turnover of £4,000 to nearly £2 million a year, from 4 members to 30. The organic fruit & veg area has always been a winner, much cheaper than from the supermarkets & counts for about 30% of the sales. We also have a huge range of grains, pulses, nuts & seeds we pack ourselves, things people use to cook. We have a popular deli, great organic beer & wine range, daily fresh organic bread and hundreds of other grocery lines. The focus is always local, ethically sourced, organic and wholesome.

We always have lots of information about where products come from and related campaigns, this helps customers broaden their understanding and make a more informed choice. It would be great to see similar shops open up all around the country, taking some supermarket share & livening up the local economy. There's a shop that's soon to get off the ground in Derby called Sound Bites ([www.soundbitesderby.org.uk](http://www.soundbitesderby.org.uk)) which a former member is involved in.

How we spend our pound is really important & if we can spend it wisely getting lovely, unprocessed food it's going to be very nourishing all round.

*Unicorn Grocery, 89 Albany Road, Chorlton, Manchester M21 0BN. 0161 861 0010. [www.unicorn-grocery.co.uk](http://www.unicorn-grocery.co.uk)*

many vegan and vegetarian restaurants serve health food, Earth succeeds where so many of their contemporaries fail; providing healthy food with an emphasis on taste and quality. Recommended dishes include spinach and mushroom quiche with coleslaw and tzatziki,

coffee cake with whipped cream and their delicious Banana Latté.[SF]

**Greenhouse**, 43 Oxford rd, Altrincham.

- Long established vegetarian cafe and shop. Pleasant dining room with prompt service. Many varied and tasty salads, soups, baked

potatoes, etc. Open daytime only Monday to Saturday; best to check opening times.[PW]

**The Greenhouse**, 331 Great Western St, Rusholme. 0161 2240730. [www.dineveggie.com](http://www.dineveggie.com)

- Situated in the multi-cultural area of Rusholm.[DG]

**Greens**, 43 Lapwing Lane, Didsbury. 0161 434 0259.

- Not very vegan friendly and staff not aware of what is vegan on the menu in my experience though taste is good once you have sent it back a couple of times for them to remake it without the drizzle of sour cream making it unvegan.[GH]

- Haute Cuisine. City Life Award for best restaurant of the year in the NW.[DG]

**Herbivores**, Burlington Rooms Basement, Burlington Street, Manchester. 0161 275 2408.

- Next to Main Library, Manchester University Campus. Good food, good value. Feeds the starving students.[DG]

**Mistys**, Unit 3, Longsight Shopping Centre, 531 Stockport Rd, Manchester. 0161 2563355.

- Very vegan friendly and cheap, honest, tasty homemade food. Sometimes not very clean-feeling and too smoky for us.[GH]

- Excellent food. The only vegan/vegetarian café in a working class area.[DG]

**On the Eighth Day**, 107-111 Oxford Road, Manchester M1 7DU. 0161 273 1850.

Web: [www.eighth-day.co.uk](http://www.eighth-day.co.uk)

- Vegan friendly and generally tasty. I haven't been in the evening, just daytime. Sometimes can hit a bad time when they have run out of everything. Willing to split portions for children.[GH]

- Very popular and reasonably priced. Food is a bit too basic for me, but if I were still a student, I think I'd like this place. No criticisms about their shop though – it's excellent.[JC]

- Long established nearly vegan cafe and shop. The basement eating area has minimalist decor and friendly staff. Self service with both a varied and fixed menu. Open till about 7pm each weekday, closing earlier on Saturdays. Turns into a restaurant on some evenings with a different menu (best to check opening times as these can alter).[PW]

**Oklahoma Café**, High Street. 0161 834 1136.

- Popular café – good menu.[DG]

**V2Go**, Arndale Centre, City Centre and **V2Go**, Trafford Centre. [www.v2go.co.uk](http://www.v2go.co.uk)

- Haven't been to the Arndale Centre one but I imagine it is much the same as the Trafford Centre one. The first time we passed we didn't see the separate vegan menu so just assumed it was one of those veggie places where you are hard pressed to get anything vegan. The next time we passed we asked and there was a whole menu of fast food-type stuff like burgers and felafel and such. Great to be catered for at a place like the Trafford Centre but a bit too fast foody for us to go very often. And a lot of polystyrene waste. No soya milk for tea but the manager said he was working on that. In general he was very keen to please.[GH]

**306**, 306 Oxford Road. 0161 273 8822

- Near St. Mary's Hospital, Whitworth Art Gallery and Pankhurst Centre.[DG]

## Spotlight on the Eighth Day



**Eighth Day was founded in 1970. Our official name is On the Eighth Day Co-operative Limited, but as that is such a mouthful we trade under the simpler version!**

By *Tim Gausden*

It was originally an art gallery and craft exchange – it was a very political concept, and all of the founder members were vegetarian. The name Eighth Day was a bit of a joke. On the seventh day God rested, on the eighth day she made something a bit better! They were out to invent an alternative to capitalism. The idea was to get fair exchange for crafts people and artists. It only lasted in this form for around 12 months though since the building under them burnt down. They re-opened in a new location in Oxford Street, our current site, in 1971 as a wholefood shop and café, and they also sold loose herbs and clothes on the first floor.

It is the nature of workers co-ops that people set up something, then other people join and move it in other directions, and sometimes the founder members feel that what has become of it isn't what they wanted, which can be difficult to come to terms with. By around 1978, the last of the founder members had moved on. I'm now the one who's been here the longest – I've been working here since 1984.

We now employ around 35 people including part-timers (e.g. students). We have around 11 co-op members – you have to be a full-time worker to be a co-op member. We also have some full-time workers who are not co-op members – not all want to be. Although we don't insist that workers are veggie, the vast majority of us are, and quite a few are vegan. They tend to be customers who ask us if they can work here because they think it's a great place.

We attempted to sell our shop goods over the internet through our website, but we've now given up on this. We found that we were constantly packing things and running to the post office. It really couldn't justify a full-time worker. We've also given up packing wholefoods from bulk (as Unicorn do). We thought that it was better to concentrate our resources on retailing, since we don't have enough space in our new building. We haven't packed for seven years.

