

# Vegan Views

A Forum for Vegan Opinion

No. 107

Spring 2006

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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 0208 481 7239.

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

**Arkangel** An animal liberation magazine. £10 for 4 issues inc. p&p. Arkangel, BCM 9240, London WC1N 3XX. [info@arkangelweb.org](mailto:info@arkangelweb.org)

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

**Growing Green International** is published by Vegan Organic Network. See page 18.

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

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

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

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

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

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

**Realfood Campaigns** Available by subscription of £8 for 6 editions. Contact Realfood, PO Box 339, Wolverhampton WV10 7BZ. Web: [www.realfood.org.uk](http://www.realfood.org.uk)

## Projects

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

Email: [Ancientwoodlands@aol.com](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)

**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@vegac-mkveg.fslife.co.uk](mailto:Psimpson@vegac-mkveg.fslife.co.uk)

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

## Vegan communities

**Brynderwen Vegan Community** started in May 2002 when a large four-bedroom house with terraced gardens in a semi-rural location on the outskirts of Swansea was purchased. It has a huge double garage with planning permission to convert to further accommodation or part accommodation, part workshop. Some people live at Brynderwen, others independently nearby. If you're interested in visiting or living at the house or nearby contact Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Email: [vegancom@btinternet.com](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)

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

## Vegan shops

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

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

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

## Website design/hosting

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

# Vegan Views

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## **Sell Vegan Views:**

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

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## **Copyright**

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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.

We love to hear from you - letters, articles, recipes or drawings.

# From the editor...

## **Harry Mather takes a look at the coming year. Is there more hope for veganism?**

*By Harry Mather*

**A**s we turn the page over to another year, it is always interesting to review what happened over that period and ask whether our cause has made any progress in that time. The ban on hunting with dogs came into force last February and put an end to the hare coursing of the Waterloo Cup. It should also have made fox hunting illegal, but hunts have found a way of hunting with only two dogs at a time, to keep within the law. Hopefully this will at least restrict operations.

On the other hand, 2005 was a great year for promoting vegetarianism/veganism in Festivals and food samplings organised by Realeat and VIVA! The public seems willing to be persuaded that vegan food is not a kind of penance but can be quite tasty. Parents outraged at the food served to schoolchildren received enthusiastic support from celebrity chef Jamie Oliver who brought a high profile to the appallingly bad diet served to children. Bad behaviour in schools and increasing obesity among children does raise the need to think more about the food we eat. This may not directly lead to increasing choices of vegan foods, but it does help focus on better food and more choice. One school has contacted Veggies of Nottingham to advise on their catering. May this continue to flourish in 2006! We can hope that this year, people will become more and more conscious that nutrition is more than filling a gap in your stomach and that it has long term consequences for personal wellbeing and for the environment.

Another significant event was the discovery of a new strain of bird flu in South East Asia, which was deadly for some of the people who handled chickens though not for those who ate them. Fortunately it has not yet found to have been transmitted between humans. However, experts fear that it is only a matter of time before the virus can mutate to a strain that would transmit between humans. A huge flu epidemic would result at a time when no reliable cure or vaccine was available. Intensive farming must be able to supply all the needs of

our misguided meat eaters, without having to rely on imports. The cramped conditions of broiler sheds, provide ideal conditions for viruses to spread rapidly there. How can there be any reasons for importing chickens from the Far East where we can assume that conditions will be much less hygienic? If the new strain of the flu virus does become active against humans, it will also be a potential threat to vegans. How can we make people see that their consumption of fowls is not only nutritionally unnecessary but a threat to millions of human lives. The flu epidemic of 1918 did in fact kill millions of people and this came from a virus originating in chickens.

In 2005, the depletion of the ozone layer above Antarctica continued to grow steadily since it was discovered in 1985 and now stretches over the whole continent. Ice in the polar regions continues to melt and will raise sea levels throughout the globe. Scientists are convinced that global warming is a certain fact, but governments are reluctant to take appropriate measures. In this context we need to emphasise the contribution made by the enormous number of domestic cattle who, in the process of digestion, emit methane gas, which is twenty times more harmful to the ozone layer than is the carbon dioxide released when fossil fuels are burnt. The economies of India and China are growing at a huge rate. They not only embrace the culture of the West in the use of fossil fuels but also want to increase their consumption of meat and dairy (that means increasing the cattle population). This will further increase the threat that humans are making to the ecological balance of the planet. Humanity seems bent on destroying its own life-support system. Although we are awaking to the reality of this situation, we are still acting too slowly to accept the remedies.

This seems a rather gloomy way to greet a new year but new problems do give new opportunities and we can hope that they will focus enough minds of people in authority, supported by a groundswell of common opinion, to bring a turn-around in our lifestyles. The more people start thinking, the more chances there are that they will turn to veganism as part of the solution to the world's problems.

## Events

**March** is promoted by Animal Aid as a month to focus on vegetarianism. Animal Aid, The Old Chapel, Bradford Street, Tonbridge TN9 1AW Tel. 01732 364546. [www.animalaid.org.uk](http://www.animalaid.org.uk)

**22nd to 28th May.** National Vegetarian Week The Vegetarian Society is preparing to get schools across the UK involved in National Vegetarian Week and encourage students to

explore vegetarianism across a range of subjects. Vegetarian Society, Parkdale, Dunham Road, Altrincham WA14 4QG. Tel 0161 925 2000. [www.vegsoc.org](http://www.vegsoc.org).

**June 10th Saturday.** Bristol Vegan Fayre 10am to 6pm. The L-Shed, Princes Wharf, Wapping Road, Bristol. Admission Free. Tel.0117 923 9053. [www.yaoh.co.uk](http://www.yaoh.co.uk)

**August 5th to 19th** Vegan Camp will be held in South of Scotland. Tel. 0845 330 3918. [www.veggies.org.uk/vegancamp](http://www.veggies.org.uk/vegancamp)

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)

# Letters

## Why have a label?

Dear VV,

I sympathise with Danw November's dilemma (in VV104) re propagation of veganism to people who are so unaware and unwilling to understand the ethics which seem obvious to us - it's never going to be easy - but why hang labels on people anyway? We don't eat flesh nor use animal by-products, but why are we so keen to be called anything other than people who don't consume or agree with torturing and killing animals for food, etc. - simple really.

*Brenda Briar*

## Postsript to Adolf Hitler: Vegetarian? (VV104)

As recently more evidence on Adolf Hitler's personal life is being made more public, much of it being hidden or not being released for sixty years, I would like to clear up a few points.

Speaking of her life with Hitler, Frau Traudl Junge, his closest secretary, was film interviewed by Anre Heller for Dor Films of Germany in February 2002 before she died of cancer. She clearly states that he was vegetarian, but she was unsure why. She concluded that the reason probably was his unrelenting stomach disorders. This interview was aired for the first time on BBC4 in a documentary called Blind Spot.

In my article on "Adolf Hitler: Vegetarian?" I included a quote from a recent newspaper that stated his last meal was "vegetable soup and mashed potato." Being an historian I included this as a case for open debate. I can now state the newspaper article is incorrect.

Traudl Junge's secretarial notes at around the time of Hitler's suicide, states his last meal was "spaghetti and a tossed salad." This was also backed by a documentary on Goebbels aired on BBC4 on 5th May 2005.

*Trevor Barnard ©*

## Hitler was not Vegetarian!

I was surprised to see Vegan Views devoting nearly 2 pages to Trevor Barnard's belief that Hitler was a vegetarian. I believe this to be incorrect. I quote from my book, *Hearts, Minds and Stomachs: Animals in Today's Britain*, 2001, page 57.

"The autobiography of Nazi armaments minister Alpert Speer, *Inside the Third Reich* (Weidenfeld and Nicholson 1970), contains details of Hitler's personal life. Maybe one could view Hitler's being injected with extracts from the intestines and testicles of animals as the typical actions of a desperate hypochondriac (page 161). However, wearing leather shorts (page 133) does not indicate concern for animals. Nor does serving meat to guests (page 140). On page 151 we learn that Hitler ate caviar, which is not vegetarian. Caviar is roe taken from fish that have been killed.

"Furthermore, writer Nick Fiddes uses the first page of his book *Meat - A Natural Symbol* London, (Routledge, 1991) to suggest that the Nazi government's "wish to supply its forces with excessive standards of protein intake" may have led to Germany's producing a disproporti-

onate amount of meat but not enough food overall. This was in contrast to Britain, where meat was rationed to preserve food supplies."

I can vaguely understand people thinking that I, or the Jewish Vegetarian Society, might be asserting that Hitler was not a vegetarian because we are guilty of wishful thinking. However, I can see no reason why a non-vegetarian like Albert Speer would make the same error. From what I can recall of Nick Fiddes' book, he wasn't a vegetarian either (at least when he wrote it).

On the question of vivisection, I am grateful to John Bryant of the League Against Cruel Sports for alerting me to a book, called *The Nazi Doctors and the Nuremberg Code* (edited by George J Annas and Michael A Grodin, Oxford University Press, 1992). This makes it quite clear that the Nazis did not ban vivisection, but merely attempted to "keep down the number of painful animal experiments to a minimum". This is pretty meaningless. Vivisectors always claim (and probably believe) that their work is vital. The facts are against them, but that is another topic.

The only claim that appears to be true is that the Nazis banned fox hunting. However, as I understand it, this ban was not repealed. One might think that if the German countryside truly went to rack and ruin without hunting, one of the democratically elected governments which Germany has had during the last 60 years would have restored it!

*Hearts, Minds and Stomachs* is still available for £2-50 including postage and packing, now from Greenstone Valley Publications, 15 Hudson Road, Canterbury, Kent CT1 1JF. (Cheques should be payable to K A Gilchrist rather than Greenstone Valley Publications). I would also like to take this opportunity to thank Sheila Edwards for her help in material for the book and to apologise for leaving her out of the introduction. I should also have thanked Carolyn and David, for their help when I had computer trouble, but sadly, I doubt they will be reading this.)

