

Vegan Views

A Forum for Vegan Opinion

No. 113

Winter 2007/8

£1



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notices



Animal groups

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

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

PETA. Web: www.peta-online.org.

Veggies Directory also known as the Animals Contact Directory aims to encourage mutual support and communications between the many groups and individuals working for animal rights and welfare, as well as those working to protect the environment. Provides a means of groups to make contact and co-ordinate their work. See www.veggies.org.uk/acd.

Animals Count - a political party to help create a better world for people and animals. www.animalscount.org. PO Box 51250 London SE11 4NU. Email info*AT*animalscount.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*AT*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.

Highfield Animal Sanctuary near Bromsgrove, West Midlands, has 300 mouths to feed. Owner desperately needs help, practical and financial. Please Contact Lyn on 0121 445 3828 or visit www.hillfield-sanctuary.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, 21 Hylton Street, Hockley, Birmingham. B18 6HJ.

Contact Network for measles, mumps, rubella, for families who would prefer children to catch childhood diseases and gain natural immunity instead of the MMR vaccination. To go on list to notify of cases, call Lesley on 020 8941 8075. Email: Lesley*AT*vegan4life.org.uk.

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

Fruitarian + raw food

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

Go Fruitarian (www.fresh-network.com) - for details send SAE to The FRESH Network, PO Box 71, Ely, Cambridgeshire CB7 4GU.

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

Magazines

The Vegan is published by the Vegan Society. (See page 17)

Arkangel An animal liberation magazine. £10 for 4 issues inc. p&p. Arkangel, BCM 9240, London WC1N 3XX. info*AT*arkangelweb.org.

Viva!Life published by Viva! www.viva.org.uk.

The Welsh Vegan is a quarterly magazine in Welsh and English. Annual subscription £4.50 from Bronyr Ysgol, Montpellier, Llandridnod Wells, Powys.

Growing Green International is published by Vegan Organic Network. See page 17. Web: www.veganorganic.net.

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

New Leaves is published by Movement for Compassionate Living. See page 17. Web: www.MCLveganway.org.uk.

Vegan Voice Quarterly Australian magazine. Promotes a non-violent way of living beneficial to the planet, all animals and human health. Credit card facilities available, approx £18 for 4 issues (ie 1 year) PO Box 30, Nimbin, NSW2480, AustraliaNSW2480 Australia. Web: <http://veganic.net>.

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

Projects

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

Religion + spiritual

A friendly network of vegetarians and vegans committed to faith in Jesus Christ. Membership is £5 per annum. Kindness Unlimited, 55 Long Street, Wigston, Leicestershire, LE18 2AJ. Email: love2abba*AT*yahoo.co.uk

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. Mobile 07742-601166. PO Box 7770, Loughborough, Leics. LE11 3XY

Veg4Lent This campaign is active each year in promoting the benefits of ethical vegetarianism amongst Christians. For further information on this year's initiative, see www.veg4lent.org, or contact: Veg4lent, Pines Road, Liphook GU30 7PL. Tel. 01428 723747.

Printing + resources

Footprint Workers Co-operative, 40 Sholebroke Avenue, Leeds LS7 3HB. Very reasonably priced, very ethically based, all paper is re-cycled. Tel: 0113 262 4408. Web: www.footprinters.co.uk.

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

Community Print Resources (CPR) CPR is a collectively managed print workshop and resource centre for Nottingham's campaign community sponsored by Veggies Catering' See: www.veggies.org.uk/cpr.

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. www.vcac.vegfalk.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. www.veganrunners.makesense.co.uk.

Vegan communities

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

Vegan shops

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

Unicorn Grocery, 89 Albion Rd, Chorlton, Manchester, M21 0BN. Tel 0161 8610010. Web: www.unicorn-grocery.co.uk.

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

Sound Bites, 11 Morledge, Derby, DE1 2AW. 01332 291369. Wholefoods, eco cleaning products (discounted refills available when you bring back your empties), locally grown organic veg, mini-café and deli. Free online quarterly magazine. www.soundbitesderby.org.uk.

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.

Subscribe to Vegan Views

Send your name + address + payment to: *Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.*

Subscription rates When subscribing please state which issue you wish to start from. Cheques etc payable to Vegan Views. UK **four** issues for £4, or single copy for £1. Postage is included. Europe and surface mail overseas **five**** issues for £10 including postage. Airmail outside Europe: **four** issues for £15 including postage.

[** we've made this five issues so that you can send us a £10 note if you want to pay in cash]

We have been given some old copies of Vegan Views from '70s and '80s. Ask for 8 at £3 if interested.

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

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

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Vegan Views

Editor

Harry Mather

Web site

John Curtis

Front cover picture

Parsnip Grower by Ruth Lewis. Are you annoyed by all those Angling magazines with an angler on the front cover with an enormous smile on his face holding his enormous catch? Well, here's the vegan antidote. Thanks to Graham Cole for being the model.

Post address

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BH1 1JB.

Website: www.veganviews.org.uk

Email: editor@veganviews.org.uk
(replace *AT* with @)

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

If quoting from this magazine, please acknowledge the source and do not distort the sense. The sign © shows that the author reserves copyright on that article.

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.

Please share your news and your ideas with us. Drawings, book reviews and recipes also welcome.

From the editor...

Double Trouble

Much attention is being focussed on the problems of Global Warming, but there is another threat to the planet - that of the population explosion and one which shows no signs of abating. Generally speaking, the wealthier nations maintain a fairly stable population, but the increase comes among the poorer peoples. This is partly because of a high infant mortality meaning that poor people expect a proportion of their children to die young and also because children can be put to useful work from the age of around five. We forget that similar circumstances occurred in Britain at the time of the Industrial Revolution when children worked in mills or down the mines from maybe seven years of age or helped out on farms in rural areas. When schooling became general and compulsory the size of families gradually decreased.

In poor areas of Africa and elsewhere, children are made to help with domestic chores such as fetching water from miles away at a time when they might be going to school. Children are also viewed as a form of old age pension insurance, looking after the parents when the latter grow old and unable to work. The solution to overpopulation could be simply just to enable children, especially girls to attend school. There is actual proof of this. For instance, in the Indian state of Kerala in the 1970s when the rich world was promoting privatisation of state enterprises as the best way

for growth, Kerala embraced socialism and sent children to school and paid old age pensions. The result was a huge decrease in population growth whilst the rest of India continued to increase its population.

The other population explosion and one which is largely ignored is that of farm animals. In rich countries, there are about as many farm animals as there are people. These occupy great areas of land and consume resources that could be much more economically used in feeding people directly on a plant based diet - that means a vegan diet. At present, the farm animals rely for some of their nutrition on grains and pulses imported from poor countries that suffer hunger and occasional starvation. This involves soya, peanuts, grains and other foods that would greatly improved the condition of the poor if they were left for their use.

The reason why this is becoming an increasing threat to the future of mankind on earth is the developing countries see meat consumption as a sign of prosperity. The population explosion of farmed animals is therefore set to increase if we continue on the present acceptance of meat and dairy as the normal diet for humans.

A bleak prospect for which there is a remedy, but which the present generation finds hard to accept or even to look at.

By Harry Mather

Events

8th December 2007. Veg*n Climate March in London. Be part of the biggest ever mobilisation of vegetarians and vegans on environmental grounds. Veg*nism is the solution to many of the catastrophes facing the planet - it's time to tell the world! Starts at noon: assemble at Millbank for main march [Westminster Tube]

8th December. East Midlands Vegan Festival at The Council House, Old Market Square, Nottingham.
123Hwww.eastmidlandsveganfestival.co.uk.

8th December. South-West Christmas Without Cruelty Fayre. 10am-4.30pm at Exeter Corn Exchange (formerly St George's Hall), St George Street, Exeter, EX1 1BU.

9th December. Candlelit Procession planned for London in Celebration of International Animal Rights. 124Hwww.uncaged.co.uk

10th December. 10th International Animal Rights Day. Details on 0114 272 2220. 125Hwww.uncaged.co.uk.

25th December. a Christmas Celebration of the renewal of Life or a celebration of the Winter Solstice when longer days look forward to Spring. There is no reason to put a dead body on the table.