Our original building had serious structural problems, and we eventually had to have it demolished and re-built. This was an incredibly stressful period for all of us, but has proved to be really worthwhile. The top of the building is flats which are independent from us. We have the basement, which houses the café, and the shop is on the ground floor. Since moving in 15 months ago we have been able to create a whole new café menu, which is at least 75% vegan everyday, and develop the product range in the shop. As a result we have increased the customers and the turnover by more than we ever hoped. The shop has just won the Best Retailing Team and Vision in Organic Retailing awards at the Harrogate Natural Products show, whilst our nutritionist Ursula was highly commended for individual excellence and the Café won the Healthy and Sustainable Eating award at the Manchester Food and Drink Festival, so our efforts are being recognised nationally, which is great.

There was a big expansion of co-ops in the 70s, since a change in the law encouraged them to set up. Most have now gone out of business. There was another big surge in the 80s. The government pumped a little money into the sector during the 90s. The current government has this Social Enterprises idea, which might bring new interest in co-ops, but the Government doesn't seem to know what co-ops are. Italy and Spain have lots of very successful co-ops.

# Radical alternative Manchester

**In 1968, my wife Jane and I and our five children moved from London to South Chorlton, Manchester with a new job. It also gave us plenty to do outside work...**

*By David Graham*

**W**e organised meetings every Monday evening in our house to discuss the most compelling issues in Manchester as well as how to construct a permanent infrastructure based on cooperative ideals. The group was called the Community Research Action Group, CRAG. "Research" in the title presented us to others as being impeccably proper! As more and more activists were attracted to the discussions so did the ideas for direct action, and a framework for permanence developed. Writers in Peace News often made a distinction between community and national politics, viewing the former as the most useful. Our idea was to attempt to create an Alternative Community in Chorlton by using protest, direct action, and by building alternative projects. We would form housing cooperatives, a free school, food coops, nurseries, bookshop and cafés. We needed a physical infrastructure to demonstrate that, without opting out of society, we could show that there were more satisfying and fulfilling ways of living and working.

In CRAG we asked "what is the most oppressed group in Manchester?" It wasn't the Asian community or the Afro-Caribbeans, neither was it the Jewish community. It was the gypsies and travellers, they were being persecuted. Everywhere they stopped they were "illegal trespassers". There were no legal sites for them. They were brutally towed from one site to another and from one county to another. CRAG and activists from MANVAG (Manchester Non-Violent Action Group) and

Manchester University formed a gypsy liaison group which could mobilise 20 to 30 people through a telephone tree within an hour, to go to the site of any eviction in the North West. We often succeeded by persuading union officials to instruct their members to refuse to carry out the eviction. When this failed other tactics, such as throwing away the keys of the lorries or puncturing their tyres were used. It was important that this intervention was always at the request of the travellers and not imposed on them. CRAG played an important part in involving the local National Council for Civil Liberties in defending gypsies and travellers in the situation and in court.

Activists from these groups also played a significant role in other projects seen as empowering the most oppressed groups, such as the Claimants Union, the Soup Run for those sleeping rough and Homeless in Manchester which worked mainly with single men on schemes such as 'Open Christmas' providing shelter, activities and welfare advice, something now commonplace but then innovative.

What then of the permanent infrastructure? Soaring house prices put paid to some of our plans for Chorlton. However in the 1970s we started the first Free School in Moss Side, Grapevine vegetarian/vegan café in 1973 (named after the visit of the US agricultural workers union), CRAG members opened Grass Roots Community Bookshop, a Housing Association was started in Chorlton; our own home became – for a short time – a community.

CRAG campaigned for school pupils' rights; this led to the formation of the National Union of School Students (NUSS). Pupils at William Hulme Grammar protested against the school's cadet corps; at Parris Wood in Didsbury three pupils were suspended for their role in a demonstration for free speech and wanting

greater powers for the student council. But while the NUSS foundered on the problem of how to define pupils' rights in a practicable way, it did contribute to a wider shift in the culture of schools in which teachers would become more accountable for their actions. CRAG initiated the movement against corporal punishment which led to STOPP (Society of Teachers Opposed to Physical Punishment) which outlawed pupils being hit in school.

We worked closely with council tenants and published a newspaper called 'Community News'. As well as squats and housing associations, the physical infrastructure which activists built also included the Moss Side Free Press, Green Door Bakery (in Longsight), and information and social centres such as the Manchester Alternative General Information Centre (MAGIC); the Gay and Lesbian Centre and the Women's Centre. The local alternative press also provided an important source of debate and helped to define the boundaries of the community. The monthly magazine Mole Express covered the alternative political and cultural scene in Manchester. Financial support for the various projects came from the inconspicuously named CLAP (Community Levy for Alternative Projects) which CRAG initiated and was promoted by Peace News. CLAP was a regionally organised scheme where those in work could provide a percentage of their income to a fund which was then divided between community projects. Alternative businesses such as On the Eighth Day café gave a percentage of their profits to support other projects on the local scene. The Potlatch, so called after Native American tribal gatherings, became the annual forum for left/anarchist activists.

Something that can be called a British direct action movement began at the end of the 1960s with the non-violent action groups loosely

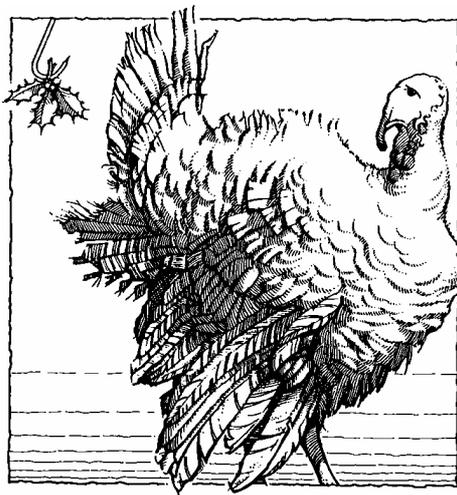
## A christmas day rescue

**On Christmas Eve, I discovered that the turkeys I thought had gone to slaughter were still in their shed. On Christmas Day, we prepared a run for the birds and then went to collect them. Unfortunately, two had already been killed but we got the remaining ten.**

*By Hen Heaven*

*Drawing by Jamie Coglan*

**T**here is NOTHING better than rescuing turkeys on Christmas Day! We were so pleased with our efforts that we went back and rescued 17 hens. Altogether Hen Heaven took in 106 birds (ducks, geese, bantams, hens, cockerels and turkeys) over Christmas and another sanctuary the remaining birds – about 150 lives were saved. The turkeys experienced sunshine for the first



time in their lives on New Year's Day. Our longest serving turkey residents are enjoying their fifth Christmas alive.