I hope readers will excuse this blatant self-promotion.

*Katharine A Gilchrist*

## Veggie Dating

Dear Vegan Views,

VeggieRomance.com is one of the UK's largest dating and social sites for vegans and vegetarians. The site was set up in 2004 and is run by Simon Dale (33), a vegetarian of 18 years.

VeggieRomance is a lively, friendly community offering free registration and searches, a free (very active) forum, free replies to contacts from other members and free blogs (online journals) for all members.

Like most dating sites, members must usually subscribe to initiate contact with other members. To set 2006 off to a good start we'd love to extend a free membership to Vegan Views readers, allowing them (just as if they were subscribing) to initiate contact with members. There are no strings to this offer, it would simply bring more members to the site and, for you, a little offering to readers of Vegan Views.

Any readers not already on VeggieRomance

who wish to take up the offer can simply go to [www.veggieromance.com](http://www.veggieromance.com), create a profile then email [info@veggieromance.com](mailto:info@veggieromance.com) with the promotional code VEGANVIEWS in the subject line.

*Best Wishes,  
Simon Dale*

## Re: Trade Mark.

Dear Harry,

In the Spring 2005 issue of *Vegan Views*, Chris Childe writes that he'd prefer if The Vegan Society hadn't approved Nestle or Coca Cola for certain products. Readers might like to know that the Vegan Society does not approve any products. Those that bear the Vegan Society trade mark (the well known Sunflower Symbol) have simply been registered as fulfilling the VS criteria of suitability for vegans.

Of course most readers - I hope all - will strongly disapprove of companies such as Nestle and Coca Cola, but the reasons for this are not within the remit of the Vegan Society which, as a Registered Charity is subject to the restrictions of the Charity Commission.

When a company applies to the Vegan Society to have one or more of its products registered, the information it provides is examined carefully by the appropriate member of the Society's staff, and the application for registration is subject to approval by Council.

*Best Wishes,  
Patricia Tricker, Vegan Society Trustee and International Coordinator,  
No.3 Cottage, Arrathorne, Bedale, N. Yorkshire DL8 1NA, UK.  
Email: [patricia@p-m-t.freeserve.co.uk](mailto:patricia@p-m-t.freeserve.co.uk)  
Editor: The Vegan Society symbol is shown on page 18.*

## Café Closed

Dear Sir/Madam,

I'm writing to tell you that sadly "Good For You" café in Matlock closed about October.

However, there are two new health food shops. One called Sound Bites selling all-vegan take-away foods in Derby: 11 The Morledge. Phone: 01332 291369. The other Organic Heaven, 4 Theatre Yard, Chesterfield SF40 1PF. Phone 01246 224666. Email [info@organicheaven.org.uk](mailto:info@organicheaven.org.uk)

Whilst in Canterbury I came across a wonderful Vegetarian and Vegan shop and café, I had a beautiful butternut squash in wraps with salad. For dessert vegan chocolate cake. Canterbury Wholefoods, 1&2 Jewry Lane, Canterbury. Phone 01227 464623

I wondered if anyone can advise what I can take to stop the recurrence of kidney stones. I've tried all sorts of things: herbal and Chinese tea, beetroot juice, drinking water, etc.

I had a terrible experience in a local hospital. I was left with a catheter from my kidney (a tube down my leg). They took 7 stones out. I was in and out of hospital 5 times in 5 weeks. The food was terrible. One guy did try to get me some but I had no protein for the first ten days.

Anyone any ideas to disperse "glue ear"?

*Peace, Love, Light,  
Sue Fox*

# HERE AND THERE

## PLANTS FOR A FUTURE

This vegan organic project now has the required number of Trustees. There are several proposers ready to take over the field at Blagdon Cross, Devon.

## A Crisis in Bullfighting?

A mosquito-borne virus known as 'blue tongue disease', which affects cattle and sheep, is causing the worst crisis in the history of Spain's bullfighting industry. Breeders say that thousands of festivals involving cattle - from bullfights to the famous bull-running events held in places such as Pamplona - are now under threat because the disease has led to restrictions on movement of animals from infected areas. The restricted zones include the regions of Andalucia, Extremadura and Castilla-La Mancha, where about 65% of breeders used by events in the clear zones are based. Most of the bulls destined for fights in Pamplona's San Fermin festival in July, for example, are from the restricted zones - which means neither the fights nor the famous bull-running would be able to take place. A spokesman for Erice, of the Union of Breeders of Fighting Bulls, said the crisis also threatens hundreds of thousands of jobs directly or indirectly involved with the bull-fighting industry - from hotels and ticket sellers to women's clothes shops. Bull breeders say they can guarantee the safe transfer of animals from infected zones to the venues and back without the possibility of transmission of the disease - which does not affect humans.

The disease will also have an impact on the many ferias and romerias (pilgrimages) held across Andalucia because the restrictions apply to the oxen that are an essential part of the processions. They will be replaced by horses this year.

Thanks to VV Reader Victor Kosby for sending this information from a newspaper in Spain.

## Veggies School Catering.

Veggies Catering Campaign have celebrated 21 years of Catering for vegans, both locally in Nottingham and around the country at Festivals and Demos. A new opportunity has now opened for them. A local primary school has invited them to provide wholesome meals on a one year contract. The school has more than 300 5 to 11 year olds. Only 50-60 take school dinner because they find the food so unappealing.

The School Head approached Veggies with the intention of turning around the failing service and of providing nutritious food for her pupils. She will not renew the existing contract in May 2006 and is discussing ways in which Veggies could provide popular alternatives.

There is a determination to work with Veggies to provide wholesome meals and integrate meals with the school curriculum. For instance, if there is a lesson on Egypt, food from Egypt will be presented. The food provided by Veggies will be suitable for all dietary and cultural preferences, including lactose intolerance, as no animal products will be used. No Turkey Twizzlers! There would be no saturated fats and minimal risks of salmonella, listeria and other food poisoning. There is an opportunity to address food production issues, including economical land use, oil and

water use, growth hormones, chemical additives, BSE and avian flu.

There are now statutory nutritional requirements for school meals. Unfortunately, these dictate that fish and red meat be provided each week. Its Memorandum of Association forbids Veggies from using animal products, so they will not be responsible for providing these but will be offering exciting menu alternatives with direct nutritional equivalence.

Veggies have already been asked to participate in home economics classes and other options may be open to them: sourcing local produce, organic fruit and vegetables, even using produce from the pupils' own gardens or allotments and involving the community in food issues or designing their own children's lunch menus.

The overall aim would be that school students should experience wholesome, healthy, non-animal food from age 5, before social and advertising pressures lock them into a life of junk foods. As a volunteer-led, community-based project, Veggies Catering Campaign would encourage input from all interested parties, perhaps setting up a community enterprise, so that the school itself would own the project. The idea could also spread to other schools where advice would be given on recipes and nutrition. There could be joint purchase of ingredients, classroom presentations and provision of stand-by staff for sick leave or holidays.

Anyone able to help should contact: Veggies Catering Campaign, 245 Gladstone Street, Nottingham NG7 6HX. Phone: 0845 458 9595.

Email @veggies@veggies.org.uk (Spam filter - remove extra @ sign from beginning of address)

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

Contact welcome via discussion facility at [www.veggie.org.uk/forum](http://www.veggie.org.uk/forum)

## New Style Farming

There is a farm in Somerset that now grows wheat which is fermented to produce ethanol (a form of alcohol) being used as a substitute for petrol in cars without any need to adapt the engines. It seems that the original Model T Ford car at the beginning of the last century was intended to be run with the use of ethanol. An article in Vegan Views no. 105 told us that Mr. Diesel originally designed his engine to run on vegetable oil (sunflower). These fuels are carbon neutral because the carbon locked up by the plants during their growth, compensates for the carbon emissions when the engine is running.

This will provide farmers with an alternative to the farming of animals. Vegetation will help save the world!

## Hunting Goes Abroad

Hunting with dogs has been banned in England and Wales for about a year. Some fox hunting has continued by exploiting some loopholes in the law, but the ban has dulled the pleasure for some hunt devotees. Drag hunting is allowed, where hounds follow an artificially laid scent, but if the hounds accidentally find the scent of an actual fox, they have to be brought back, which is not much fun for the followers.

However, they can enjoy the full hunting experience by hunting in France or Spain.

Some go over to the Republic of Ireland. Some go on a three day trip for one day's hunting, others spend a week's holiday hunting, yet others have emigrated to live in an environment where they can freely indulge their passions. This migration is not limited to the well-to-do. One houndsman, who had spent the whole of his life involved with the care of hounds has also moved to Ireland.

Irish farmers do occasionally go hunting and are keen to kill any animals they consider as pests. They can accommodate a trickle of English hunters, but are not keen on finding an influx of strangers whose lives are dedicated to the "pursuit of the inedible".

## Bird Flu

Five people have died in Eastern Turkey from the current strain of Avian flu (H5N1). They were children who were closely concerned with the care of the chickens. It is still asserted that only people in close contact with fowl (including ducks and geese) are at risk and there is no danger in eating cooked chicken. Although the original H5N1 flu strain has been found to have mutated a little, it is still not of a kind to be able to infect humans.

The authorities in Turkey are carrying out a programme of mass slaughter of domestic fowls with the aim of checking the progress of the disease among fowls. The Netherlands favour a programme of mass vaccination of poultry, which has been found to check previous waves of bird flu. Authorities in Britain do not favour vaccination, but prefer to deal with epidemics by destroying infected birds.

Although there is as yet no evidence of the flu virus mutating into a form that would infect humans, experts believe that this is quite probable in due time, as happened with the flu epidemic of 1918 which killed millions of people worldwide.

So far there is no cure or vaccine available for the current strain of bird flu. Tamiflu is promoted as an anti-viral treatment to be given to any persons infected by poultry (there are about 50,000 poultry workers in UK) but it is not reliable and is reported to have caused severe reactions and deaths in some patients.