1st January. A time for making good resolutions: to be kinder to people and animals. Going and staying vegan are the best things you could do for animal welfare. Following a vegan diet greatly reduces Global Warming and so benefits the whole planet and the people and other creatures living on it.

26th January. North West Vegan Festival at Sacha's, Tib Street, Manchester, M4 1SH.
nwveganfestival@at@hotmail.co.uk

17th February. Southampton Seed Swap, 126Hwww.octoberbooks.org/seedswap. Woolston Community Centre, Church Rd/Weston Grove Rd, Woolston, Southampton, SO19 9EP. Fully wheelchair accessible. 10am - 4pm. Entrance 50p. Of interest to Gardeners, allotment holders and environmentalists. Bring along your seeds to swap, ideally from organically grown plants and not from F1 hybrids. If you don't have anything to swap, you can still get some seeds at the event for a small donation. Also stalls, including Vegan Organic Network. Snacks and drinks available (all vegan).

1st March. Ealing Animal Welfare Bazaar, Ealing Town Hall, New Broadway, London. Details: 020 8567 6739.
127Hwww.animalwelfarebazaar.info

29th March. Southampton Vegfest. Edmund Road, Bellevue Road, Southampton, SO15 2AY. 10am-3pm. Entry by donation. Lots of free vegan food samples.

Visit www.veggies.org.uk/calendar.htm for the latest vegan and animal events.

BOOKS

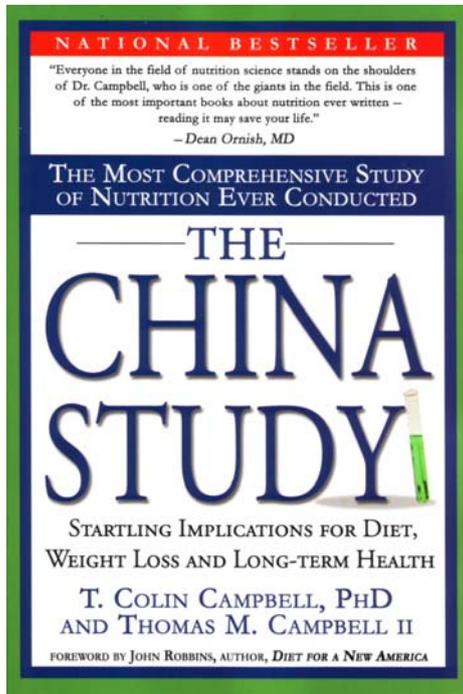


The China Study

by T. Colin Campbell, Ph.D. paperback £11-99

ISBN 1-932100-66-2. US\$ 16-05. Published by Ben Bella Books Inc, 6440 N Central Expressway, Dallas, Texas, USA. 75206.

It is sold in the UK by VIVA! Top Suite, 8 York Court, Wilder Street, Bristol BS2 8QH. Price £13-99 including p&p.



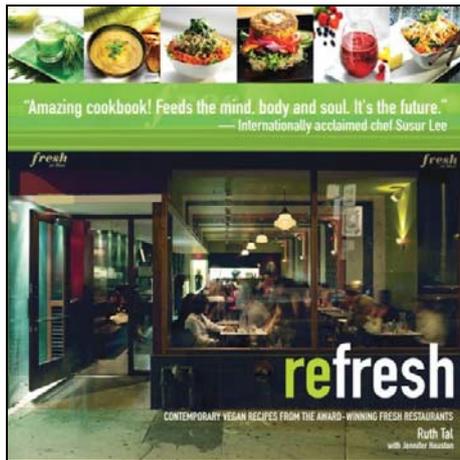
An astonishingly brilliant case for a vegan diet from a health perspective. Written by one of the world's most eminent nutritional scientists and cancer experts, with over 300 research papers published, this book is breathtakingly persuasive in its call for the world to go vegan.

The China Study is the biggest study in the world on the effects of diet on health and shows that meat and dairy cause cancers, heart disease, obesity, diabetes and auto-immune diseases. It also exposes the research and medical establishment and suggests why they are so slow to react to the science showing animal based diets cause disease and wholegrain plant diets prevent it. It is beautifully written and fully referenced in an easy-to-read style for the lay person. Sadly, the author supports vivisection but the book is one that all people interested in health and diet should read.

Refresh

by Ruth Tal. Published by John Wiley and Sons. Price £10-64. ISBN 978-0-470-84084-9

Readers who followed Chris Phillips' article on his round the world trip in our last issue, will remember that he found many veggie restaurants in his brief visit to Toronto in Canada. One he did not report on, probably through lack of time, was a popular restaurant called Refresh.



Here is a chance to enjoy their menus without leaving home as they have produced this cookbook which is vegan apart from the occasional use of honey or royal jelly. Here are more than 200 pages of recipes that are dairy-free and appetising and that you can enjoy without braving the extreme cold of a Canadian winter!

Other Books of Interest

Animal-Free Shopper 7th Edition (2005) £4.99. ISBN 0907337287. Published by The Vegan Society. A UK shopping guide to vegan products - both food and non-food.

Plant Based Nutrition and Health by Steven Walsh. £7.95. ISBN 0907337260. Published by The Vegan Society. Up-to-date and well researched, covering the health advantages of the vegan diet, as well as the pitfalls and how to avoid them. Clear advice given on vitamins B12 and D, and on Iron, Calcium, Zinc, Iodine and Selenium. Also, advice on getting omega 3 fatty acids from non-fish foods.

Feeding Your Vegan Infant - with Confidence by Sandra Hood. £9.99. ISBN 0907337295. Published by The Vegan Society. Good infant nutritional advice from Sandra Hood, a state registered dietician.

The Vegan Passport £3.99. ISBN 0907337309. Published by The Vegan Society. A pocket Guide in 56 languages explaining what vegans eat and do not eat.

Growing Green - Techniques for a Sustainable Future by Jenny Hall and Iain Tolhurst. £18.99. ISBN 095522508. Published by The Vegan Organic Network (available from October Books). Growing fruit and veg without animal manures, blood fish & bone, etc.

Vegetarian Guides publishes a number of useful restaurant + B&B/Hotel guides: Vegetarian Britain 2006, Vegetarian London 2005, Vegetarian Europe, Vegetarian France. Details: www.vegetarianguides.co.uk.

Vegetarian Visitor 2007 annually updated guide to places offering hospitality to the vegetarian and vegan traveller and holidaymaker. £2.50 (post free) from Jon Carpenter Publishing, Direct Sales, 2 Home Farm Cottages, St. Paul's Cray, Kent BR5 3HZ.

Vegan Society Teenager Booklet

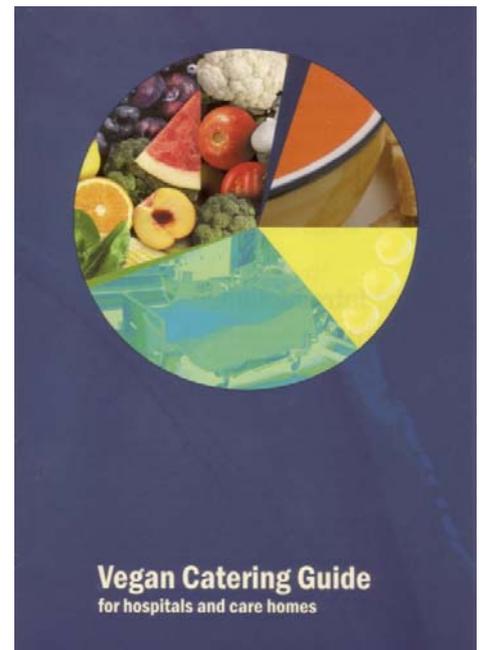
The Vegan Society has recently produced a booklet to inform and appeal to teenagers.

Bright and informative it should have a wide appeal among the young.

£3.99. ISBN 0907337309. Published by The Vegan Society. A pocket Guide in 56 languages explaining what vegans eat and do not eat.

Vegan Catering Guide

The Vegan Society has produced a new leaflet: Vegan Catering Guide for hospitals and care homes.



Viva!/VVF PR

Officer/Assistant Editor

VIVA! and Vegetarian and Vegan Foundation (campaigning actively for animals) need PR Officer/Assistant Editor working on writing and sub-editing their magazines.