Christmas is a time of mass murder. I'm thinking of all my turkeys' brothers and sisters being so wickedly killed just so that people can eat them.

As the turkeys lived here and gained in confidence, their individual characters emerged. And they crave play stimulation. This need is completely ignored in the terrible conditions in which they are reared for Christmas. Each morning they greet me at the barn door – each in its individual voice, saying 'Hello'. They all have a very wide vocabulary and talk to each other constantly.

When one of the stags died... all the hen turkeys looked at him and then picked up straw in their beaks until they covered his head and body. In their own way they buried him.

*Hen Heaven, Squirrels Farm, Stonepit Lane, HENFIELD, W. Sussex, BN5 9QU.*

based around the readership of Peace News. Direct action against nuclear energy in the late 1970s, Greenham and other Non-Violent Direct Action (NVDA) in the peace movement followed in the 1980s, and was renewed after a fairly low-key period in the late 1980s in the Earth First! Network in the 1990s. What these groups had in common, apart from overlaps in personnel, was a form of leftism that was anarchistic, but not doctrinaire. We rejected excessive hierarchy and stress on discipline and ideological correctness and believed that non-violent direct action against oppressive institutions combined with building alternative autonomous



communities provided the most justifiable means to bring about political change. We considered ourselves non-violent revolutionaries and wanted to go further in changing society than the single issue Committee of 100. (This was the radical direct action movement which occupied nuclear bomber bases. It was formed because the organisers of the Direct Action Committee Against Nuclear War were often imprisoned. It was thought – mistakenly – that a committee of 100 people would spread the incarceration. It didn't!) But also believed that revolution could not be brought about through seizing the state but had to be built through practical projects.

It wasn't sufficient to have an anarcho-socialist theory. We argued that Feminism, ecology, challenging state authoritarianism, and a belief in local forms of democracy were what loosely defined our shared ideals, but the meanings of all these were argued over and changed over time too. This was certainly not a homogenous tradition. The question of what to do was further complicated because being in these movements, generally meant buying into a whole alternative way of life, living in shared houses, buying the right goods, and doing politics, full-time, in public and in private. In the 1970s and in the 1990s most activists were on the dole. No surprise then that activism has tended to go in cycles, with those most likely to be involved being those most free to live this life, 20-30 year olds with a degree and no children.

Longsight, East Manchester also provided opportunities for this kind of politics. Activists occupied houses around Hamilton Road that were threatened with demolition and worked with local residents to prevent the area being redeveloped in the way that Moss Side and Hulme were. As a result, parts of Longsight were declared a Housing Action Zone by the council and Birch Housing Association was created by activists. The housing issue was not owned by the direct action movement. There were many other tenants' rights groups and campaigns involving a wide range of groups on the left in Manchester. The alternative groups in the early 1970s put most of their energy into two kinds of political action: building autonomous alternative institutions in Manchester and taking direct action to expose and challenge oppression.

While the Chorlton and Longsight activists in CRAG and MANVAG were the core of the

anarchistic direct action movement, many in these groups were also involved with other groups on the left. Steve Cohen, a radical lawyer, was in the International Socialists but also worked with the gypsy liaison group and defended British Withdrawal from Northern Ireland Campaign (BWNIC) activists successfully when they occupied the army careers office in Preston. He was particularly involved in the anti-deportation campaigns and court cases of the 1970s. The women's movement grew in strength in Manchester throughout this period.

By the end of the decade there was less optimism about achieving transformation through the alternative society, or in feminism by a separate women's culture. In the 1980s international action became a focus for a lot of people. We began to print the communiqués of rebel organisations. This was new, because prior to that we had always been into non-violence, even though Peace News had not condemned liberation struggles. But it would be too simplistic to write this kind of politics off as a failure. Many of the stronger features of the left in the 1980s owed much to the direct action milieu. Greenham and peace movement NVDA built on the foundations of 1970s networks the local alternative projects carried on, or became more mainstream, as they gained funding and the wider alternative culture provided the base for the green direct action networks that emerged in the 1990s.

Comparing the direct action networks of the 1970s with those active in Manchester since 1990 helps in understanding what has been inherited by later generations of activists with similar ideological frameworks. In both cases the creativity and confrontational challenge of direct action was rooted in intense but relatively small networks of activists with higher education and mostly of the same age group. The transformation that 1970s activists underwent was not a temporary phase. Almost all of the activists are still committed to the same ideals, still in touch with many of their fellow activists and while some are still very politically active, others regard themselves as having taken their experience into community work. For many the pressure of living on the dole or very low incomes took its toll and they had to commit more time to finding a stable income, particularly once they had children. Some of the 1990s generation of Earth First! activists are now at a similar stage.

The CRAG meetings in our house ceased

several years ago – but until recently we held benefits for the Green-left and refugees in our garden. In 1984/85 these benefits were almost exclusively in aid of the miners strike. The Chorlton Miners Support Group met in our house every Monday. Not only the miners, but many in the Group, had not met vegans before. Although it was ten years on before Vegan Organic Trust (VOT) was formed the contradictions and the blind spot in the discussions after the meetings were part of the background to VOT. At the most basic level food grown vegan organically was not available unless you could grow your own. At the economic and philo-

sophical level the use of land for animal feed and grazing was unsustainable and illogical. Perhaps the biggest contradiction is with our colleagues committed to non-violence, but who allow others to do the mass killing of animals for them. I find it astonishing and depressing that on the demonstrations so many people pile into McDonald's and other cafés to eat meat.

The anti-globalisation and movements for social change as expressed through the World and European Social Forums, must also wake up to the part they play in their everyday lives in contributing to world hunger and climate change. Quite literally they must stop supping at the same table as the overblown flesh-eating controllers of the trans-world multinationals. VOT has set itself an enormous task which is changing the structure of how food is produced. For in order to achieve this we have to challenge and change the method of farming and marketing. We need a movement like the diggers and levellers. This can only be achieved in cooperation with groups with a similar agenda.