## DIY Milking

Equipment has been developed whereby cows can go to the milking parlour and find a cubicle where their udders are washed and suckers attached to their teats to milk them without any human presence. The cows go here voluntarily several times a day without waiting for the regulated milking times and their udders are no longer stretched to excess as with the usual methods. They even happily queue up for their turn. Farmers who have adopted his method are fully satisfied and no doubt the cows too are more contented. They would be happier still if they were producing milk only for their calves and when the calf wanted it.

Organic cow's milk is steadily increasing in demand and farmers are responding with increasing supply. This should help bring slightly better conditions for the cows.

# BOOKS



## Do Animals Have Rights?

By Alison Hills. Published in 2005 by Icon Books. £7-99. ISBN 1 84046 623 5

Alison Hills is a lecturer in philosophy and she begins by reviewing the attitude of philosophers and society through history. Descartes' notion that animals only reacted in the same manner as machines was reinforced by the attitude of the Church which said that animals had no souls. They could therefore be treated in the same way as inanimate objects and any form of cruelty could be justified. Darwin's theory of evolution showed that humans were more closely related to the rest of creation than was previously thought. This was a shock that many revolted against; but even before Darwin, legislation had been passed banning cruelty to some animals. Gradually, scientific research has increasingly shown that the behaviour of animals shows much more intelligence than was previously thought. It is even found that some of their behaviour shows that they react in ways that in humans we associate with feeling pain.

We now perceive that they can suffer, that they have individual personalities, have a sense of their own identity, are capable of self-sacrifice and have close bonds among themselves and in some cases also with humans. Alison Hills concludes that "it is nevertheless likely that those creatures with a similar physiology to ours that exhibit 'pain behaviour' like ours can feel pain." And "we should try to avoid causing pain to any animal that might be conscious. Perhaps in ethics we should accept the principle: assume that everything has a mind unless you have evidence it doesn't"

The author does not accept the 'Animal Rights' view that animals should be given the same rights as humans, but concludes that they should have more rights than plants or "sticks and stones". She considers that animals should be given 'moral status' This does not give them the same rights as humans, but that we should treat them with care. "Killing an animal deprives it of all the good things it would have experienced in the rest of its life; we ought not to do so for a trivial reason. Even if animals have no right to life, it does not follow that we must be entitled to kill them for food. For example. "Some humans such as babies and those with mental disabilities have not that capacity for reason which is often assumed to be the distinction between humans and non-human animals, but we still grant them the right to life.

No doubt it is in justification to her own eating habits that she argues that "it seems to me that the benefits of free-range farming can outweigh the costs, and so it can be acceptable to eat free-range meat" and comes to the same conclusion about dairy produce. However fox hunting as a form of entertainment she finds to be morally wrong.

As for experiments on animals, she would like to see much more use of alternatives to the use of animals but concludes that "animal experiments should not be banned but must be carefully regulated".

Her conclusion is that; "Any animal that can suffer has moral status; it matters morally when it is harmed. In this respect all sentient animals are genuine equals. It is therefore wrong to treat animals cruelly. It is wrong to make them suffer for our entertainment. It is wrong to kill them for trivial reasons. We do not have dominion over the natural world. But in other ways animals are not equal. They have very different mental capacities...It is, for instance, typically worse for a human to die than a great ape, but it is also worse for a great ape to die than an insect.

"Threatening violence towards people who are thought to be guilty of cruelty towards animals is completely wrong. As most activists know, acceptance of the moral status of animals will not be encouraged by failures to respect the moral status of humans."

This book argues and reasons logically and considers interesting facts. It is worth reading even though we may feel that the author is drawing back from going far enough. It should however help those who have not faced the problem to think a little deeper.

Those who do not accept that animals should have rights usually reply that animals cannot have rights because they have no responsibility. I think we should more profitably talk about Human Responsibilities, not only for other humans, but also for animals and indeed for the whole environment. We should be acting as guardians of the whole planet, but we are acting selfishly and recklessly and threatening our own destruction.

HM.

## The Pig Who Sang to the Moon

*The emotional world of Farm Animals - by Jeffrey Masson (author of Dogs Never Lie about Love and Why Elephants Weep). Paperback edition by Vintage, 2005. £7-99. ISBN 0 099 28574 6.*

This strange title relates to the real case of a pig who liked to swim in the sea in the early morning, enjoyed having the children rub its tummy, liked to hear the violin played and made sweet sounds on nights of the full moon as though it was singing to the moon. This it appears is not an isolated case. The book is full of instances of the observed actions of farm animals which can only be interpreted as demonstrating that they have feelings similar, at least in some respects, to those of humans, thus proving how cruel our treatment of them must be.

He showed that when George Orwell wrote *Animal Farm* he had been struck by the revelation "that men exploit animal in much the same way as the rich exploit the proletariat" and said "I proceed to analyze Marx's theory from the animal's point of view. To them it was clear that the class struggle between humans was pure illusion, since whenever it was necessary, all humans united against them: the true struggle is between animals and humans". At the beginning of the book Major tells the animals "No animal in England knows the meaning of happiness. No animal in England is free.... The life of an animal is misery and slavery: that is the plain truth."

When Codes of Practice were first issued in

1969, the eminent biologist, Sir Julian Huxley and nine other scientists wrote to the London Times "It is obvious that behavioural distress to animals has been completely ignored. Yet it is the frustration of activities natural to the animal which may well be the worst form of cruelty."

The author states "we might well conclude that the purpose of life of a pig is simply to be a pig, and a pig is happiest when a pig is doing what a pig evolved to do. We learn what a pig evolved to do by looking at what pigs do in natural conditions."

Turning to chickens, it is pointed out that hens produce so many eggs, not because this is natural for them but because light stimulates the pituitary gland, resulting in an increase of hormones that stimulates their ovaries. By nature, birds only lay a few eggs, enough to ensure reproduction. If hens are subjected to constant light, they go on feeding and laying eggs for twenty-one out of twenty-four hours. Hens can no longer follow their natural instinct to peck the ground for grains, nor build a nest to lay eggs in, brood over these eggs and relate to the chicks they create, but are kept in confined, crowded conditions. Their eggs roll away and disappear as soon as they have been laid, giving them the message that they have to lay another one. Even if their eggs are labelled as barn eggs or some similar euphemism, they are far removed from natural conditions.

Hens reared for eating, are usually kept in huge sheds tens of thousands in each shed where, after four or five weeks, they fill the shed so that there is hardly any space at all between them. The only emotional life they can experience in these conditions is a harsh struggle for survival. Far from our concept of them as 'bird brained' hens are intelligent creatures, that can form relationships with other creatures, including humans.

Sheep and cows are also species much maligned as being unintelligent. As with hens, we find it convenient to ignore their virtues because we would rather not accept the fact that we are cruelly mistreating animals that have their own sophisticated patterns of behaviour. Jeffrey Masson counters the accusation that we are being sentimental about animals and of anthropomorphism, by pointing to a psychological condition known as confirmation bias which involves only taking into account evidence that confirms a belief already held and ignoring or dismissing evidence that counters that belief. Many people involved with cruelty to animals will insist that the animals do not have real feelings, for example that when a cow calls for the calf that has been taken away so that we can take the milk intended for the calf, the cow is only acting by "instinct" and does not have maternal feelings similar to humans. The evidence points in the opposite direction. The book also includes a chapter on the emotional life of ducks.

The author has been vegetarian for many years, but, although he accepts the logic of veganism, he finds it hard to be more than semi-vegan. This book makes a great contribution towards our understanding of the animals we have domesticated.

Harry Mather.



# UNIVERSAL DECLARATION OF OTHER (THAN HUMAN) ANIMAL RIGHTS

This Declaration, the fruit of hard and dedicated work, is published as a tribute to the labours of one who was a staunch believer in the right of animals as well as the rights of humans and who devoted his life to just causes, always following what he saw was right.

Toma Sik - there should be an inverted v over the S but we were not able to reproduce this electronically- was born a Jew in Hungary in 1939. He lived there as a small child under enemy occupation and as a youth moved with his parents to Israel. He developed a strong sense of justice and fairness, refusing military service, helping others who refused it, also embracing veganism. Later, he came to Britain to meet vegans with the hope of joining a community and I met him at The Vegan Summer Gathering around 1997.

A few years ago, he returned to Hungary to establish a Vegan Organic agricultural project there. Sadly, he died when he was hit by a vehicle when darkness was falling.

In 1997 he sent to Vegan Views his proposal for a declaration of Rights for Non-Human Animals. He hoped that someone would take up this project, improve the English and put it in more legal language. At that time it seemed rather lengthy for publication, involved and perhaps too far ahead of its time to publish it, but the news of his tragic death, has jogged my memory and these proposals are certainly stimulating and worth recording. Maybe in some distant future we will see such a declaration of rights for "animals other than humans" enshrined in Universal Law, although at present we are struggling to enforce the very basic Human Rights.

This Declaration follows closely the Declaration of Human Rights proclaimed by the United Nations General Assembly on December 10, 1948. Toma adapted this to apply to the relationship between humans and "other animals". I have kept his wording "Other Animals" and put a hyphen between the two words to make easier reading. Perhaps Non-Human Animals would be a better expression. I have made minimal corrections of his use of the English language and I have put "nurture" instead of "nursing" as being more appropriate. H. Mather

This proposed Draft of the UNIVERSAL DECLARATION OF OTHER (than Human) ANIMAL RIGHTS [UDO(tH)AR] was composed by Toma Sik (read Shick) a veteran vegan, born in Hungary (1939) lived in Israel/Palestine (1950-1995) and became a vegan in 1955.

UDO(tH)AR was first published in Hebrew in Israel in January 1989, in Teva'On No.46, the Israeli Vegetarians and Vegans

Association's monthly magazine.