Minimum 2 years experience in journalism or PR required. Based in Bristol.

Contact: Julie Cook for application form. Tel 0117 944 1000. online www.viva.org.uk/job. Closing date 12 December 2007.

Biofuel Sugar Beet

Carbon footprints are an idea that is the latest target for reducing Global Warming.

One idea that has recently become a reality is a biofuel plant that processes sugar beet and then heats an acre size greenhouse producing tomatoes and cucumber off the normal season to satisfy customer demand for all year round supply.

One man's meat is another man's starvation

octoberbooks

243 Portswood Road, Southampton SO17 2NG. Tel 023 8058 1030.

Web www.octoberbooks.org/veg. Email info*AT*octoberbooks.org

Eating Out/Travel

Vegetarian Britain + Vegetarian London We have stopped selling the current editions, but will sell the new editions (due out soon) as soon as they are available. Check our website for the latest information.

Vegetarian Europe by Alex Bourke. **£9.99**. 300 city centre vegetarian and vegan restaurants in Europe's top 40 destinations.

Vegetarian Visitor 2007 by Annemarie Weitzel **£2.50**

Raw Food

Eat More Raw by Steve Charter. **£12.95**

Vegan Society Books



Animal-Free Shopper 7th edition. **£4.99**.

Plant Based Nutrition and Health by Stephen Walsh. **£7.95**. Up-to-date and well researched, covering the health advantages of the vegan diet, as well as the pitfalls and how to avoid them. Clear advice given on vitamins B12 and D, and on Iron, Calcium, Zinc, Iodine and Selenium. Also, advice on getting omega 3 fatty acids from non-fish foods.

Fiction Books for Children/Teenagers

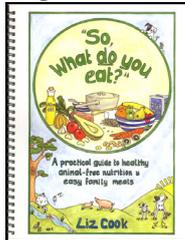
These books are written/co-written by Mary Brady of the excellent vegan campaign group *Realfood* (www.realfood.org.uk).

Under the Stairs by Mary Brady. **£4.99**. Aimed at Teenagers but popular with adults too. Deals with all aspects of animal rights, from veganism and antivivisection to zoos. Draws the parallel between abuse of animals and humans, but is also positive, showing a compassionate and cruelty free lifestyle.

The Umpteenth Dalmatian by Mary Brady and Steve Hutton. **£2.99**. Aimed at young children. The story of a Dalmatian puppy, who is very scared when someone buys her from the farmer, but is later reunited with her mum in this heart-warming book. Beautifully illustrated by Steve Hutton.

Tiger Fruit by Mary Brady and Steve Hutton. **£2.50**. A tiger lives in the heart of the forest, but at times his world edges onto human territory. What happens when human and animal worlds collide? How can children save a tiger? A sympathetic look at the life of a tiger, this story surprises the reader with the courage of some humans against the inhumanity of others.

Vegan Cookbooks



So, What Do You Eat? by Liz Cook. **£12.95**. Spiral-bound so it stays open at the right page. Wipe-clean pages, making it a highly practical design for the kitchen. The recipes include vegan versions of conventional meals like shepherd's pie, pasties, pizza, pancakes and cakes.

Vegan Feasts by Rose Elliot. **£8.99**. Rose has been writing vegetarian cookery books since 1967. This book has a good range of recipes, varying from simple to sophisticated.

Vegan Permaculture Booklets by Graham Burnett

Permaculture - A Beginner's Guide. **£5.00**. A guide on the principles of sustainability and working with rather than against nature on your land.

Well Fed Not An Animal Dead. **£3.50**. A guide to the wider implications of veganism, including recipes/cookery guidelines, food for free, growing your own vegan organic food, , vegan mothers/infants, making your own alcohol!

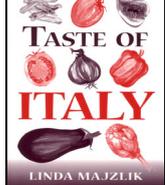
Earth Writings. **£9**. Graham's articles, artwork, songs and conversations.

Towards an Ecology of the Self. **£2.50**. Explores the role of the 'personal' in permaculture design systems.

Happy, Caring, Healthy and Sharing. **£2**. Introduction to the compassionate ecological veganism with young people particularly in mind.

Vegan Cookbooks by Linda Majzlik

These books have often been reviewed in, and have been the source of many of the recipes in *Vegan Views* magazine. We stock the full series.



A Vegan Taste of Central America **£5.99**. **A Vegan Taste of East Africa** **£5.99**. **A Vegan Taste of Eastern Europe** **£5.99**. **A Vegan Taste of France** **£5.99**. **A Vegan Taste of Greece** **£5.99**. **A Vegan Taste of India** **£5.99**. **A Vegan Taste of Italy** **£5.99**. **A Vegan Taste of Mexico** **£5.99**. **A Vegan Taste of North Africa** **£5.99**. **A Vegan Taste of Thailand** **£5.99**. **A Vegan Taste of the Caribbean** **£5.99**. **A Vegan Taste of the Middle East** **£5.99**. **Vegan Baking** **£5.99**. **Vegan Barbecues and Buffets** **£5.99**. **Vegan Dinner Parties** **£5.99**.

Books published by Harry Mather

Looking for a Green World by Harry Mather. **£2.50**. Self published by Harry in 1983, it covers ecology, animal rights, unemployment, the green movement, war and disarmament.

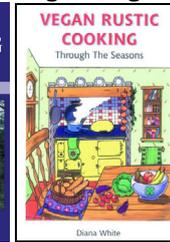
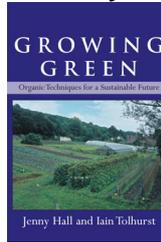
Sunshine and Shadow: an Autobiography by Wilfred Crone. **£7.50**. Wilfred was a fruitarian and published many articles in *Vegan Views* magazine. He also wrote down many of his stories, and they were discovered after he died. Harry Mather put this book together from them.

Wall Charts *Extremely popular and colourful wall charts by Liz Cook. The NEW Dog Chart is shown below (88 x 18.5cm).*



Vegan Nutrition **£3.25**. **Yoga** **£3.25**. **Women's Healing Herbs** **£3.25**. **Natural Cleaning Solutions (vertical format)** **£3.25**. **NEW: Dogs** **£3.25**

Books by the Vegan Organic Network (+ supporters)



Growing Green - Organic

Techniques for a Sustainable Future

by Jenny Hall & Iain Tolhurst. **£18.99**. Growing fruit and veg without animal manures, blood fish & bone, etc.

Vegan Rustic Cooking for All Seasons by Diana White **£9.95**. New edition with 50 exciting new recipes added. Diana is an active member of the Vegan Organic Network.

About October Books

We are a not-for-profit co-operative bookshop in Southampton, selling general and radical books. We also sell a range of specialist books by mail order, which allows people to avoid using big companies like Amazon. Most mail-order book companies use new packaging materials, which is environmentally wasteful. **We instead re-use used packaging materials** (e.g. cardboard boxes, jiffy bags, bubble wrap that were used for packaging for the books we receive from publishers and distributors) for your order. We will not pass any of your details on to any other company/organisation.

Ordering and Payment You can pay by cheque/PO (UK currency only please) or by credit/debit card. All prices include VAT where applicable.

Delivery charge UK orders under £35: add £2 for delivery. UK orders of £35 or more: free delivery. Overseas orders: please contact us for delivery charge. There's no delivery charge if you collect your books from our shop.

Delivery time We try to keep everything in stock, so normally post your order within a few working days of receiving it. After we post it, Royal Mail normally take one to three working days to deliver it. If any items go out-of-stock, your order will take longer, so please allow up to 18 days. For urgent orders, please phone/email us first so we can check stock.

Updates We regularly update our downloadable vegan mail-order book catalogue on our website - see www.octoberbooks.org/veg

ORDER FORM

Send this completed order form to October Books, 243 Portswood Road, Southampton SO17 2NG. Alternatively, if you're paying by credit/debit card, you can phone your order to us on 023 8058 1030 (9am-6pm Mon-Sat).

1) YOUR ORDER...