Manchester gained a reputation as one of the strongest centres of anarchist community politics, which helped to attract more radical people to come and live here. The thing about Manchester is the physical infrastructure we tried to construct in order to bring about the sort of theoretical change that we believed in, and we thought that Chorlton was an ideal place. People still think that Chorlton is lively and radical, despite the fact that it has got numerous bars, but also two vegetarian/vegan cafes and Unicorn vegan grocery superstore. I'm sure this sentiment comes from those days. Manchester still retains this ambience and is a vibrant multi-ethnic community. There are numerous groups active across the whole spectrum of green, animal rights, human rights, anti-racist, ecological and anti-war issues. VOT over the past 8 years has established itself as a serious and competent organisation. This is exemplified in the agreement with the Soil Association, which is to make the Stockfree Organic Standards available as an option for farmers. A consequence of this is the necessity to have a part time paid worker. I see this as a vital step towards a Centre with paid workers to put our message across more effectively. There's much to be done!

# A politically correct night before christmas

'Twas the night before Christmas and Santa's a wreck  
How to live in a world that's politically correct?  
His workers no longer would answer to "elves",  
"Vertically Challenged", they were calling themselves.  
And labour conditions at the North Pole  
Alleged by the union to stifle the soul.  
Four reindeer had vanished, without much propriety,  
Released in the wild by the Humane Society.  
And equal employment had made it quite clear  
That Santa had better not use just reindeer.  
So Dancer and Donner, Comet and Cupid,  
Were replaced with four pigs and you know that looked stupid!  
The runners and reins were removed from the sleigh  
According to guide lines from the RSPCA.  
Even his Jingle Bells tune was banned  
For exceeding the decibels in PC land.

\*\*\*

Passive smoke from his pipe had his workers quite frightened.  
His fur-trimmed red suit was called "unenlightened".  
And, to show you the strangeness of life's ebbs and flows,  
Rudolf was suing over unauthorised use of his nose  
And appeared on TV, in front of the nation,  
Demanding millions in overdue compensation.  
Then to top the lot, Mrs Claus, Santa's wife,  
Decided she'd had quite enough of this life,  
Joined in a self-help group and left in a tizz,  
Demanding from now on her title was Ms.  
As for the gifts, Santa ne'er had a notion

That making a choice could course so much commotion.  
Nothing of leather, nothing of fur,  
Which meant nothing for Him and nothing for Her.  
Nothing that might be construed to pollute.  
Nothing to aim at. Nothing to shoot.  
Nothing that clamoured or made lots of noise.  
Nothing for girlies or just for boys.  
Nothing that claimed to be gender specific.  
Nothing warlike or non-pacific.  
No candy or sweets...they were bad for the tooth.  
Nothing that seemed to embellish a truth.

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So Santa just stood there, confused and perplexed,  
Quite unable to work out what to do next.  
He tried to be merry, he tried to be gay,  
(But you've got to be careful with that word today).  
Something special was needed, a gift that he might  
Give to all without riling the left or the right.  
A gift on which everyone was agreed,  
Every ethnic group, every colour and creed  
Every intellect, profession and political hue,  
From Beauty Queens to Mensa Twos.

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There was only one thing left. World Peace.

*Reprinted with permission from Reporter Magazine, Spain*

## "MINE" is small "OURS" is BIG

**Unity is strength, which of us can affirm not to have said, verified and enjoyed this motto? I think few of us. On these bases in September 1985 our association [Associazione Vegetariana Italiana] organized in Pinarella Di Cervia, with the help of the I.V.U, International Vegetarian Union, the first European Vegetarian Congress. We started with the will to make a dream of a Vegetarian Europe come true.**

*By Carmen Somaschi  
Translated by Cristina Mirizzi*

It was a historic moment, for me unforgettable and for our association an honour. To determine a turning point in the future is not easy, but twenty years later we proudly remember all the obstacles overcome, the shared joy and the common will of feeling united to carry on.

So in September 2005 there will be an important birthday to celebrate: twenty years of European vegetarian history.

And the best way to do this can't be but to propose again a new European Vegetarian Congress in the same region, Romagna, and in the same period, at the end of September/beginning of October, and in coincidence with World Vegetarian Day, that is

celebrated on the first day of October.

Strength, will and joy won't be missing, the same that urged us on at that time.

Nor will be missing the desire to meet again to renew our engagement in working together for a European and a Vegetarian World.

In future magazines we'll inform you with more details about the organisation of the Congress, but for now I'd like to taste with you this dream that renews itself.

Years pass, but the will to go on remains untouched, as if time had stopped. I see again those far away days and from these I know that we will draw the strength to recreate a 20th anniversary worthy of vegetarianism that in these years has multiplied, affirmed and improved.

Even if... the more we grow up and the more we lose the sense of taking part in a movement of people who take care of ethical and cultural motivations to affirm.

Feeling many, we often demand of others a witness that, in my opinion, must be made in the first person.

If we think about the work made in these twenty years maybe you'll be stimulated to come and share with us this history.

The magazine "L'idea Vegetariana" came out every 3 months, now it is monthly.

Internet, a word that was surely unknown at that time, now sees the site [www.vegetariani.it](http://www.vegetariani.it) active: updated, followed and full of useful information.

There has come to life a window for vegetarian consumers with active, young and able volunteers.

La Scelta was born, a vegetarian centre which permits us to meet, work and grow up.

Our bud, presented in coincidence with the first European Congress, has become a symbol adopted by all the biggest European and world vegetarian associations, and today it distinguishes also many vegetarian and vegan products, and it identifies vegetarian and non vegetarian restaurants who are ready to give us suitable dishes for our exigencies.

Many concerns showed themselves available to dialogue with us. And this is very important for us. Capitani taught us that non-violence, instead of weapons, uses dialogue, and the true dialogue can be made only if we are willing to listen to other people.

### **People: you, we together**

History is made by the people who want to change and who do it in the first person. The people absent read it, interpret it, or quote it.

For this reason I invite you to participate in the next European Congress, to recreate a magic moment that will take us into the future years and that will make us say: I was there.

Let us write down the dates which go from the 30th September to the 5th October 2005, to help us transform the next Congress into another historical moment for European vegetarianism.