The late Yehudah Ben-Eli'ezer, an editor of Teva'On, asked me in 1987 to compose a proposal of a declaration of animal rights. I had had a difficult time in finding a starting point for the draft. Finally, I found it "just at home": since I was active in different fields of protecting human rights, the UNIVERSAL DECLARATION OF HUMAN RIGHTS (UDHR), adopted by the United Nations on 10th December 1948, was a daily tool at my home and places of captivity. My vision caught the UDHR at a moment of thought and from then I had no more problems in drafting the new document.

Simply, as the reader will easily notice, I surveyed UDHR article by article, adapting them one by one to the situation of Other (than Human) Animals (OA). At the end of December 1987 the draft was ready. Then it took quite a long time for Ben-Eli'ezer to find the space in Teva'On to publish both declarations in parallel each to the other. So difficult was it that the explanation was omitted and there wrong titles. There was no one to make necessary corrections, as I was abroad in Europe and Ben-Eli'ezer died soon after. I didn't see the publication until I returned to Israel towards the end of 1989. Then only were the explanations published.

It is clear now that this is a first draft and a proposal. It would be appropriate to establish an international committee that would dispute and adopt a final draft that ultimately would be submitted to national governments everywhere in order that they submit it as an official proposal to the UNO's General Assembly for adoption and implementation. However, in the meanwhile, the UDO(tH)AR may serve as an ethical and practical basis for the activity of animals' right groups and organisations the world over.

The primary aim of UDO(tH)AR is Other Animals' welfare and security; however, also the humanization of humans is an aim of it. It is a document of Humans, through Human eyes. It is Humans who make it necessary because it is Humans who tend to be cruel to Other Animals. But as natural beings, Humans have concern about themselves. Therefore this document serves us too. Caring for others equals caring for ourselves.

*London 1997*

## **Preamble:**

WHEREAS recognition of the inherent dignity and of the equal and inalienable rights of all members of the Human Family in their varied cultures is the foundation of freedom, justice and peace in the world, and the variety of cultures cannot be classified on a scale of worth by any measure;

WHEREAS at least according to one school the source of the human is in Other-Animals,

on the one hand; and on the other hand, according to another source, the human domination of Other-Animals should be limited a priori; and in another version, the Human does not know what it was before its birth and what it will become after its death;

WHEREAS disregard and contempt of human rights have resulted in barbaric acts which have outraged the conscience of Humankind, were facilitated, among other reasons by de-humanising, i.e. equating the image of groups of Humans the view of other Humans, as if they were an "inferior and therefore dispensable animal";

WHEREAS it is essential that Human Rights should be protected by the rule of law, and no law is observed unless the Human conscience considers it just and is mentally prepared to observe it;

WHEREAS the sense of mercy and of care for the weak are human traits worthy of maintenance and cultivation;

WHEREAS the development of friendly relations between nations and among Humans might be hampered by attachment to degrading and corruptive images;

WHEREAS the peoples of the United Nations have in the Charter reaffirmed the equality among Humans, including Human factions that in the past were equated by other Humans with Other-Animals and were humiliated thereupon;

WHEREAS member states have pledged themselves to act in co-operation with the United Nations for the promotion of respect for Human Rights, and with the passing of time these rights have developed, among others, environmental aspects of immediate regional balance and universal balance in World of Nature as a whole;

WHEREAS a common understanding of these rights and freedoms is of the greatest importance for the full realisation of this pledge and no understanding and recognition like this is possible without the observation of Nature's World in its whole.

NOW, THEREFORE, WE, PROCLAIM

THIS UNIVERSAL DECLARATION OF OTHER (than Human) ANIMALS' RIGHTS as a common standard of achievement for all peoples and nations according to their cultures, to the end that every individual and every organ of society, keeping this Declaration constantly in mind shall strive by teaching and education to promote respect to these rights and freedoms - both for the benefit of Other-Animals and for the benefit of the realisation of Human Rights and Freedoms - and by progressive measures, national and international, to secure their universal and effective recognition and observance, both among the peoples of Member States themselves and

among peoples of territories under their jurisdiction.

The preamble of this Declaration is part and parcel of it.

Article 1. All animals are born free and equal in dignity and rights, Therefore it is the duty of Humans as "the supremacy of creation" to treat Animals other than his species in a spirit of kinship, with care and nurture.

Article 2. (a) Every Other-Animal is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind such as race, colour, gender, shape, size, environment, environmental task, property, birth (control) or any status or situation, national or social origin of the nurturing Human or itself and the like.

(b) Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status, culture or tradition of a country or territory and its rights shall not be conditioned by the society and the state in which the Human involved lives.

Article 3. Every Other-Animal has the right to life, liberty and personal security.

Article 4. (a) No Other-Animal shall be held in slavery or servitude.

(b) Human ownership of Other-Animals never shall be interpreted as a right to subdue without restriction an Other-Animal, but to apply care, nurturing, as an exchange for servitude.

(c) An Other-Animal shall be never compelled to make an effort beyond its, fairly, measured potentials.

Article 5. No Other-Animal shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 6. (a) Every Other-Animal has the right to recognition everywhere as if it was a person, in spite of not having the instruments of expression - in a way comprehensible for Humans - to defend itself as a Human.

(b) An owner or caretaker of an Other-Animal will take care to eliminate damages that might be caused by the Other-Animal in its custody, whether to Humans or other-animals, and will be responsible legally, without it being rightful to infringe Other-Animals' rights.

Article 7. Other Animals living in Nature's freedom might be restricted by fencing put up by the Human, provided that the fencing and limitations shall be done fairly and upon adequate consideration of the needs of Other-Animals

Article 8. (a) Every Other-Animal has the right to effective remedy by the competent national tribunals of the Human, against Humans who infringe the rights given by this Declaration, the Constitution and the Laws of the Human.

(b) It is the Human's duty to complain against another Human about infringement of an Other-Animal's rights

Article 9. (a) No Other-Animal shall be subjected to arbitrary arrest, detention or exile and without taking care of its descendents and without taking care of making for it its genuine conditions of life to proceed.

(b) Descendents of a female Other-Animal will not be separated from her before

becoming naturally fit for independence, according to the age of adulthood by its species.

Article 10. Every Other-Animal is entitled in full equality to a full and fair hearing by an independent and impartial tribunal of the Human when its rights are in question and in order to clarify any charge that has been brought against its owner/caretaker and it's possible that the tribunal decide to expropriate it from the owner/caretaker without compensation, due to its infringement of the Other-Animal's rights.

Article 11. (a) Due to the impotentiality of conscience and consciousness of the Other-Animal to complain and/or defend itself its potential status is of innocence and even if its guilt has been undoubtedly established, this guilt will be counted only to the credit of the owner/caretaker and not to the charge of the Other-Animal and it will be excused a cruel punishment due to its innocence.

(b) Nevertheless, the owner/caretaker of the Other-Animal should take care to avoid damage that potentially might be done by the Other-Animal.

Article 12. (a) An Other-Animal shall not be subjected to habits and way of life that are strangers to its nature and an Other-Animal shall not be trained through cruel means and methods.

(b) Other-Animals will not be used for the sake of chemical, physical, medical, genetic, cosmetic or any other experiments, neither for their own alleged benefit nor for the benefit of the Human, but if it was definitely secured in advance that these experiments cannot cause pain, suffering, death and other unrestorable dangers.

(c) No negative human traits will be related to Other-Animals and a Human shall not be called on the name of an Other-Animal but as a sign of Love.

Article 13. Every Other-Animal has the right to freedom of movement and residence/life in its natural region of life.

Article 14. Every Other-Animal has the right to seek and enjoy refuge from any persecution and natural disaster.

Article 15. No Other-Animal's rights shall be restricted due to the citizenship or nationality or any human distinction of its owner/caretaker.

Article 16. Every Other-Animal is entitled to life and reproductive activity according to their seasons in their natural way.

Article 17. Every-Animal is entitled to life in freedom if it has left its owner/caretaker's custody and didn't return to it.

Article 18. No Other-Animal's right will be restricted according to the traditional way of life, religion, belief, conscience and the like of the Human who claims possession of it or is taking care of it or is in proximity to it.

Article 19. No Other-Animal will be restricted in the voicing of its sounds as it is in nature.

Article 20. (a) Every Other-Animal is entitled to the freedom of assembly with its own species and with other species.

(b) No Human shall compel an Other-Animal to live in common with them or

with other Other-Animals that are not of its species, if it has shown obvious sign of dismay of this.

Article 21. Other Animal's rights shall not be bent to Human legislation according to elections or the establishment of different Human regimes, but only dependent on this Declaration.

Article 22. Every Other-Animal is entitled to natural conditions in its natural environment and if it was transferred to another environment, it shall be definitely provided with living conditions as in its natural environment.

(b) It is the Human's duty to eliminate any environmental changes that damage Other-Animals.

Article 23. (a) Every Other-Animal is entitled to its daily food portion, if living in possession or being cared for by a human and to environmental conditions that shall provide its nutrition and of life in its natural environmental changes that damage Other-Animals.

Article 24. Every Other-Animal that is in the possession and nurture of a Human is entitled to rest and leisure in its natural conditions, including the limitations of its working hours if it is occupied.

Article 25. Every Other-Animal is entitled to a reasonable standard of living for the sake of the health and welfare of its own and of its descendents, including nutrition, shelter and all other natural conditions.

Article 26. Every young Other-Animal is entitled to the educational proximity and care of its mother.

Article 27. Every Other-Animal has the right to pursue its natural habits as an individual and in socialising individuals of its species.

Article 28. Every Other-Animal is entitled to a social-ecological order, Human national and international, in which the rights and freedoms set forth in this Declaration can be fully realised.

Article 29. (a) No Other-Animal will be restricted in its rights and freedoms but in order to set forth the common life side by side with the Human or other Other-Animals in a balanced ecology.

(b) If that prescribed in (a) above is impracticable - proximity should be abandoned.