Quantity	Title	Price
UK delivery is £2 for sub-total under £35, or free for £35 or more. Contact us for overseas delivery rates.		Sub-total
		Delivery charge
		Total enclosed

2) DELIVERY ADDRESS + CONTACT DETAILS...

Name

Address

.....

.....

Post code Email

Tel (daytime) Tel (evening)

3) PAYMENT...

Either Make cheque/PO (UK currency only) payable to 'October Books'

Or Please debit my Visa/Mastercard/Switch/Solo card (**delete as appropriate**)

Your name (as written on card)

Card number

Start date **Expiry date**

Issue number (Switch/Solo cards only)

Is the card billed to the delivery address? yes/no

Signature

A Visit to Poland

Dear All,

My recent visit to Poland was eventful - Vegetarian food was hard to find - vegan very difficult.

In Krakow I found a few vegetarian cafes. There appeared to be a chain called Vega. I went to two in Krakow - good soups. They did a sort of dumpling, but you had to check if it was vegan. Ul. św Gertrudy, 7, Krakow and Ul. Krupnicza, 22, Krakow (they have a website: www.vegarestauraga.com.pl).

Bary Wegetaranskie. I like one called The Green Way Bar - east of St. Mary's Street in the old town. They had a good variety and quite a few Vegan dishes.

All the restaurants I found via the Vegan Society 'Happy Cow' website apparently.

Staying in hostels helped, especially in Zakopane. I found noodle soups which were OK for some snacks! They did soups but they put pork in their cabbage soups!!!

I talked to some young Polish students and they would not learn about alternative medicines even though they were training to be GPs. It was against their religion. I had to refuse their Tabasco sauces with the vodka chasers!!! I explained why!!!

My brother has just written two more books. A DVD was done about them when he came over in August. Orca Book Services 01202 665432, Dog Body, Dog Mind, and Cat Body, Cat Mind. He runs his own column in the local paper in USA. His main concern is that the tinned food people give their pets is often very harmful.

Best Wishes,

Peace, Love and Light,

Sue Fox.

PS. I knew Neil Lea. He was a real fighter for animal rights. He was a vegan too. What a fighter he was. He had a great sense of humour. He will leave a gap in the animal rights movement. Hopefully someone will take his place. At least, he is with his soul mates in the animal spirit world.

I did feel sad when I read about his death (VV112) I will light a candle for him and his loved ones.

Sue.

Living With Others

We are a vegan/vegetarian family that want to move in a rural or semi-rural area and to live in a low impact sustainable way, growing our own produce. We are looking for someone else that is in the position to buy somewhere jointly, and decide what we are going to do. We don't want to live communally, we just want to be near to like-minded people and share some resources. We have money to invest.

If you're interested or you know of something that already exists, please e-mail me at: jobenwood*AT*virgin.net

Letters

Sponsored Walk

Gemma and Ben, who live in Southampton, are undertaking a 190 mile sponsored walk from one coast of Britain to another. to raise money for St. Francis Animal Welfare (registered no. 263172) who take in both domestic and wild animals and look after them until they can be placed in loving homes or released into the wild. They never put a healthy animal down. (further information on www.swaw.org).

They are aiming to finish the walk in 8 days (about 30 miles a day) with no rest days

They aim to raise awareness of veganism - that it can provide adequate nutrition for optimal physical fitness.

See website www.vegancoast2coast.co.uk.

Please help support the walk

VV112 Editorial

Dear Editor,

I am writing to express my appreciation of your editorial in the current edition of Vegan Views (No 112). You always have something useful to say and you express yourself in trenchant prose. Your thoughts should enjoy a wider audience.

With best wishes

Allan Whithnell

Man with a Mission!

Forget ROCKY!!! Here is a remarkable man called Adam Murry who is an ex-boxer turned animal activist!

Adam had a life-changing experience after witnessing cruelty to baby seals. He decided that he wanted to make a difference to the world, and help save animals from destruction worldwide.

Placing his best foot forward and raising money for such a good cause, he created The Murry Foundation: www.themurryfoundation.com

Adam runs regular charity auctions in the UK to raise awareness. Lots of influential people often attend.

Listen to this, when he confronts the hunters, he puts them in situations that make them feel like they are being hunted. He wants them to understand how animals feel.

Adam never demonstrates his anger - he leaves that for his opponent in the ring! And manages to stay calm in front of the hunters.

Adam is a vegan! He is such a passionate human being that he has gained outstanding support from his friends and has captured the hearts of some of the finest sports legends, such as Frank Bruno, Mike Tyson and Rocky Hatton.

He encourages them to sell their fighting photos and memorabilia to donate money for this cause.

His hard work and dedication has also rubbed off on his fellow vegan female friends, the likes of Louise Redknapp and Gail Porter often lend a hand!

All the celebs make themselves available to Adam whenever he needs a helping hand, like saving chickens! And ask for nothing in return.

Think of any enlightened spiritual guru with a great sense of humour and street cred, and you might get a feel for this man, but they probably won't have done as much cage fighting as he has!

Adam's story is a real story that will pull your heart strings and make you feel good about yourself.

Alice Howard (by e-mail)

Editor: Harry Bonney was also a boxer and he gave up boxing in preference to a more compassionate way of life.

He was featured in the Open Door TV film of the 70s that was instrumental in bringing many more members for the Vegan Society.

A Busy Time for Pat Reeves

Hi Again, Everyone!

It would have been great this time around to have produced at least two of Harry's pages' worth of info - sadly (in that respect!) I'm now into a whirlwind of travelling arrangements and only just enabled to send this info close to the cut-off date! Sometimes life just gets in the way! I have twenty-four flights scheduled before the end of 2007. A couple of weeks ago I got home triumphant from winning World Single Deadlift title in Italy.- which really gave me a boost. Given the situation of my left lung, which now is not great; but doing reasonably well overall. Last week I was informed that one of my original sarcomas (knee) had again been re-activated - so this is my present BIG challenge. Affecting knee squat means that the WORLD event - now just next week - is a major concern for me.

It is VERY difficult for me to bend my right leg. I'm working on it and presently I can make 'legal depth' with a minor weight, so that will keep me in the overall competition. The other lifts are not a problem for me in this respect

Directly after this championship event, I will be leaving UK for USA and eventually on to Hawaii as previously explained - this time for Illinois - focussing my time with the President of the USA branch of the British drug-free Powerlifting Association. This would prove an interesting liaison! Back home by 30th December.

Today I attended a general workshop on health and vitality. The message of veganism is truly getting through these days. I'm finding more and more places are offering vegan-friendly food - most of the food at the venue was plant based. However what is truly missing is raw and living food's general availability Until this happens we need to take our own food supply!

Major News! I will be taking a 'sabbatical', between Jan. 4th and April 4th - totally away from practice - in order that I can more fully

Buddhism and Meat-Eating

By Jerry Gilbert

concentrate upon my inspirational book for people undergoing the horrors of cancer diagnosis, etc. As most of you will be aware, this will highlight my twenty year battle with this genetic (my personal circumstance) obnoxious disease - how I reacted - what I did, etc. and the all-embracing living food protocol, which offered a simple and fantastic source of vital nutrients. It is likely that I will return to Hawaii to write during this time frame.

The last seven months of practising/training/competing, etc. has certainly taught me that while I live in this 24/7 lifestyle, I simply cannot find the time to write my book. It is with great sadness that I have had to leave my practice for a while - though I am still working with people worldwide until 30th December. I will fully return to practice on 5th April 2008

Someone whom I have known for a long time made a chance remark that I MUST COMPLETE MY BOOK AS IT WILL AFFECT THE LIVES OF MILLIONS. That made me SIT UP and realise I was choosing to be somewhat selfish working on a one to one basis with patients, especially as this deferred my writing.

So there it is! I have made a contract with myself to have this book in print during 2008.

I sincerely hope that those who follow myself truly benefit from my legacy.

I am totally inspired to complete what I know I have to effect.

Every day I awaken to is FANTASTIC

I implore everybody within our movement to be daily concise with GRATITUDE. Try to say 'thank you' to our SOURCE/GREAT POWER/GOD etc. at least fifty times a day! A great goal.

LOVE, LIGHT AND PEACE.

Pat.

Pat Reeves, Practitioner of Nutritional and Functional Medicine.