# Hunting with dogs

**The House of Commons has once again voted by a large majority in support of a Bill that would make hunting with dogs illegal in 2006. As I write, the House of Lords has not yet had their final vote on this measure but the Government has promised that if the House of Lords refuses to pass it, it will use its power to overcome their objection.**

By Harry Mather

The pro-hunt faction, headed by a group called The Countryside Alliance, is agitating very strongly now that it believes the Government may finally ban fox hunting. This seems to be their main concern because no voices are being raised to object to the fact that hare coursing will be banned with immediate effect and also, I believe, will stag hunting. The hunt supporters are in despair and very vocal. Some invaded the House of Commons and have threatened MPs who support the Bill and they seem to get away with repeating arguments which have proved to be false:

1) that foxes are 'vermin', vicious creatures that will enter a chicken coop and slaughter all the hens for the pleasure of it, not just to feed themselves. If a fox attacked a hen in the wild the remainder would promptly fly up into a tree and be out of reach. If hens are kept confined, it is obviously up to the owner to ensure any

fencing is secure. Rats and other predators could also get in. Anyway most hens are in intensive units like battery cages where no predators could get in.

2) that hunting is needed to keep the fox population under control. Yet hunting was prohibited for more than a year during the Foot And Mouth Crisis of a year or so ago and the fox population did not soar out of control. During the two World Wars hunting was minimal, if practised at all, but there is no record of fox population explosions. The fact seems to be that foxes control their own breeding and survive according to the availability of territory in which they can sustain themselves, so the killing of a fox merely enables another one to take its place. Further, hunt supporters have been seen to provide shelters for foxes to survive. Huntsmen would be devastated if all foxes were exterminated.

3) they say that if foxes were culled by shooting them, some would not be killed outright but merely wounded and left to die an agonising death. The same must apply to all shooting, but no huntsman is calling for the banning of shooting birds or rabbits. Some foxes may be killed instantaneously by the hounds but some clearly are not. If a fox goes to ground, a terrier is sent down the hole resulting in a terrible fight with the cornered fox. This is not a humane killing of the fox and it is more cruel for the terrier who also suffers terribly.

They don't worry about inflicting agony even on their own dog. If hunting ends, they claim they would have to shoot hounds. There are many people who would take them on as pets, presumably hunt supporters would not care to have them as pets. On each hunt there must be as many onlookers as there are dogs, each one could take care of at least one dog. In fact country sports could continue with drag hunting where hounds follow a trail prepared beforehand. That would also prevent the hounds from killing pet cats (or even dogs). A fact overlooked by hunt supporters.

4) Country Sports have a long tradition. They include cock fighting and dog fighting both of which are completely illegal but sometimes are still carried on in secret today. The so-called Countryside Alliance does not campaign for these working class pursuits to be relegalised. Bear baiting was once popular and Shakespeare's plays took place in those buildings. At the heart of Birmingham lies The Bullring, so named because bull baiting was practised there.

Fox hunting is already banned in Scotland. In England and Wales the habit seems to have a stronger hold and many vow they will continue to hunt even if it is banned. This will certainly create problems for the police who surely have enough trouble on their hands, but that is no reason why the ban should not be imposed.

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## Animals in wartime

They Have Nothing To Gain And No Vets To Relieve Their Suffering

**We hope it will remain at sabre rattling, something our leaders excel at. It may come to hostilities and although we regret seeing young servicemen leaving for the Gulf, at least they are not conscripts and knew when they volunteered for service that it could be active service with all the danger that involves.**

*From the Spanish newspaper Sur in English The Gulf war referred to is that of 1990.*

What is so distressing is the way animals are forced into active services – all in the service of man. They are not volunteers and are not subject to political propaganda convincing some of us that we are doing the right thing. No, they are forced into action often with scant regard for their safety. Now the Americans have placed 60 dolphins on stand-by for service in the Gulf. Equipped with underwater cameras and detection equipment. These intelligent and peace loving animals will be given the task of seeking out and recording movement of armaments under water. No more frolicking for them – instead they may lose their lives or suffer wounds without veterinary attention.

Horses have been extensively used in war throughout history. In World War I, tanks were only introduced in 1917, the cavalry used horses. Brigadier Sir Walter Brooke in his wonderful book "Gladeye" described graphically the suffering of horses.

Talking with him at his home near Exeter, he told me how the book could not begin to portray the noise of injured horses. Even worse was that, when the Armistice was declared, many horses were found to be surplus to requirements and not worthy of repatriation so were destroyed. Fine thanks for loyal service!

When land is invaded, humans quite understandably put their food requirements to the fore. As a result animals are left to starve. In 1871 during the siege of Paris by the Prussians dogs, cats, and birds disappeared almost completely from the city – no food to feed them when humans were short of provisions.

After the Peninsular War in Spain, the Duke of Wellington released the 2,200 pointers which the army had brought here for hunting. No longer required, they were cast out to fend for themselves. That is the reason why so many stray dogs in Spain have pointer characteristics. Two fine pointers, obviously strays, crossed our land as I write. During the great retreat of German forces from Russia in 1943, the

columns of fleeing soldiers were accompanied by homeless dogs who hung on to humans whom they regarded as friends. Fortunately, they were thrown crusts by compassionate men who were fighting not just the enemy, but the intense cold. Few dogs survived.

During the Cold War, dogs patrolled the Berlin Wall. The demolition of the Wall was welcomed by all. However, some two thousand Alsatian dogs and Dobermans were redundant. The German authorities did a fine job in rehousing many. For the older dogs, it proved an impossible task.

War is a dirty business and we have heard all too often the expression that it is the war "to end all wars". For as long as we have the power and oil lustling leaders who all believe they are on the side of right, we shall have conflict. What a pity man cannot leave animals out of it. They have nothing to gain.