Article 30. Nothing in this Declaration may be interpreted as implying for any State, groups or persons any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

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

# Vegan Organic Network News

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

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

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

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

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

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

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

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

ethical basis.

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

## ARKANGEL

ARKANGEL is a magazine dedicated to Animal Liberation. Issue no. 29 appeared over a year ago and being run by voluntary staff who are themselves active in campaigns, has not been able to appear since then. The team are determined to continue publication and are working, using modern

technology, to continue publication, both electronically and on paper. They intend to provide an improved service. Issue no.30 is being prepared, also a new website.

Arkangel, BCM 9240 London WC1N 3XX. Web: [www.arkangelweb.org](http://www.arkangelweb.org). Email: [info@arkangelweb.org](mailto:info@arkangelweb.org)

## YOUR VIEWS ON FOXES

BBC Wildlife Magazine is requesting submissions for what they are calling "Fox UK - A unique insight into what you really think about the red fox, Britain's most controversial animal."

They ask for stories of "good" or "bad" encounters with foxes, aiming to form "the definitive portrait."

The Countryside Alliance will have notified their members to give a negative view, fox

lovers are encouraged to give positive stories about foxes with stories, opinions, questions by 2 April to:

Fox UK, Professor Steve Harris, School of Biological Sciences, University of Bristol, Woodland Road, Bristol BS8 1UG, or Email to: [fox@bbcwildlifemagazine.com](mailto:fox@bbcwildlifemagazine.com).

The special issue of the magazine will appear in the July issue (on sale on 18th June 2006)

## WELCOME TO CROATIA

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

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



interest.

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

Contact: Jenny Gage, Potok BB, Mirca, Brac 21400, Croatia. Tel 00 385 21 630179.

# VEGFAM PROJECT NEWS 2005

For nearly 40 years, VEGFAM has been working with and encouraging the major charities and NGOs to carry out projects that do not exploit animals by co-financing projects which are in agreement with this ecologically sound principle. Animal derived food, especially if intensively produced, squanders resources and damages fragile environments. VEGFAM is not in a position to send its own volunteers abroad but works through other charities or through indigenous on-the-spot organisations whose workers are committed to serving their fellow human beings in practical ways. It finances fields/vegetable plots, seeds for planting, trees, irrigation, water supply/wells, horticultural projects, emergency feeding.

You can help fund these projects with donations to VEGFAM (see under Notices on page 2)

## Here are some of the projects that VEGFAM helped finance in 2005:

**MONGOLIA** - Gers District of Ulaanbaatar City.

Food Security and Home Kitchen Garden Promotion Programme

Funding for seeds, tool kits and agricultural training for vulnerable and homeless people.

Many migrants from the countryside live homeless in overpopulated conditions, sheltering in basements, corridors and underground manholes. There is acute malnutrition and a high proportion of children have retarded growth and vitamin and mineral deficiency.

The project will enable those who have access to a plot of land to grow cabbages, carrots, potatoes, red beet and turnips.

**INDIA** - Andhra Pradesh.

Tsunami Rehabilitation Works Programme to provide nutritional food for children in 10 Tsunami affected villages. 250 children will

receive a daily meal for 3 months.

**INDIA** - Andhra Pradesh, Maharashtra State and Tamil Nadu.

Vegetable Production and Water Production/Desalination Project.

Finance for seeds, tools, Water Resources Centre and water wells.

The tsunami disaster brought devastation to this part of India. Some of the people in this area have not received help from any other source.

Vegetables will be grown on 4 acres of land. Seeds will be traditional, non-GM varieties. 1,200 people, nomadic tribal people, dalits (untouchables) and widows will benefit. Tube wells and hand pumps will be installed (to be replaced in the long term with solar powered and wind-driven pumps). This project will create employment and eventually become self-financing.

**BURKINO FASO**

Women's Land and Food Production Project.

Funding for seeds and tools to improve land security and the socio-economic status of women over a three-year period. As part of a larger project, 140 hectares of degraded communal land will be restored and redistributed. Four integrated tree and market garden nurseries will be created and training provided.

Crops grown will include cabbages, onions, and tomatoes. Surpluses will be sold at local markets and the income put back into the project thus helping with upkeep of water wells.

**INDIA** Hymachal Pradesh, Simla and Toonai.

Emergency Food and Water Provision for cyclone victims.

Tens of thousands of people lost their lives when a cyclone caused flooding. Many more are missing.

Two rescue teams travelled from Madurai to distribute 2,000 vegan food packets and water

to survivors of the disaster. Financed through Pastor Jesudoss of Madurai in India.

**BANGLADESH** - Satkhira District.

Provision of arsenic-free wells.

Some of the poorest and most marginalised people in the world live in Bangladesh. The countryside is severely affected by arsenic contaminated water supplies. 30-40% of previously used shallow tube wells suffer contamination, such wells in coastal areas also contain unacceptably high saline levels.

Five deep wells will be provided and safe drinking water will help overcome the causes of illness and deaths linked to dirty water. Local wells will remove the necessity of some people to travel 5 kilometres to collect water.

## HIPPO PROJECT

HIPPO stands for Help International Plant Protein Organisation. It supports projects that help hungry people in the developing world to obtain or produce high protein food from plant sources. (address is given under Notices on page 2).

One of the projects they have helped was in Malawi, Africa, where people have been growing maize as a staple crop, helped by government subsidising the price of nitrogenous fertiliser. When the fertiliser subsidy was drastically reduced, people could no longer afford it but the old ways of cultivation using green manures was forgotten.

Mr. Chinuku, a retired teacher, first practised on his own land and, finding good results showed them to his neighbours. Now he has thousands of followers, many of them women with no man in the family. First they plant legume crops (soya, beans, peanuts) which fix their own nitrogen; then potatoes, bananas, cassava and sunflowers, which provide compost and mulch. More and more Farmers are keen to learn about his methods.

## Vegetarian Visitor 2006

*Edited by Annemarie Weitzel. 112 pages £2-50 ISBN 1 897766 96 3. Available from bookshops or from publisher: Jon Carpenter Publishing, Direct Sales, 2 Home Farm Cottages, Sandy Lane, St. Paul's Cray, Kent BR5 3HZ. 8.*

Completely updated edition of the only annual guide to private homes, guest houses and hotels in England, Wales and Scotland which offer hospitality to the vegetarian or vegan traveller and holiday maker.

All establishments have descriptive information, as well as codes indicating whether they are exclusively vegetarian/vegan or also serve traditional food, whether they are licensed, allow smoking, and are close to public transport.

Plus more than 200 cafes, restaurants and pubs that know how to cater well for vegetarians and/or vegans.

Illustrated throughout with photos and line drawings.

## Different sorts of wool

Jeffrey Masson's book brings some light also on various wools. There are two types of fleece-bearing goats: Angora or mohair, native to the

province of Ankara in Turkey (hence its name), and the pashmina (from the Persian for woollen) or Cashmere (the old spelling of Kashmir), where the Europeans first encountered this fibre found in all Central Asian mountainous regions including the Tibetan plateau, Kashmir, Mongolia and China.

Possibly the oldest domesticated sheep breeds is the karakul in Bukhara, Uzbekistan. There are about 4 million sheep being farmed there for their pelts. The baby lambs are slaughtered as soon as they are born for their glossy, curly black skin, which is like crushed velvet. Broadtail (another name for the sheep) is the skin of an unborn lamb, taken two weeks before birth, which is even softer. This is also called Persian lamb or Astrakhan. It takes at least 30 pelts to make a coat.

The PETA website has more details see "Inside the Wool Industry" [www.peta.org](http://www.peta.org).

## Dr. Hadwen Trust Speaker

Are you looking for a Speaker? Geoffrey Thomas, National Spokesperson for the Dr. Hadwen Trust for Humane research, is keen to talk to local groups and societies (both large and small) around the country. An experienced

speaker, Geoffrey has contributed to numerous media debates and spoken to many universities, including Oxford and Cambridge, and Trinity College in Ireland. There is no charge for a talk but help towards travel costs is always appreciated.

Call 01639 766614. Email [trustvoice@hotmail.com](mailto:trustvoice@hotmail.com). Mobile 07799 854648.

## New Eatery

Spirited Palace opening on 25th February provides Caribbean vegan food, fresh fruit juices, also thought provoking literature.

105 Church Road, Crystal Palace, London SE19 Phone 0208 771 5557

Programme of events to exercise your mind and lift your spirit.

18th March. 7.30 till late. Raw Food Seminar.  
24th March. African Caribbean Men's Meeting.  
To book call Sonia 07956 424 576 or Matanah 07939 474 507.

# THE TROUBLE WITH LABELS

## Sonia Gwilliam Refuses to Put a Label on her Way of Life.

Do You Think You're Vegan? writes John Davies, Should Vegans Drive Cars? writes Patrick Browne [V.V.106]. It is for this reason I have trouble with labels. Of course there are occasions when I have to explain my eating habits, simply by using the term vegan, semi-vegan or demi-vegan.

In my youth I was labelled a 'Christian Scientist'. Extremely useful when visiting the US without being vaccinated against smallpox. After arguing for about half an hour that it was against my principles and being threatened with being deposited on Ellis Island, I finally said 'I am a Christian Scientist!' 'Well, why didn't you say that before?' said the exasperated immigration officer as he banged a stamp on my passport and herded me through the barrier.

Later, I learned the label of 'Quaker', but after a few years gave that up too. No! I don't want to use a label, thank you, except in extreme circumstances.

Surely the main thing in life is to do as little harm as possible to people, to animals and of course the environment. Wasn't it Hippocrates who, when lecturing on medicine, said "First do no harm!"? We each have to undertake our passage in life attempting to abide by that maxim.