Registered with Nutritional Council.

For more information on living foods and courses go to: www.foodalive.org

or E.mail: pat*AT*foodalive.org

Ed: since receiving this letter, Pat tells us that she has again won the World's Powerlifting event and is off on her long trip to USA. On her return, she will be taking time out from her practice until 5th April 2008 to concentrate on writing her book. For urgent messages, record it with 'Urgent Message for Pat' in the subject line.

DON'T ROAST THE OX

HAVE A BEANFEAST

In these Post-modern times with its multiple realities, many of us now seek coherence and a deeper meaning. Vegans and vegetarians are no exception. Recent research showed that the majority described themselves as spiritual but not religious. However, with its doctrine of compassion for all life, could Buddhism be the answer?

Though the varying schools may disagree, some are adamant that the Buddha himself denounced the eating of meat and fish when he called on his followers to respect all life. In fact the basic Buddhist belief in karma tells them that bad actions have bad consequences. For some the Buddha himself said that the eating of meat has negative karmic effects, and that the killing and eating of creatures is tantamount to self-killing. Master Hsuan Hua recently talked of the cycle of karmic retribution and that there was no benefit in eating animals.

While it is said that the majority of Buddhists do eat meat, a lot argue against it and say that the Buddha's teaching has been altered and they are polemical about compassion for animals and even if the meat is not slaughtered specifically for the consumer it supports animal suffering.

For some Buddhists, especially Chinese schools such as the Mahayana, all life is sacred and vegetarianism and veganism highly encouraged. So much so that a website has been set up for vegans and vegetarians named after its most famous exponent Shabkar Tsodruk Rangdrol 1781-1851, a Tibetan Yogi.

Modern Buddhist teachers have followed his path. They give talks and post material on the web that strongly discourages eating animals. In line with the belief in reincarnation, master Hsuan Hua recently uttered such passionate sayings as: "If you really think about it, it is people eating people". "The grief and hatred brewed up in a pot of meat stew is as deep as the ocean."

One well-known teaching of the Buddha is that his followers should never intentionally kill anything. This has moved another teacher, Ajahi Jargo, to denounce eating animals. He reminded his audience that: "Everything you do has an effect in the universe." On the suitability of vegetarianism for Buddhists he said: "I would say wholeheartedly that it is compatible. "Presumably this is based on the basic Dharma (The Buddhist holy book) conditions for all Buddhists 'which are compassion and wisdom'.

While it has been said, understandably, that in some areas of the world vegetation is scarce, the Buddhists there have no choice but to eat what is available. However, as the philosophy spreads worldwide (there are said to be as many as 130,000 in the UK alone and 328,000,000 worldwide) meat eating is increasingly being seen as not necessary and even going against the basic teachings. Uli Muller, who runs the "Tibetan Trust" shop in Dorset, is a compassionate life-long vegan and found Buddhism to be harmonious with her existing beliefs. She said: "It is my own

conviction and it just seems to go hand in hand with Buddhism" She added: "That every sentient being has a right to live and that is actually very precious. To have life and incarnation as whatever being that you are."

For some the idea of religion is a no-no, raising ideas of strict conformity, but Buddhists insist that each individual has his/her own path and must decide for him or her self. In fact the Buddha himself is reported to have warned that attachment to views are a major cause of suffering. So the way of the Dharma is flexible and suggests rather than instructs. His Holiness the 17th Karmapa Orgyen Trinle Dorje gave a talk to 6,000 people in January and offered explanations of why he did not eat meat or fish. He said he was very distraught over seeing the slaughter of animals in his home village that he became a devout vegetarian. However he did not condemn meat eaters but gave a positive account of the benefits of vegetarianism. He made statements such as: "Nothing is more precious than this naturally arising kindness towards other beings" and quoted two main reasons for not eating meat: "The teachings of the lord Buddha require that we act with kindness and preserve all life" and "Because of our connection to his holiness, by improving our conduct we can reduce obstacles to his life."

For the Mahayanas, the Buddha did denounce the eating of meat and they quote him as saying: "The eating of meat extinguished the seed of great kindness." A teacher known as Lonkovatora said that the Buddha spoke out in favour of vegetarianism and Urgyn Trinley Darje, the 17th karmapa said once that it was very important in Mahayana not to eat meat. The Dalai Lama himself in 2000 very enthusiastically confirmed this. He said: "It is wonderful, we must absolutely promote vegetarianism." Even Theravedans of South East Asia, who say there is no evidence that the Buddha forbade eating meat, say that vegetarianism depends on one's authority of any sutra. (A type of scripture).

So while the debate goes on and many Buddhists choose to eat meat, others go even further whereby they will do their best never to intentionally kill any living thing. This includes respect for the environment and going to such measures as sweeping the floor in front of them so as not to kill the tiniest ant. Uli Muller said: "That may seem extreme to us westerners, but it is actually a great sensitivity to the preciousness and the beauty of life." Ajhani Jargo says quite adamantly that the Buddha did teach no to killing any animal. It is the intention that matters most. In disagreement with those who say it is ok so long as you don't kill any animal yourself, he said: "When we eat meat we are directly supporting an industry that is based on rearing animals, quite often under terrible conditions, for the sole purpose of slaughter."

So if Vegans and Vegetarians are looking for spirituality, Buddhism does teach compassion for all life. It also does not require anyone to be over dogmatic, and discourages any harshness. It could be a way of life worth our sincere consideration.

A Look at the News

Animal Diseases

When foot and mouth disease was discovered in sheep last summer in the county of Surrey, the authorities reacted swiftly to restrict the movement of animals across the nation. They remembered the disaster that occurred only a few years before, when normal movement of animals had resulted in the spread of the disease across most of Britain.

The suspected source of this year's contamination was traced to a nearby government plant producing vaccines against foot and mouth disease. There was also an adjoining medical research establishment. A leaky waste pipe was found that must have spread the disease to the sheep in a farm that was not far away. The infection could have come from either establishment. It was not therefore possible exactly to point the finger of blame.

The authorities were strict in imposing measures that would restrain the disease, mainly banning all movement of farm animals, including sending them to slaughter. The procedure appeared to have been successful and restrictions were about to be lifted when further cases were discovered in sheep in another part of the same county.

During the summer, many Agricultural Shows had to be cancelled, due to restrictions on the movement of any farm animals and resulting in financial losses. Late summer is also a busy time when farmers buy and sell animals or send them to slaughter after having fed them on summer pastures; causing another loss to the farming community.

The European Community imposed a ban on animal exports from Britain as soon as the disease was announced. About one third of Britain's sheep are sent to export markets in Europe - usually on stressful journeys lasting several days.

Then, a new blow fell when Bluetongue disease was diagnosed in cattle in East Anglia. Although the number of cases were few, movement of animals had to be imposed locally. This disease does not affect humans. It is spread by midges which spread the disease. Controlling the spread of midges is well-nigh impossible and only the onset of cold weather will end the threat. Bluetongue disease has already spread widely in Northern Europe (Germany and the Netherlands) and no remedy has been found, so slaughter is the only protection against it spreading.

A further blow to animal farmers came with an increase in wheat prices, due to crop failures around the world, which is probably the result of climate changes resulting from global warming. Australia, for instance suffered a severe drought. Modern animals are bred to rely on a high protein feed. Wheat prices have about doubled in the last few months and will cause meat prices to increase by 10% to 25%. Dairy farmers also have problems with a low price being imposed on them by supermarkets,

the latter still maintaining their high profit margins.

Higher wheat prices are profitable to arable farmers - a change that will cheer all vegans. A reduction in animal farming and an increase in plant food production can only be a good thing.

Biofuels v Food Farming

Biofuels are increasingly being produced to reduce dependence on fossil fuels that harm the environment. In the UK rape seed and wheat are being sown to produce biofuels instead of going into food production. In the USA sweet corn is being cultivated in great quantities to produce ethanol for addition to gasoline (petrol). Will this reduce the amount of food available to feed the increasing world population?

US exports of corn to Mexico (where corn based tortillas are basic to their diet) and other South American countries. This change in trade, however, may not lead to a reduction in food production and could even be much better for the economies of the poorer countries.