*Editor: This reminds me of a story of a Scot who found himself in Paris during that siege on 1871. When all the horses had been killed and eaten, there was a lot of oats remaining and whilst the Parisians were chasing rats to eat them, he was living on traditional Scottish oats.*

# RECIPES

**A Vegan's Christmas Dinner can be as varied and exciting as any one else's. The fruits and nuts, plum pudding, mince pies (if you avoid suet) and Christmas Cake can all be vegan. Here is a suggestion for a Happy Cruelty Free event.**

## **Nut and mushroom ring**

6oz chopped nuts (Hazels, Walnuts and Brazils are good)

6oz wholemeal breadcrumbs

1 large onion, finely chopped

Zest of a large lemon

3 tablesp fresh chopped parsley

Pinch of sage

1 clove of garlic, crushed

4 oz flat mushrooms, chopped finely

Grated nutmeg to taste

1oz margarine

1 tablesp wholemeal flour

1/4 pint soya milk

1/4 pint vegetable stock

1 teasp yeast extract

Black pepper to taste

1. Grease a 7" ring mould with marg (a 1lb loaf tin can be used as an alternative).

2. Put nuts, breadcrumbs, lemon zest, parsley, sage and nutmeg into a bowl.

3. Melt marg and fry the onion, garlic and mushrooms until soft, stir in flour and cook over a low heat for one minute.

4. Remove from heat and add milk, then stock a bit at a time, stirring continuously. Add yeast extract then return to the heat and bring to the boil, stirring until a thick sauce is formed.

5. Add the sauce to the mixture in the bowl, mix well and season with pepper.

6. Pile into prepared mould (or tin), smooth over and bake for one hour, Gas 5/190C/375F

until brown and firm.

7. Cool for five minutes. Then run a knife round the mould to loosen the bake. Tip out onto a serving plate and garnish with parsley and lemon slices.

## **Tomato and garlic sauce**

1 clove of garlic, crushed

1oz marg

1 tablesp wholemeal flour

1/2 pint vegetable stock

2 tablesp tomato puree

Pinch of basil

Black pepper to taste

1 tablesp chopped fine parsley

1. Melt the marg in a pan and saute the garlic for one minute until soft but not brown.

2. Stir in flour and cook for a further minute until "sugary" in appearance.

3. Remove from heat and add the stock a little at a time, stirring vigorously to avoid lumps. Add tomato puree, basil, parsley and pepper, stir well.

4. Return the pan with a gentle heat and bring to the boil, stirring continuously until the sauce has thickened.

5. Remove from heat and allow to stand for 30 mins, before reheating to serve (this allows the full flavour to develop).

*Amanda Sweet*

## **Fruity parsnips**

2lb parsnips

4 tablesp orange juice

1 tablesp lemon juice

3 tablesp brown sugar

1 teasp fresh chopped mint or dried basil

2oz marg

1. Scrub parsnips and remove any bruised parts. Slice into long "chip" shapes and parboil for 5

mins until soft.

2. In an ovenproof dish, place the juices, sugar, marg and mint or basil. Put in the oven Gas6/200C/400F for 5 mins until marg has melted. Then put parsnips in and baste well.

3. Bake for 20 mins. Drain liquid off to serve. (Note: any juices left make an excellent base for sweet and sour sauce, so don't waste it.)

## **Rosemary sauteed potatoes**

2lb potatoes, well scrubbed

2 tablesp oil

1oz marg

1 teasp rosemary

1. Chop potatoes into small cubes with the skins left on and parboil until soft but still holding their shape (about 5 mins).

2. Drain off the potatoes. Meanwhile, melt the marg and oil together in a roasting dish on Gas 6/200C/400F for 5 mins until soft.

3. Add the rosemary to the oil, then tip in the potatoes. Baste well with the fat and return it to the oven (top shelf) for one hour until brown and crispy. Baste a couple of times during cooking time to prevent top ones drying out too much.

## **Sprouts a la crème**

2lb Sprouts

8 tablesp Soya Cream

2 oz marg

Pinch of fresh nutmeg

Black pepper

1. Cook sprouts in boiling water until tender (5mins).

2. Liquidise the sprouts, milk, marg, nutmeg and pepper to a smooth puree.

3. Reheat in the oven, covered with foil and serve garnished with fresh parsley.

## A vegan look at the news

### **It's a strange world**

The largest herd of cows is in Saudi Arabia where they have to keep them wet because of the heat. They are exported to UK.

Impoverished Ghana exports cassava (its staple food) to UK.

The blue fin Tuna is an endangered species. The yellow fin tuna is not. There is fish farming of tuna. Caught in huge nets, they are dragged near the shore and fed on other fish. The EU subsidises fishing and exports tuna to Japan.

### **A vote for vegeburgers?**

Is the Vegetarian Society now endorsing McDonalds? Some vegans were shocked to learn that the Vegetarian Society had given its symbol "Approved by the Vegetarian Society" to the McDonalds Vegeburger. The Society explains that it has thoroughly checked all the

ingredients that go into those vegeburgers and found them free from animal ingredients. Interestingly, they had to travel far and wide to the various places where the ingredients came from. All those 'food miles' don't make for an Eco-friendly product.

On the positive side, it means that committed young veggies can go to McDonalds with their friends in confidence. They might also persuade a friend or two to try the veggie option, and thus swell the quantity of vegeburgers eaten as against the meaty ones. We can even hope that they might try some other veggie dishes, like them and go further to veganism. Making more veggie burgers available can only be a good thing. Meanwhile McDonalds may also be on to a good thing. Their profits have not been too good of late. If they have decided to offer vegeburgers, it would seem that they believe

there is a demand for the product. Could we dream that one day the majority of their products would be vegan, and only a cranky few will be eating the beef and dairy options. It might be a long way off, but it could happen.

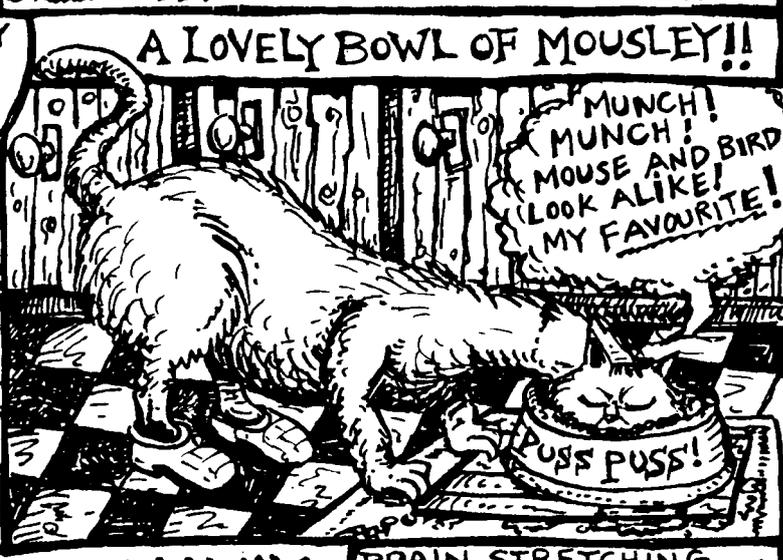
### **Bushmeat**

Many people in some parts of Africa eat 'bushmeat' from the wild. This includes the flesh of apes such as gorillas and chimpanzees. Professor Nathan Wolfe of Johns Hopkins University in Baltimore USA said bushmeat hunters in Cameroon had tested positive to simian foamy virus (SFV), a virus similar to HIV which causes AIDS. He says "A range of viruses are crossing between animals and people, particularly individuals who are exposed to the blood and body fluids of wild animals." Some of this bushmeat finds its way illegally into the UK.