As for veganism, my passage involves being a vegetarian - another label - for more than fifty years (thanks to my husband, a life veggie/vegan). When our daughter was a youngster, we learned the dangers of pasteurized cow's milk when she was plagued with styes and ear problems. Thankfully, my father-in-law, a naturopath, advised us to go on raw milk and the problems ceased. It wasn't until the early 'eighties that we gave up dairy products. It happened instantly, when during the night on a motorway service station, we witnessed tiny calves being beaten with sticks to get them down the ramp of one wagon and then up another - probably to be shipped abroad. And we of course realized that they were only there because of our use of their mother's milk.

Our total abandonment of eggs and milk products lasted for about fifteen years. Although we wouldn't willingly touch milk products with a barge pole, we could now be considered "back-sliders" as we occasionally indulge in a few eggs, mainly for cakes and the odd flan. This only because the eggs come from just down the country road from where we live - we see the small flock of chickens scratching in the fields and we know they are treated well and on what they are fed.

Once, when we owned a couple of bee-hives, we didn't think it at all unfair to take a small proportion of honey in return for our housing and care, as long as we left a plentiful supply for their over-wintering.

As far as leather is concerned, having large

feet I was previously unable to buy ladies' shoes sized eight and a half, so rather than trying to make footwear by sewing up bark, I was forced to buy leather. Now, when faced with "plastic" shoes, it causes me to wonder whether it is kinder to the environment to buy one pair of leather shoes which might last me for years, rather than contribute to pollution of our planet by buying numerous pairs of a manufactured product.

Should we be driving a car? That depends on one's circumstances. We live in the country and would be housebound without our transport. So Yes! We do have two vehicles which between both are only used for about 5,000 miles a year. And No! We rarely take holidays abroad - once in about every ten years, so don't feel responsible for gravely polluting the atmosphere by air travel.

We compost as much as we can - grow a lot of our own veggies - have a large semi-wild garden to encourage wild life - buy charity-shop clothes where possible and that's it really.

We have long since given up our youthful pursuits of running around "hunt-sabbing" and carrying banners outside laboratories, leaving all that to the younger generation. So we sit

writing letters and lobbying M.P.s. We have no desire to bring disgrace on the Animal Rights Movement by blowing up cars. We prefer to use persuasive techniques.

However, as I see it, the main thing in life is to try and set an example of decent living with a sense of kindness to all forms of life. We wouldn't, for instance, refuse to eat scones that had been freshly baked for our visit. It's a choice between rejecting a couple of spoonful of cow's milk or the milk of human kindness.

Finally, we feel that the necessity to take a tablet of vitamin B12 is something of a cop-out. We understand that the jury is still out regarding this requirement. Firstly we were told it only came from meat products, then later that it comes also from yeasts and fungi. We take yeast extracts to make our meals tasty and of course use soya milk, but it does occur to us that if one eats organic fruits and veg. without being over-zealous on the washing process, there should be enough wild yeasts clinging to the skins to hopefully provide some of that precious vitamin. Who is going to test this though?

What then is our label? I dunno!

## BSE Beef

In 1997 when it was found that BSE in cattle could infect humans with a similar distressful, usually mortal disease, a policy was introduced to prevent beef from cattle over 30 months old from entering the food chain, because they were thought to cause a higher risk of contamination.

This scheme for slaughtering cattle over 30 months old has cost taxpayers £300 million a year and ended in January 2006, as all cattle are now deemed to be safe of BSE. Now, any cattle born after August 1996, if it tests clear of BSE will be allowed to be eaten.

The European Commission now allows unrestricted exports of British beef and restrictions on the export of calves will also be lifted. More encouraging is the news that veal crates will be banned in the rest of the European

Union at the end of 2006. Farmers have said they do not expect to see a return of the exporting of live animals because of the general public attitude to these and the bad image it will give to farming generally.

It is estimated that an extra 6,000 cattle a week will be sent to market. What effect will this extra cow beef have on prices? Farmers do not think that there will be much demand for this older beef and that it will probably go into processed foods, fetching perhaps 40 pence a kilo as opposed to the £1 or £1-30 as prime beef.

Beef on the bone also presents problems with BSE contamination as it may contain infectious nerve tissue in the bone. A new ban is to be introduced to stop beef on the bone being sold from cattle over two years old.

## Sheep Farming

The deer in the Highlands of Scotland have for many years been blamed for destroying the natural vegetation and this has provided an excuse for culling them, i.e. for stalking and shooting as a so-called sport. More accurate investigation shows that most of the environmental damage come from the

farmed sheep. In the eighteenth century, sheep farming was introduced into the Highlands and the local crofters were dispossessed, many of them having to emigrate to North America. It seems the introduction of sheep is still a problem.

# NEWS FROM PAT REEVES

Harry certainly did me proud in publishing information in Winter edition of Vegan Views. Since submitting this six months ago, my health, unfortunately, has taken a turn for the worse. In September, I suffered a severe fall, breaking my clavicle, humerus in two places and mid-rib - also double-dislocating my left shoulder. At this time of writing [December 2005] the accident was ten weeks ago. Surgical intervention was required to finally reduce shoulder and I have been following an intensive re-hab programme, working with a brilliant physiotherapist. After six weeks I managed to get under the bar and attempt to squat and also bench and dead-lift with the lightest of weights. I endeavoured to build this up and was doing

well until a new tumour was discovered over the clavicle break. This fourteenth tumour is the most aggressive I have faced to date, with its growth escalating enormously in just two weeks - I returned to Germany last week to have a further implant inserted into the extended growth, which was, fortunately, into the soft tissue surrounding clavicle. This enabled the implant to be used, as we cannot get it directly into bone.

As I have said in earlier articles, this line of treatment affects my heart within two/three weeks so I need it to act swiftly this time around. It is likely I will remain in German clinic over Christmas.

Having sadly been unable to compete at both

the World championships because of the accident I am pinning my hopes on repeating at least some of what I have achieved this year during 2006 providing I can overcome this latest set-back.

I would like to congratulate John Davis on his excellent articles in the latest edition - with which I totally concur. It behoves us all to acknowledge the Almighty's bidding and do whatever we can to make this world a better place.

*Love, Light and Peace, Pat Reeves.*

*www.livingfoods.pwp.blueyonder.co.uk. Email at pat.reeves@blueyonder.co.uk. Tel 01384 270270.*

## MOON BEAR FARMING IN CHINA

Moon Bears are listed as endangered species by the Convention on International Trade in Endangered Species (CITES).

These bears are "milked" for their bile using horrific methods that cause severe mental and physical pain. The bile is used in Traditional Chinese Medicine although there are over 50 herbal and synthetic products that are cheaper and equally efficacious.

The Animal Aid Foundation urgently needs

help to get the European Parliament to pass a resolution to end Moon Bear farming in China. Once more than half of the 732 Members of the European Parliament give their support, the President of the EU will write to the Chinese government calling for an end to this practice. This would be a major step forward to ending this practice once and for all.

Please write to your MEP asking him to sign EU Declaration(0052/2005) on Rising

International Concern Over the Farming of Bear Bile in Chinese issued by MEPs. David Martin, Neil Parrish, Peter Skinner, Robert Evans and Terence Wynn. You can write to them through [www.writetothem.com](http://www.writetothem.com)

You can find the name of your MEP on [www.europarl.eu.int/members/public.do?language=en](http://www.europarl.eu.int/members/public.do?language=en)

## OBITUARIES

With sadness, we record the death of Serena Coles, aged 95 years, but we do rejoice in celebrating the work she did in promoting veganism when it was still largely unheard of or considered a risky experiment. She was one of the small band, together with Jack Sanderson, Eva Batt, and Grace Smith who gave strong support to Kathleen Jannaway when she was Secretary of the Vegan Society. They seized an opportunity to present on TV The Open Door a film which they themselves scripted and which reached a wide audience and brought in many more new members.

Serena Coles attended International Vegetarian Congresses, giving persuasive talks on veganism to vegetarians to whom it was a new concept. She also kept a link with the Vegan Council after Kathleen Jannaway had ceased to be secretary and was President of The Vegan Society for some years. Sadly, she disappeared from the scene, until Kirsten Jungsberg

of Denmark, whom she had supported in establishing the Vegan International Festivals and formed a good friendship with, found her to be in a nursing home suffering from Alzheimer's disease and no longer receiving a vegan diet.

Vegans from the local Vegan Contacts Group then visited her regularly for the last couple of years and brought her some comfort at the end of her life. She was the last survivor of the Vegan Council of the 1970s that made the word vegan known to a wider world, and made its practice more accepted. Her contribution to the spread of veganism should not be forgotten.

With the death of Donald Watson, Arthur Ling and Kathleen Jannaway, we have in the last few years lost the link with the earliest members of the vegan movement to whom we owe so much. They have laid a firm foundation on which the present generation of vegans are building and making veganism a force for the

future growth, which we think is essential for the survival of mankind.

*H. Mather.*

Tony Banks MP who had recently resigned from the House of Commons and taken a seat in the House of Lords was a dedicated vegetarian and for many years a vociferous denouncer of fox hunting, helping to promote the Ban on Hunting with Dogs which has now become law. He died 9th January 2006, suddenly of a heart attack when visiting Florida, USA. He was in his early 60s.

We'll look back and wonder who were these barbarous people, just like we look back at those who supported bull-baiting.

# Vegan Organic Growing

## POTATOLAND

**Potatoes - we love them baked, roasted, mashed and steamed! and to grow your own and have the experience of digging up that "buried treasure", especially the first earlies of the season, is one of the gardener's pleasures.**

*By Graham Cole*

Once you have got the seed potatoes that is.... At the end of January I went along to the 8th Hampshire Potato Day organised by the largest and oldest HDRA (now renamed Garden Organic) local group where over the course of the weekend it was possible to see and buy tubers of some 149(!) different varieties. Names that reach back to the 1850's as well as recent introductions, all with their varied colours, shape and flavours be they Early, Maincrop or Salad. If you wanted you could buy 2 kilo bags or just single tubers, and I went around seeking out old favourites, hoping to get one or two untried types.