The US has for a long time been exporting grains cheaply because the government has been granting subsidies to their farmers. This depressed the price of sweet corn in Mexico and poor farmers were driven out of business. If corn exports from USA are reduced this will lead to a greater need for home grown corn and the local farmers will return to the land and taken out of dire poverty.

In Brazil there is already a great production of ethanol used for fuel in the transport system. This is produced from sugar cane. An increase in demand is creating an increase in supply, but this is not competing with food production.

Nearer home, there is a large plant in North East England producing biofuel from plants. They are using fast-growing willows, so called superwillows, being grown on derelict land - brown field sites that could not be used for food production as they were contaminated with heavy metals, such as cadmium and others, when the land was used by the chemical industry.

The Common Agricultural Policy of the European Union, which is now being drastically revised owing to the heavy cost it imposed on taxation of member states, paid farmers according to the quantity of grain they produced. Consequently they produced as much as they could irrespective of demand and surpluses resulted. These were exported to poorer countries, mainly in Africa, and, as with the case of the USA and Latin America, local farmers were driven out of business and swelled the numbers of beggars in the towns. If European farmers limit their production according to demand and have no subsidised grains to export, production in African countries will be able to return to the land and feed their local populations, reduce unemployment and boost the local economies.

There is much uncultivated land available in many countries, so there is really no fear yet to

fear a world shortage of food providing it is distributed equitably. It is said that in Ukraine and Kazakhstan, half the available agricultural land is uncultivated and this could be used for biofuel production.

France will assume Presidency of the European Union in 2008 and it is rumoured that the new President, Nicolas Sarkozy is much in favour of a revision of the EU agricultural policy. Jacques Chirac, the previous President, was strongly opposed to reforms and liked to think of himself as a champion of the small French farmer, seen as the backbone of rural France.

There are also African states where biofuels could be produced, hopefully without competing with food agriculture, but given the way large corporations (and now also the Chinese) are at present exploiting the mineral wealth of Africa (e.g. in the Congo), we may not see any increased wealth trickling down past the profits of wealthy shareholders, corrupt government officials and coming down to the needy people.

Sadly, few voices mention the fact that animal farming uses up to ten times the amount of land that a plant based diet requires.

Food Additives

The Food Standards Agency has found that certain food additives used in fizzy drinks that children love are a cause of hyperactive disorder and Attention Deficit Disorder in some children. This has been known for decades and proved when parents with hyperactive children found that their children's behaviour became normal overnight when they were prevented from drinking these drinks with certain additives.

These additives are banned in certain countries. Why are they not banned now that this is accepted officially?

Organic is Healthier

The report from a long term study comparing organic foods with non-organic states that organic foods have 20% to 80% more anti-oxidants. Anti-oxidants absorb free radicals in the digestive system, which put a strain on the functioning of the body and are seen as contributing to cancer.

They will continue this research in the hope of finding how to increase the value of the anti-oxidants in foods.

Methane from Farm Animals.

The popular Sunday TV programme Country File told viewers that farmed animals produce great quantities of methane gas which has a many times greater impact on global warming than the CO₂ emissions from transport vehicles.

Causes of Cancer

On 31st October 2007, Cancer Researchers advised people to reduce meat and dairy and to breastfeed to reduce incidence of cancer.

A White Deer

A white deer was observed by local people in Devon. They caught sight of it from time to time and saw it grow into a large mature animal. It remained within a limited area.

One day they found the carcass of this beautiful animal. Its head had been cut off. This head with the antlers was no doubt highly prized and priced. The locals were saddened and believe they know who did the killing - a young man with a long range rifle.

Swimmer Promotes Turkey Eating

Swimmer Sharron Davies who won a silver medal at the 1980 Olympic Games, has decided to promote Bernard Matthews' poultry farm. She said she was 'proud' to support the company and that there was 'nothing unhealthy' in the food she was promoting. She said that turkey was a "supermeat."

The Food Commission said it doubted whether processed meat products feature highly in the diets of athletes. "Our problem with processed poultry is that it is not 100% meat. Most of it is heavily diluted with water and starch. I doubt that many international swimmers eat a lot of it." Two years ago a Survey by the Food Commission found that up to 30% water was routinely contained in ham, turkey, sausages and hot dogs. A number of Bernard Matthews' products have low meat contents. Chef Jamie Oliver in his campaign for healthier school dinners criticised Bernard Matthews' Turkey Twizzlers for containing unhealthy levels of fat and the firm dropped the product.

Wendy Valentine who founded the Hillside Animal Sanctuary which has criticised Bernard Matthews' welfare standards said Davies could well go down in people's estimation for doing this. "I wonder if she's been into one of these turkey sheds and seen what conditions are like. I doubt it. She would be horrified."

Badger Culling

The Government Chief Scientific Advisor, Sir David King, has recommended a large scale culling of badgers in South West England because they are a source of TB which they are said to spread to cattle and TB in Cattle is proving a serious problem which is not being reduced. He seems to accept that the shooting of badgers in one area leads to some badgers scattering to further areas. He therefore suggests that culling should be carried out in areas where spreading can be limited by rivers, motorways or the sea. This would very much limit the areas where culling could be carried out and defeat the object of doing it on a wide scale.

The extensive study made by an Independent Scientific Study group which reported in June 2007 pointed out that culling badgers could not be carried out on a large enough scale to eliminate the TB in badgers. Efforts should therefore be concentrated on treating the cattle which have the disease. It is important to stop the spread between cattle as these are moved from place to place and spread the disease among themselves.

Bird Flu is Still Around

Avian flu has affected at least one organic turkey farm in Norfolk and at least one more local farm. Thousands of turkeys have had to be slaughtered prematurely. They were of course due to be killed very soon for the Christmas market - to adorn a feast dedicated to the 'celebration' of the Prince of Peace. This may raise the price of turkeys for a while, but I doubt whether it will have much impact on the consciousness of flesh eaters.

Soya is Safe

One V.V. reader has written to say he has been told about the toxins in soya and has decided to avoid all soya products. It seems as though this misinformation is running around, so seems necessary to return to the facts about soya.

The original condemnation of soya some years ago in a magazine called Nexus with an article presented by the Weston A. Price Foundation alleging there were toxins in Soya products and even suggesting they should be banned.

This Foundation is not run by scientifically trained people and appears to have a particular hatred of veganism. They claimed that soya was unsafe for infants because it contained oestrogens. They suggested that people should give up soya, but instead of promoting other plant substitutes, they recommended animal based foods. These allegations were later repeated in the Guardian newspaper

This attack on soya is strange when you consider that it has been consumed in the Far East for some five thousand years. To be fair, the Chinese and Japanese fermented their beans by a very strict and long process. It is true that soya beans, like most beans can cause indigestion unless well cooked. Red kidney beans in particular, should be boiled vigorously for ten minutes and then simmered for a further thirty minutes to get rid of their trypsin inhibiting factor which inhibits the function of a vital enzyme in the digestive system.

Tofu, Miso and Soya sauce produced by the traditional fermentation process are certainly safe, as they have been used for millenia without any ill effects.

The Government Committee on Toxicity (CoT) was asked in 2002 to review the alleged toxicity of soya and found little evidence to this effect. They found no direct evidence about the alleged harmful effect to infants, people with impaired thyroid function, nor women with oestrogen dependent breast cancer. With no evidence to refute the allegations, they decided to play safe and suggested caution in the use of soya in these cases.

So a committee of experts in the field of toxicity has found no evidence to condemn the use of soya in human foods and this must be more authoritative than the merely theoretical allegations of the Weston A. Price Foundation that seems to have an axe to grind. Vegans have been using soya products for at least fifty years and you would think that if they were harmful, something would have been revealed in that time. Many children, including my own and those I have seen year after year at Vegan Camps have been seen to be healthy and

vigorous. Anybody claiming that soya is harmful should have strong evidence to counter these facts. They have not responded to the facts against their allegations.

The accusation is that soya contains plant oestrogens (phytoestrogens) and that these could disrupt hormone levels in the human body. This is a projection made in 1991 by a New Zealand toxicologist who did a study in Bird Food, as opposed to human food, Isoflavones are the oestrogens found in soya as well as many other plant foods. They are a hundred to a hundred thousand times weaker than the other oestrogens with which they are being compared.