# VEGAN CAT

I ALWAYS LAND ON MY FEET!

IT'S ANOTHER DAY IN THE LIFE FOR V.CAT. YES, LIFE IS PURRFECT FOR OUR FELINE FRIEND, OR IS IT?



## PREACHING TO THE MOGS

## DELOUSING THE V.WAY

## BRAIN STRETCHING ACTIVITIES..THE V.WAY!



## SOMETIMES V.CAT WAKES UP TO A REAL REALITY

## NO WONDER V.CAT SLEEPS ALL THE TIME!



# Advertisements

## B&Bs & ACCOMMODATION

**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 £20, ensuite £22, 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 Faitg', 66230 Serralongue, France. Phone 00 33 4 68 39 62 56.

Email enthousiasme@wanadoo.fr

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

**Bournemouth Accommodation** Occasional, inexpensive accommodation in Pokesdown, Bournemouth. Non-smoking. Tel. 01202 426870.

**Lovely Attic Room** available in house in Leeds 8, to share with one vegan and cat! £45 per week. Tel: Natalie 0113 248 4044 for details.

## BOOKS

**Vegan Recipe Book by Rachel Henderson** This electronic recipe book contains 100 delicious vegan recipes. It is designed both for vegans and people who have

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**Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.**

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, Ogwell, Devon TQ12 6YL.

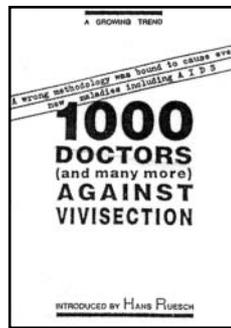
**1000 Doctors Against Vivisection** by Hans Ruesch. £13 inc p&p.

**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

**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

**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.

**Vegan Cat-Collars And Catnip Toys** Non-Leather, Non-Animal Fur. For details, send SAE to: Ann, 4 Green Street, Wollaston, Northants NN29 7RA.

**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.freeserve.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.

**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

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

# Advertisements

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

## HEALTH

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

**Natural Nutrition And Naturopathy** 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

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

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

Email: chriskennett01@hotmail.com

**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.

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

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

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

## PERSONAL

**Vegan Male** 49 non-smoker, seeks female for lasting relationship to share home-making, having children together. Interests include nature, growing food, organic raw food nutrition, the countryside, the environment, books, crafts, walking and running. Age and location immaterial. Box 202, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

**Vegan Female** attractive lively young 54 seeks male for friendship. Interests include animals, walking, music, reading, the sea, global & local issues. Also welcome any like-minded men or women to meet or write to, Hampshire, any area/any age. Box 204, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

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

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

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

**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.

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

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

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

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

## SHOES

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

**Freerangers** sell animal free footwear. Send for brochure to 9B Marquis Court, Low Prudhoe, Northumberland NE42 6PJ. Web www.freerangers.co.uk Tel: 01661 831781. Fax 01661 830317.

**Vegetarian Shoes**, 12 Gardner St, Brighton BN1 1UP. Tel: 01273 691913. Web: www.vegetarian-shoes.co.uk

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

Web: www.ethicalwares.com

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

# 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, sosalatas, "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](http://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](http://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 MCL, c/o Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Web: [www.MCLveganway.org.uk](http://www.MCLveganway.org.uk)

**Vegan Organic Trust** encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green International* to spread knowledge, and reports from vegan organic growers worldwide. Contact Patrick Browne, 161 Hamilton Rd, Longsight, Manchester M13 0PQ. Tel: 0161 248 9224.

Email: [veganorganic@riseup.net](mailto:veganorganic@riseup.net)

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

**Plants for a Future** Blagdon Cross, Ashwater, Beaworthy, Devon EX21 5DF. Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: [www.pfaf.org](http://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](http://www.veggies.org.uk/vbc.htm)

## Subscribe to Vegan Views!

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

### Subscription rates

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

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

Postage is included.

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

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

### Subscription renewals

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

## Order form!

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

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

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

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Name: .....

Address: .....

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

**Be kind to animals!**

(Even if a shark tickles your toes...)

# Vegans in your area

## SOUTH

**London Vegan & Vegetarian Families Group** If interested contact Lesley on 020 8861 1233 or email [Lesley@vegan4life.org.uk](mailto: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](http://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](http://www.londonvegans.org.uk)

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

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

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

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

**Bedford Vegetarians** Tel 01234 365651. Web: [www.bedfordvegetarians.co.uk](http://www.bedfordvegetarians.co.uk)

**Veggiesocials** Social group covering London + South East. Web: [www.veggiesocials.co.uk](http://www.veggiesocials.co.uk)

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

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

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

**Hastings Animal SHAC** meet every second Tuesday of the month. Phone: 01424 430 425

**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](http://www.vegansociety.com) for a list. The Vegetarian Society have affiliated local groups and information centres which often include vegans – see [www.vegsoc.org/network](http://www.vegsoc.org/network) for a list.**

or e-mail: [sarah@b1066.wanadoo.co.uk](mailto:sarah@b1066.wanadoo.co.uk) to check where/if the meeting will take place.

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

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

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

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

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

**Bournemouth Vegetarians & Vegans** Tel. 01202 555712. Email: [t.west@oneteldsl.net](mailto:t.west@oneteldsl.net).

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

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

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

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

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

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

**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](http://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](mailto:george.barwick@ntlworld.com)

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

## MIDLANDS

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

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

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

**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](mailto:info@campaigningforanimals.co.uk)

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

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

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

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

Tel: 01482 471119.