It was interesting to talk to a man getting some tubers of an old purple coloured skin variety called Arran Victory (circa 1918) which he remembered eating as a child during the Second World War. This was the only place he could get it every year to grow himself, as well as many of these old sorts with good flavour which certainly are not available in the shops.... Each potato variety had information to guide you on its history, type, texture, flavour and best way to cook, as for example, the more "floury" kinds are best for mashing and baking, but it has to be said that flavour is a very personal thing, as several people commented on the day.

I also met up with a grower who still runs an organic vegetable box scheme near Basingstoke and after around 13 years has plenty of customers for his weekly delivery, and had finally got consent to build a low-impact, low-energy dwelling on the smallholding. While not completely stock-free he does practise green manuring (clovers), and also told me about the impressive results he was getting with a new potato variety raised in Hungary that appears to be the best Blight-resisting type yet. It is called Sarpo Axona, a late maincrop producing huge tasty spuds. Last summer it continued to look green and healthy despite a couple of other varieties growing next to it catching a touch of blight - it has become a favourite of his and the box scheme customers.

Eventually I come away with 9 varieties to start "chitting" or sprouting the tubers so that towards planting time, around the end of March here in Hampshire, nice thick, dark and strong shoots have formed. The following are what I shall grow in 2006...



Earlies Red Duke of York (c.1942), Marfona (c.1975, new one to me, supposed to be good), Edzell Blue (c.1915), International Kidney or Jersey Royal (c.1879).

Maincrop Desiree (c.1962), Golden Wonder (c.1906, the crisps were made with and named after this, new one to me), King Edward (c.1902), Record (c.1932, never grown this - has good flavour reputation), Pink Fir Apple (c.1850).

Potatoes are heavy feeders and need plenty of moisture as the tubers swell so incorporating lots of organic matter is essential. A thick surface mulch with straw for instance, works well as they grow up through it and this can keep down weeds. Because of space I have only 4 or 6 tubers of some so I can see what they are like. By the sound of it that new one, Sarpo Axona, is going to be worth a try in 2007 and another Potato Day! Look out for an event near you - the Hampshire one attracted over 1600 people. Ryton Gardens near Coventry, which is the Centre of Organic Gardening, also has a Potato Day every year with tubers for sale, speakers, cookery and stalls. It is now 20 years since the gardens were started at Ryton, I remember when it was just a field and now it is maturing nicely and it is well worth a visit. Some nice vegan food in the restaurant too. We had a Vegan Organic Network stall there last year at an event, and the Head Gardener came for a chat and is vegan.

### Growing Season

Days are lengthening and the sun is getting warmer and that exciting seed sowing time is coming, as I write it has been the driest winter for 30 years in the southern half of Britain, so

moisture reserves in the ground could be in short supply in the summer and getting organic matter in the ground in the spring is the most valuable time in terms of available plant foods in compost, leafmould and turned-in over-wintered green manures.

Again, I stress the importance of the use of cloches, frames and greenhouses to get a head start on the season and uncertain weather so that salad crops, early carrots, tomatoes and peppers etc can be propagated in snug conditions. March and April can still have a sting in the tail of winter. Some things are not worth hurrying until the risk of late frosts are over so Climbing Beans, Squashes and Sweet Corn are sown in April here in the greenhouse. Finally, the large garden I look after will be opening to the public under the National Garden Scheme for charity for the very first time so more people will hear about Vegan-Organic methods of cultivation for vegetables, fruit, lawns, borders, containers and under glass, so may the sun shine!

### Seed:

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

### Seed and Plants:

Agroforestry Research Trust, Dartington, Totnes, Devon, TQ9 6JT. [www.agroforestry.co.uk](http://www.agroforestry.co.uk).

Vegan Organic Network: See their much improved website at [www.veganorganic.net](http://www.veganorganic.net).

# THE VEGONES

ANOTHER HAIR DILEMMA, FOR SCI AND BOLD EAGLE ----



THE SUN IS RISING : ANOTHER AVERAGE DAY FOR THE VEGONES



THIS HAIR WON'T STAND UP!  
GOTTA MASSAGE THIS STUFF IN WELL!

I'M NOT GOING BALD RUB RUB RUB



BOOMMMMMHH!!

SCI TAKES 'THING' FOR HIS DAILY WALK

MORRIE PICKS FOOD FOR DINNER

ALICE BRINGS GRANNY HER TEA



WHAT THE...  
SNIF SNIF??



I'M SORRY CARROT, BUT WE HAVE TO EAT YOU TONIGHT (SIGH) FORGIVE ME  
WATER BUTT  
WEIRD



TEA-TIME GRANNIE  
THANK YOU DEAR

BOLD EAGLE'S OFF TO WORK. RUSH HOUR (GROW)

MORRIE GOES TO HER TEACHING JOB

SCI GOES OFF TO HIGH SCHOOL



OH NO - THE CAR HAS WOUND DOWN AGAIN  
OINK!  
GRRR



I THINK WE SHOULD HAVE A SUBJECT ON JUMPERS AND BEARD GROWING, DON'T YOU ???  
MM  
MM  
MM



CANT WAIT TO SHOW THIS IN SCIENCE CLASS  
VIVA ANIMAL RIGHTS!!

BODDIE CALLS BOLDIE AT WORK AGAIN

WHERE WILL THING SLEEP ?

YET ANOTHER DAY FOR AN AVERAGE FAMILY. WILL BODIE GO TO THE RALLY ?



BALDIE! ARE YOU GOING TO THE RALLY TOMORROW?! YOU SAID YOU WOULD. I HOPE YOU'RE NOT WEARING THAT TIE AGAIN!  
BRING SCI WITH YOU  
(UPL!) BODIE PLEASE DONT CALL ME AT WORK - I'M VERY BUSY



I CAN'T DECIDE! IN THE AQUARIUM? DOG BED? ON THE BIRD PERCH?! I JUST DONT KNOW!  
(SOB)  
NOT IN 'ERE MATE



FIND OUT IN THE NEXT INSTALLMENT  
MUNCH! BURP!  
TO LET

NEXT EPISODE: DISSECTIONS & RALLYS AND MORE TOFU!!!

# Advertisements

## B&Bs & ACCOMMODATION

**The Manna House.** An ethical housing initiative providing quality, affordable rental accommodation specialising in rooms & bedsits/spacious studios in large shared houses. non-smokers, meditators, vegetarians+ particularly welcome. Inner South London based. [www.themannahouse.com](http://www.themannahouse.com). 020 7639 0500

**Anglesey.** N. Wales Unique converted stables offering self-contained accommodation with vegan lunch and three-course dinner delivered direct to your table. Close to beautiful beaches, countryside and mountains. All mod.cons and a lovely log fire. More details from tel.01407 720407 or Email [paul.mattock@virgin.net](mailto:paul.mattock@virgin.net)

**VEGCOM** stands for "vegan/VEGetarian acCOMmodation".

It is a free accommodation listing service for vegans and vegetarians who are either looking for or can offer somewhere to live (short term or long term)

It can now be accessed online at [www.vegcom.org.uk](http://www.vegcom.org.uk) and covers London and the South. However, we plan to expand the service to other areas in the near future, starting with the Midlands.

Also, we intend to make the listings available for non-www users in paper form at some time in the near future

If you want to place an entry, you can do this online. If you have any problems doing this, then send an e-mail to [vegcom@londonvegans.org.uk](mailto:vegcom@londonvegans.org.uk). If you do not have internet access, then you can send your entry by mail to VegCom, London Vegans, 7 Deansbook Road, Edgware, Middlesex HA8 9BE.

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

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

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

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

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

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

**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](http://www.making-waves.co.uk) Email: [simon@making-waves.co.uk](mailto: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](mailto:enthousiasme@wanadoo.fr)

## BOOKS

**Spicy Vegan:** by Sudha Rainer contains about 133 delicious spicy, easy to cook recipes based mainly on North Indian cooking. Available through your local bookstore, [amazon.co.uk](http://amazon.co.uk) and [amazon.com](http://amazon.com) and from the publishers. ISBN 12 84401 249 2. Published by Athena Press, Queen's House, 2 Holly Road, Twickenham TW1 4EG Tel.+44 (020) 87440990 Fax +44 87443100 Email [info@athenapress.com](mailto:info@athenapress.com) Distributed in UK by Gardeners and in USA by Ingram and Barnes and Noble.

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

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

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

Email: [info@bowbridgepublishing.com](mailto: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

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

**Pogo Café**, 76 Clarence Road, Hackney. London E5 8HB. Delicious vegan food & Alternative Culture. [www.pogocafe.co.uk](http://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](http://www.geocities.com/vegetarian_restaurant)

**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](http://www.allsorts-psychic-cafe.com)

**Spirited Palace** 105 Church Road, Crystal Palace, London SE19 Phone: 0208 771 5557. Caribbean and fresh fruit juices, organic and animal-free plus programme of events. Opening 25th February.

## CATERING

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

## GENERAL

**All Green and Toxic Free** supplies certified organic and 100% natural skincare, cosmetics and baby gifts. Also require Sales Consultants. Visit <http://www.allgreenorganics.com> or [admin@allgreenorganics.com](mailto:admin@allgreenorganics.com). Some products are "vegan friendly" but may contain organic beeswax. Baby clothes are from 100% natural cotton

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

**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.

www.applegreendesigns.co.uk or phone 01664 454324.

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

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

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

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

**Translations** into English from French, German, Italian & Spanish (personal, commercial, legal, technical), over 30 years' experience, big discount for VV readers, no VAT. Patricia Tricker MIL Cert Ed (FE). Tel/Fax 0845 4584714 (BT local rate). Email: patricia@p-m-t.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

**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

**Homeopathy for Holistic Healing Vegan** practitioner in North East England Area offering 10% discount to fellow vegans. www.janetgreen.co.uk tel. 0191 213 5285. Your journey to health and wellbeing starts here!