There are many oestrogen-like, hormone-disrupting chemicals in the general environment, produced in various industrial processes, including DDT, PCBs, dioxins and others. Phytoestrogens, such as those in soya, can dock onto oestrogen receptor sites on cells, and block out oestrogen not needed by the body, including some of those harmful oestrogen-like substances. The phytoestrogens are capable of balancing the oestrogens whether they are high or low.

As for the allegation that soya infant formulas are harmful, K.O. Klein of the Department of Clinical Science at the A.I. duPont Hospital for Children in Wilmington, Delaware, USA, reported in 1998 that soya-based infant formulas had been in use world-wide for over 60 years and studied in controlled research. He says the medical literature provides 'no evidence of endocrine effects in humans from infant consumption of modern soya-based formulas. Growth is normal and no changes in timing of puberty or in fertility rates have been reported in humans who consume soya formula as infants. [Nutritional Reviews 66:193-204,1998]. This is more authoritative than a study based on parrot feed.

We should also point out that cow's milk contains much mammalian oestrogens that will have a greater effect on humans than the soya product.

Harry Mather

The Australian Drought

Patricia Tricker is the International Co-ordinator for The Vegan Society. She has had contact with an Australian where they have suffered from extreme drought and he reported:

"it continues to perplex us here in Australia where we are experiencing severe ongoing drought, that the price of fruit & veges is continually driven upwards by drought conditions yet the price of meat, which takes so much more water to produce, never seems to be affected."

Religious Celebrations

The President of Slovenia, a state within the European Union, gave an Easter Message to his people in 2007. Dr. Drnovsek, who is a vegan said: "Would it not be more harmonious if we did not associate religious celebrations with ham and other non-spiritual symbols? Do so many animals really have to die when we celebrate a higher consciousness and attempt to develop spirituality?"

Feeding the World with Compassion

HIPPO is a food charity with a difference

What they share with other famine relief charities is a concern for the plight of many people in poor countries who do not get enough food of a sustainable quality to maintain them in good health, or even in life. What they do NOT share with many of those organisations is their enthusiasm for maintaining and increasing the numbers of farm livestock in what are often arid and ecologically fragile areas.

So the difference with HIPPO is that they have looked at the problem of world hunger from a new perspective. They have observed that all too often the 'solutions' being applied are unsustainable and damaging to the environment and ultimately damaging to the people they are meant to help. For them the 'Send An Animal' or 'Give An Animal' schemes are definitely OUT! Though the intentions of those who support such schemes are doubtless nothing but generous and good they are certainly misguided. Having lived, worked and travelled in Africa, the founder of HIPPO, Neville Fowler, assures us that the places where the goats are sent are already teeming with them! And the damage shows.

In many areas of the world, and Sub-Saharan Africa is a prime example, overgrazing by livestock is a major cause of deforestation and degradation, soil erosion, and flooding. The number of cattle, sheep and goats continues to increase commensurate with the growing population and an increasing demand for meat. Sadly instead of encouraging the indigenous people to properly value the traditional plant protein crops, many agencies have taught people that they need meat to make them healthy, and have fuelled their aspirations to have a 'western' diet. The World Land Trust of which the famous naturalist and TV personality Sir David Attenborough is the main patron, points out that a 1995 study estimated that the annual loss of land productivity caused by goats and other grazing animals was \$7 billion (£4 billion) in Africa and \$8.3 billion (4.7 billion) in Asia. They accuse the 'send-an-animal' charities of ignorance of the 'devastating environmental impact' of the promotion of animal farming. "It seems as if they don't understand the connection between habitat degradation and poverty.... If goats are given to such countries, not only will environmental damage increase but the poverty levels of the people that farm the goats will increase also."

The trend towards more meat eating is unsustainable locally, nationally, or globally. In a world where there is roughly half an acre of agricultural land for each person if equitably shared, it is quite clearly impossible for all but a minority of people to eat a diet that takes over five acres to produce. Already half of the Amazon rainforest has been destroyed and an area larger than Wales and nearly the size of Belgium is being cleared each year. Most of the cleared land is being used to grow food for cattle, pigs, and poultry in Europe and China. The people of China, once largely vegetarian or

almost so, now consume greatly increased quantities of meat and as a result China has moved from being a net exporter of food to being a massive importer. It is also suffering extensive and serious land degradation as a result of overgrazing. What is frightening is that China is so often seen as an exemplar for the developing nations that aspire to similar rapid 'modernisation'.

Farm animals convert on average only 10% of what they eat into meat or milk. A beef steer for example can produce enough meat protein each day to feed one man, but the vegetable protein it consumes would have fed nine men! Soya beans, the production of which is the cause of so much of the damage to the rainforest in Brazil, can be easily converted into foods for direct human consumption like Textured Vegetable Protein (TVP), nutritionally equal to meat and without the problems of disease organisms inevitably associated with flesh foods. This foodstuff may be used as 'meat' in most traditional local dishes. Above all it is not wasteful. Compare that with the 90% waste involved in feeding soya to livestock. Such a waste of food means a waste of land and of water. It takes 100 times more water to produce a kilo of meat protein compared with a kilo of plant protein. Soya is particularly useful because of its high protein content (40%) which contains all the essential amino acids for the human diet. But other pulse foods (like beans, peas and lentils), and nuts, also have high protein content and when eaten in variety with, say wheat bread, or other cereal foods or seeds, have all the protein required for human beings.

The extravagant diets originally adopted and promoted by the West and now being adopted by the East are set to lead the world into disaster, into famine on an unprecedented scale. The planet is suffering. Wild animals and plants are dying out, becoming extinct as their habitats are destroyed by encroaching agriculture. The climate is changing because of the loss of tree-cover. Trees are the lungs of the world and are also the essential link in the water cycle. They intercept precipitated rainfall, preventing immediate surface run off so that it enters the soil and replenishes aquifers, and they act like pumps to draw it out of the ground again and return it to the atmosphere as vapour making further rainfall possible. Through the worldwide 'burger-culture' we are destroying that vital process. Proposed solutions like intensified factory farming and genetic engineering of crops and animals will only serve to exacerbate the crisis, increase pollution and disease, and extend the suffering of animals and ultimately mankind too.

The remedy is in our hands. The idea that meat is needed for health is a complete myth. The opposite is true. Several long term studies comparing the health of vegetarians with the health of meat eaters have shown that vegetarians as a group are healthier, have significantly lower levels of heart and circulatory disease, and cancer, and on average live appreciably longer. You may feel that you

are unable to become a vegetarian, but you do not know what you can do until you try! It really is the best answer, for your own health and happiness, for the animals you will save from the factory farms and the slaughterhouse, for the hungry people of the world and for the care of the planet. Even so a resolution to eat less meat and other animal products, if not the ideal, will still be beneficial.

Neville Fowler, who wrote this article, is the founder and managing trustee of HIPPO. He is a qualified agriculturalist who served for 30 years as an advisor in MAAF (the UK Government Ministry of Agriculture, Fisheries and Food). He has also worked in the Caribbean. See also under Charities on Page 2 of this magazine

Animal Aid Achievements

Animal Aid works hard to protect animals across the UK and we get results! We:

- Played a role in stopping Cambridge University from building a primate testing facility.
- Stopped Focus DIY in Wyevale, Henley-in-Arden market from selling pets.
- Landed the shooting industry with a £20 million tax bill.
- Stopped horses being sold for meat at Ascot horse sales.
- Stopped Oxford City Council introducing horse-drawn carriages.
- Stopped Britain's largest bird fair from taking place.
- Blocked proposals for four reptile zoos.
- Stopped local councils from culling birds.
- Conducted an undercover investigation which led to the closure of Henley-in-Arden market.
- Conducted undercover investigations into the shooting industry's use of battery cages for breeding birds, forcing the leading pro-shoot lobby group to condemn such "horrific" conditions.
- Went head to head with the Royal College of Veterinary Surgeons over our right to criticise vivisection... and won.
- Stopped Makro selling live lobsters in its 30 stores.
- Stopped Asda, Morrison's, Somerfield, Waitrose, Co-op and Tesco from advertising pets for sale on their notice boards.
- Stopped pig racing events at a country fair.
- Forced John Lewis to disband its shooting club and end the rearing and shooting of pheasants on its estate.
- Our anti-vivisection leaflet, 'A Crying Shame' was the subject of a two hour GCSE English paper sat by more than 430,000 pupils.