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

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

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

### Lists of Veggie Restaurants & cafés

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

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

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

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

### Travel

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

### Vegan online shopping

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

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

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

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

### Vegan-run business lists

*Artists, accountants, translators...*

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

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

### Vegetarian information

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

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

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

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

# Friendship Canal Adventures

John Curtis interviews Nathan about his narrowboat adventures.

## John Curtis: I notice you call your journeys Adventures, why is that?

Our Adventures are about having great experiences in very special places that are rich in natural wildlife, the fascinating features of our 200+ year old canal system, having fun, a time of personal growth, making new friends, being in two lovely 70' fully crewed narrowboats where we have an environment that is sincere and where there is time for you, where you will find great tasting, cruelty free, mostly organic, freshly prepared and highly nutritious meals, and a relaxed, smoke free, atmosphere.

Adventures? Yes they are Adventures. The canals have a wonderful history, heritage and culture. The boats are built traditionally, the butty which is pulled by the motor, has the same lines as the horse drawn boats of 200 years ago. Every day on the canals is different. No two journeys are the same. The environment on the boats is special and we endeavour to enable every Friend to have a truly wonderful experience with us. Some will really enjoy working the locks, steering the boats and 'bow hauling' the butty into locks and be very active. Many young people enjoy setting locks and learn to steer competently. We have kites and bikes and digital cameras that can be borrowed.

Others will have a more relaxing time. Whichever people choose the ingredients are here. Additionally, every Adventure features different attractions, I mean attractions 'on the bank' as well as the canal environment and its features, the boats and the things that we do on board. We're flexible and will do things on the spur of the moment. Imagine it's a beautiful moonlit night – we may well do some navigation. That's a special experience.

We love what we're doing and invite people to come and share this specialness. Different people will get different things from their time with us because they will choose the things that have greater relevance for them at that time. Some will want to come and relax in our informal, friendly atmosphere and know that if they want to rise late and have breakfast all morning that's fine. Others will find they enjoy steering the boats and working the locks, maybe cycling ahead to prepare them, 'lockwheeling' as it is known. Some will want to be up early and almost become members of crew. It is a very natural and healthy environment and we connect with that. Living on the boats I am very alert to the seasons and cycles of nature. It is our whole approach, our meals are always highly nutritious and mealtimes are fun. This especially connects for young people. We positively engage with young people. Not all mealtimes are taken round the table. Some are enjoyed while we travel. Many young people don't want leisurely meals, they want to be doing other things and that is fine, they get great food and excellent nutrition whatever they are doing. We encourage people to try different things and our experience is that young people in this environment try new meals and enjoy them.

## Are you providing vegan-only meals?

Absolutely. We are passionate about animal rights and our meals are made entirely from plants. The meals are vegan, they are also great tasting, visually attractive, highly nutritious, and organic whenever possible. They are prepared freshly for each meal. You can talk to the chef while he is preparing the meals. We're happy to show you all the ingredients we use. We don't use a microwave. We don't use any aluminium cookware. No GM. No trans fatty acids, nothing hydrogenated. We have virtually no frying, it isn't healthy. And we have low levels of sugar and salt. Our meals are both healthy and appetizing. The oil we use is flaxseed oil – its wonderfully healthy – it contains omega 3, we use it even though it is as expensive as a liqueur. We use it mostly on salads. Omega 3 is so important for health and some young people just aren't getting any. We use some walnut oil and some olive oil. We use lots of nuts too. We start with the best ingredients we can get and craft them to provide delicious combinations of colour, texture, flavour and always highly nutritious.

## You place an emphasis on health?

What we're doing is at many levels, sometimes you will hardly notice. Its about fun, relaxation, giving you space to realize new things and to get what you need. We support this by giving the environment, food, activity, fun and friendship. Watch the flowers blossom! And you go home glowing with new awareness and itching to come back for more.

We give time and attention to all Young Friends and ensure that they have a great time. Young Friends are offered Workshops that focus on healthy lifestyles and Action Groups that are experiential and focus on emotional and personal growth. We also have Action Adventures specifically for young people.

## What are Action Adventures?

Young people enjoy the canals and their environment. The Action Adventures take the Workshops and Action Groups much further and young people share decision making and carrying out the tasks necessary for the functioning of the Group.

## When and where do you travel?

We select the most attractive and interesting routes of the 3000 miles of canals and navigable rivers and travel on them during Spring, Summer and Autumn, plus four festive weeks in winter.

Each Adventure has its own particular features, for example on the Llangollen we go over the famous 120' high and 1000' long



FriendShips' boats on the Grand Union in Warwickshire.

Pontcysyllte Aqueduct to Llangollen, at Devizes on the Kennet and Avon there is the Caen Hill flight of 28 locks, near Middlewich is the fascinating and recently restored Anderton Boat Lift that transports the boats from the Trent and Mersey Canal to the River Weaver 60' below and we'll travel on it. Additionally each Adventure leads to 'on the bank' attractions for example we go to three wonderful steam railways, the truly phenomenal Black Country Living Museum, Warwick Castle - the best medieval castle in England, the Royal Shakespeare Company at Stratford upon Avon, the great waterway museums at Ellesmere Port near Chester, Gloucester and Stoke Bruerne.

## What can people do on board?

Time with us is a phenomenon. The usual expectation of time just doesn't apply, so we create our own. A journey that may seem like an hour may have taken much longer. Something that occurred in the morning may seem like a different day by the evening. There are always tons of things to do, new friends and discoveries to be made, with fun on the water and interesting places nearby. And when you return to the boats in the evening after visiting an attraction you can print your digital images and save them to a CD to take home. We have internet access that you can use without charge to receive mail and send digital images of what you have been doing that day. We also have a Scalextric track that can be used inside or out. We have a range of on board activities, surround sound, books, games, chess and computer games. You can paint and take home your own items of canal art, using the same simple and effective brush strokes that working boatmen used in the 1800s.

## How many can you accommodate?

We have five single cabins and two double cabins that have personal facilities, one of these also has a single berth so the cabin can be used for those preferring twin accommodation, or for a family or group of three. If young people share there are additional discounts. Cost vary seasonally and on the cabin chosen. We charge affordable fares. We charge half price for young people.

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