**Skinvac Vegan Beauty** - (Chemical Free) for Acne Control & Daily Cleansing. Non-drying Exfoliation. Reusable, Affordable and Effective. Available from ebay.co.uk & www.skinvac.com. See actual video footage of whiteheads unclogged instantly! Listed on Peta.org. Email: sl@skinvac.com

**EnergiseYourLife.com** was founded in order to promote optimum health through the sale of high quality juicers, blenders, dehydrators, soya milk makers, water filters and other health related products. Great

selection. Top Brands. Low prices. Vegan owner. Tel. 020 7243 2372.

www.EnergiseYourLife.com

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

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

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

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

Email: pat.reeves@blueyonder.co.uk  
Web: www.livingfoods.pwp.blueyonder.co.uk

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

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

**Vegan Health and Nutrition Consultant** available for personal consultations in person or by telephone. Short fasts including group retreats, Iridology and emotional healing sessions also available. Contact Dr Gina Shaw on 01626 352765.

Email: DrGinaShaw@aol.com  
Web: www.vibrancy.homestead.com/pageone.html

**Microcare Tooth Powder** from Health Connections. Contains no fluoride, Sodium Lauryl Sulfate, saccharin, preservatives, animal ingredients, aspartame, artificial colours or flavours. For free sample, tel: 01892 683439. Online ordering or cheque ordering. Discount for regular customers. web site for tooth and gum hygiene system: www.microcare4teeth.com

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

**Chinese Yoga** Try something old! Deep breathing, stretching and relaxing exercises based on Chinese Medicine principles in Wakefield, West Yorkshire. £3 per class. Enquiries: Mark Popplewell 01924 462261.

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

## PERSONAL

**Hi!** I'm an 11 year old girl would like a penpal around same age. I love reading, writing, arts & crafts, animals and being outdoors

Write to Box Number 106, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB

**American Vegan Male**, late 40s would like to meet British/European vegan female, 30s to early 40s, desiring a lasting relationship and a wish to start a family. Must be able to relocate to US. Please email me at JPHunt56@aol.com or call 001 901 2185470.

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

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

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

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

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

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

## SHOES

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

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

Web: www.vegetarian-shoes.co.uk  
**Ethical Wares** sell vegan footwear and clothing. Send SAE for catalogue: Caegwyn, Temple Bar, Felinfach, Ceredigion SA48 7SA. Tel: 01570 471155.

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

# What is veganism?

## So What Do Vegans Eat?

There are all the fruits and vegetables of course and there are lots of products that taste like meats and cheeses: vegaburgers, 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.

# 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.)

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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.

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Name: .....

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

## 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 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. Tel. 01639 841223. Web: [www.mclveganway.org.uk](http://www.mclveganway.org.uk) e-mail:

**Vegan Organic Network** encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green International* to spread knowledge, and reports from vegan organic growers worldwide. Contact Patrick Browne, 161 Hamilton Rd, Longsight, Manchester M13 0PQ. Tel: 0161 248 9224. Email: [veganorganic@riseup.net](mailto:veganorganic@riseup.net) Web: [www.veganorganic.net](http://www.veganorganic.net)

**Plants for a Future.** 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)

**Be kind to animals!**

# Vegans in your area

## SOUTH

**Vegan Bristol** help people of all backgrounds and experience access all aspects of vegan lifestyle in the area. Including information about the Bristol Vegan Fayre. Web: [www.veganbristol.makesense.co.uk](http://www.veganbristol.makesense.co.uk)

**London Vegan & Vegetarian Families Group** If interested contact Lesley on 020 8941 8075 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.freeseve.co.uk](http://www.vvvg.freeseve.co.uk)

### Bedford Vegetarians

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

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

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

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

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

**Norfolk Vegetarian & Vegan Society** Jane Johnson, 17 St Austins Grove, Sheringham,

**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.**

Norfolk, NR26 8DF. Tel. 01263 821609.

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.makesense.co.uk/tvvvs](http://www.makesense.co.uk/tvvvs)

**Andover Veggies and Vegans**, for all vegetarians and vegans who live in Hampshire, also welcome to all living further afield and are able to travel to Andover for meetings. email: [andoverveggiesandvegans@yahoo.co.uk](mailto:andoverveggiesandvegans@yahoo.co.uk)

## 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

**Leicestershire Vegetarian/Vegan Group** Web: [www.leicestershireveg.org.uk](http://www.leicestershireveg.org.uk)

**Shropshire** Malcolm Cramp Tel: 01952 432874. [Malc@3173.freeseve.co.uk](mailto:Malc@3173.freeseve.co.uk)

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

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

**Manchester Vegan Society** meet on third Saturday of month at 3pm at The Basement 24 Lever Street, Off Piccadilly Gardens, Manchester. Children Welcome. Tel. 01204 465426 email: [sarahalliez@yahoo.co.uk](mailto:sarahalliez@yahoo.co.uk) Web: <http://groups.yahoo.com/group/Manchester-vegan-society?yquids=83487505>

**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.freeseve.co.uk](mailto:natalie@tharraleos.freeseve.co.uk) [www.leedsveg.co.uk](http://www.leedsveg.co.uk)

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

Email: [patricia@p-m-t.freeseve.co.uk](mailto:patricia@p-m-t.freeseve.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)  
[www.arcnews.org.uk](http://www.arcnews.org.uk) (animal rights new)  
[www.realfood.org.uk](http://www.realfood.org.uk)  
[www.veganbuddies.org.uk](http://www.veganbuddies.org.uk)  
[www.veggievision.com](http://www.veggievision.com) (internet TV station)

### 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)  
[www.vegout.info](http://www.vegout.info) (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)  
[www.octoberbooks.org](http://www.octoberbooks.org) (vegan books)

### 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)

# PUTTING MORALITY INTO PRACTICE

## In Memory of Donald Watson

DONALD WATSON died peacefully on the evening of 16th November 2005, aged 95, 61 years after the founding of The Vegan Society, which he had inspired into being. Born in Yorkshire, he often spent his boyhood holidays at an uncle's farm where he learnt to love the animals that he saw there. One day he witnessed the slaughtering of a pig and was appalled to find that those he thought of as kind people could do such a deed. At 14 years old he turned vegetarian.

In the 1940s when he became aware of the great suffering of the cows involved in the dairy industry. He drew this to the attention of the Vegetarian Society and pleaded that vegetarians should no longer continue to accept dairy products within the definition of being vegetarian. However, they found that trying to dissuade people from the use of 'fish, flesh and fowl' was a hard enough task and feared they would alienate most of their supporters if they restricted the diet even farther.

Donald Watson, on his part, persisted in his abomination of the cruelty inherent in the dairy industry - the suffering inflicted on the cow and the mass slaughter of male calves. He wanted to prove that living a life free from animal exploitation was not only the true moral attitude, but that it was possible to maintain good health and strength on this way of life. He not only survived but lived a healthy, active life without doctors' interventions until his final days. Within his last ten years, he climbed many of the major peaks of the Lake District. His physique declined in his 94th year but his mind remained lucid to the last day.

He asked for suggestions for a name for the new society, and receiving many strange sounding suggestions, mostly derived from greek or latin roots, and which were generally unappealing. He and his wife, Dorothy, came up with the idea of shortening the word vegetarian, which in any case is rather a mouthful, to coin the word 'vegan'. So, in Leicester, in 1944, The Vegan Society was



formed and defined by a handful of pioneers who decided to put their principles into practice. This was a period of wartime rationing (and rationing remained several years after the war ended in 1945), but they felt that was not an excuse for starting to follow what they thought to be right.

Some of those early pioneers did not have a balanced diet, became ill, and gave it up. But, slowly yet surely the Society did grow and recruited more members. In the early days, Donald Watson received thousands of letters of support, but he had to limit the number of subscribers to his newsletter to 500, as he had to do all the work of duplicating, stapling the sheets and then sending them out all by himself. Yet, the movement grew and Veganism is now so well established in the general consciousness that his death was announced on the BBC, which had already interviewed him on his 95th birthday earlier in the year.

On leaving school, he had been apprenticed as a woodworker, normally he would have gone

on to become a qualified craftsman, but the slump of the 1930s resulted in mass unemployment. Instead he turned to being a woodwork teacher, which he enjoyed so much that he stuck to it.

He grew vegetables on an allotment using compost free from animal input. Later, when he moved to Keswick in Cumbria, he was able to have his own garden next to the house. He always enjoyed his gardening, using a fork for digging instead of a spade, since with a spade you would be liable to kill worms.

I joined The Vegan Society around 1970 and at that time Donald Watson had withdrawn from the limelight. Nobody seemed to know where he was. I think it was at the 1984 AGM of the society that he appeared and gave a presentation on the early Vegan magazines. He chatted to us afterwards. He was proud that the seed he had planted had continued to grow and develop.

Donald Watson was a teacher of carpentry with a passion for the hills. He was a pacifist during the war. He remained active during his whole life. When retired, he was still regularly hill walking in the Lake District whilst in his 90s. He celebrated his 93rd birthday by making his favourite climb there.

He married Dorothy in the 1930s and it was in conversation during a dance that they jointly came to the idea of coining the word "vegan" for the newly-formed Society. Dorothy died in 1993. Our condolences go to their daughter Janet and other members of the family.

Interviewed for the Vegan Magazine in 1983, he was asked what was his greatest achievement. He replied: "Achieving what I set out to do: to feel that I was instrumental in starting a great new movement which could not only alter the course of things for Humanity and the rest of Creation but alter Man's expectation of surviving much longer on this planet." His message for vegans was "Take the broad view of what veganism stands for - something beyond a new alternative to scrambled eggs on toast or a new recipe for Christmas cake. Realise that you're on to something really big, something that hadn't been tried until sixty years ago, and something which is meeting every reasonable criticism that anyone can level against it. And this doesn't involve weeks or months of studying diet charts or reading books by so-called experts - it means grasping a few simple facts and applying them."