We also:

- Launch regular undercover investigations into factory farms and markets.
- Produce in-depth reports to support our campaigns.
- Lobby politicians.
- Send out thousands of free education packs.
- Speak in around 300 schools each year.
- Campaign online through viral films, podcasts and networking websites.

Non-Animal Experimentation

Parkinson's Disease, which hinders the brain functions mainly in older people, cannot be studied in animals because they don't develop the disease. This disease was never really understood until 1960. An Austrian team led by Oleh Hornykiewicz performed autopsies on human patients at the University of Vienna. The knowledge at this point - established by these autopsies - was that this very specific human illness was caused by a very specific part of the human brain degenerating. The substantia nigra, part of the brain found in the basal ganglia, was badly affected. This was never likely to be uncovered in animals, who don't have a comparable basal ganglion. As an expert explains, animal models "do not reflect the complexities of the human basal ganglion."

The Vagueness of the Animal Model

Animal researchers are using animal models that bear little resemblance to the human condition.

The technique of applying a by-product of synthetic heroin (known as MPTP) creates the best animal model available, although the animals still have control over their motor functions and they recover without any treatment. To claim this is a good model for a complex condition that affects an organ as intricate as the human brain is ludicrous.

Given that the animals are a failed method, how has progress been possible against Parkinson's disease? As for the majority of illnesses, progress has been due to a combination of study of patients, autopsy, the use of technology, and a helping of luck.

Deep Brain Stimulation

The thalamus is a two-part brain section that has many important functions. Before the Hornykiewicz discovery, surgery was used to control Parkinson's Disease by removing both thalami. This had limited success, but it was in attempting this type of surgery, known as a thalamotomy, that a more striking method was discovered.

Deep Brain Stimulation enables patients to activate electrodes surgically implanted in their brains which calm the symptoms of the disease. This treatment was in fact pioneered by a French doctor, A.L. Benabid working at Grenoble University Hospital and was discovered by accident whilst he was working with human patients. He used a wrong frequency by mistake while using electrodes to aid a thalamotomy. Observing the effect, he studied it further using low-frequency electrodes on a seriously ill patient. It was successful and has been used around the world. The techniques owe nothing to animal experiments and could only have been discovered in humans.

Professor Tipu Aziz researches on brain diseases such as Parkinson's in Oxford using macaque monkeys. He is falsely claiming that he pioneered the work of others, as described above, which were all established before Aziz carried out any animal experiments. No doubt he wants to show that animal experiments are essential for medical research when in this case the opposite has been proved, in order to continue with the experimental methods he is trained in. He has been granted a licence to carry out research on Parkinson's disease which will allow the infliction of severe/substantial suffering on a macaque who has been named Felix. Ironically, Felix is Latin for 'happy' but he will suffer years of loneliness, fear and abuse, before an early death. He died recently and another macaque has taken his place. Research for human brain diseases carried out on monkeys is bound to failure because of the vast species difference in their brain size and structure. There is only a limited amount of funding that can go into research and spending it on futile animal experiments reduces the amount available for other ways that would be more efficient.

The picture below shows the difference in size and complexity between a macaque's brain and that of a human.

*This information was taken from a brochure by SPEAK (The Voice for Animals) PO Box 6712, Northampton NN2 6XR Tel.0845 330 7985 Email: info*AT*speakcampaigns.org*



Comparison of a macaque's brain (left) to that of an adult human (right). It does not take a scientist to note the obvious differences between the two in both size and complexity. How can we hope to find a cure for a complex, species specific disease by doing the research on such an obviously different structure?

Holistic Research

As a holistic therapist and a writer I am conducting my own research into the possibility of individuals dealing with health issues, addiction withdrawal, weight reduction and sports/physical training performance, getting support from auricular therapy (ear acupuncture without needles). Professionally applied at most clinics, the treatment will cost at least thirty pounds, or much more for a session, with often a number of sessions required. Yet the therapy is safe, often very effective and easy to self apply with guidance.

I am especially interested in those on a vegetarian and vegan diet using the therapy and being willing to offer feedback for experiences of positive results. I would require details of gender, age, reason for using the therapy, if vegetarian or vegan and for how long. In return I would supply a detailed ear map with locations relevant to the individual. I would send instructions for locating the points and securing the ear studs. Included would be forty micro magnetic studs on a transparent self adhesive plaster, sufficient for about one month with the average individual on my research approach.

The studs are almost invisible when applied and will last on average five days before being removed. It is very safe but I will not supply to anyone who is or may be pregnant or is planning to become pregnant. In addition I will not supply for use on infants, children, epileptics, or anyone on blood thinning medication. In addition if anyone has an allergy to metal or plaster they should avoid treatment. I would supply the treatment plan, instructions, feed back form and studs for just £5.00 to help off set my costs. All we ask in return is feed back for positive results. If the therapy helps we are willing to supply further studs and advice.

If you want to find out a little more about me please Google my name and address. For the past twenty years I have pursued evidence gathering on vegetarian and vegan muscle growth and plant protein. I founded Vegetarian and Vegan bodybuilding in 1993.

If anyone is a member of the vegan society and receiving treatment via the discount scheme with us it would be completely free. If not we appreciate just a £5.00 input to help us pilot the study. We will in time let you know of our findings that I feel will be promoting of a flesh free diet. May I thank you in anticipation if you are able to help in any way.

*The D.A.F Clinic, 17 Inglewood Road, Rainford, St Helens, Lancashire, WA11 7QL. Tel: 01744 884173. Text only: 07723 681840. dafclinic*AT*hotmail.co.uk.*

Holistic chiropody / podiatry, vegetarian and vegan nutritional therapy, reflexology, auricular therapy, physical therapy and more Auricular therapy home application study.

**Don't Buy Your Shoes
From a Butcher**

Poetry

Talking Turkeys

Be nice to your turkeys dis christmas,
Cos' turkeys just wanna have fun.

Turkeys are cool, turkeys are wicked
And every turkey has a Mum.

Be kind to your turkeys dis christmas
Don't eat it, no, keep it alive.

It could be your mate and not on your plate.
Say Yo! Turkey I'm on your side.

I got lots of friends who are turkeys
And all of them fear christmas time

Dey wanna enjoy it, they say humans destroyed it
And humans are out of their minds.

Yeah, I got lots of friends who are turkeys
Dey all have a right to a life,
Not to be caged up and genetically made up
By any farmer and his wife

Nar, turkeys just want top play reaggae

Turkeys just wanna hip-hop
Can you imagine a young turkey saying
I cannot wait for the chop.

Turkeys like getting presents,
Dey want to watch Christmas TV,
Turkeys have brains, and turkeys feel pain
In many ways like you an' me.

I once knew a turkey called Turkey.
He said "Benji explain to me please,
Who put de turkey in christmas

An' what happens to christmas trees?"

I said "I am not too sure, turkey
But it's nothing to do with Christ Mass.

Humans get greedy and waste more dan need be
And businessmen mek loadsa cash."

Be nice to your turkey dis christmas

Invite dem indoors for some greens

Let dem eat cake and let dem partake

In a plate of organic grown beans,

Be nice to your turkey dis Christmas

And spare dem de cut of de knife,

Join Turkeys United and they'll be delighted

And you will mek new friends 'FOR LIFE'

Benjamin Zephaniah

He who offers you fruit gives you food for one
day.

He who offers you seedlings gives you a
lifelong food supply,"

says Mrs. Sambo Compaore a beneficiary of
Tree Aid in Africa.

**Spare a Bird and
Give the feed to a Hungry
child**

Send in your thoughts...

Did any Book or Books influence your
decision to go Vegan?

Was it talking to others or maybe the web or
email that changed your mind?

Or maybe a particular experience in your life.

Do you have a particular recipe book that you
rely on?

Did a particular Recipe Book help you to turn
vegan?

Did you find it difficult to go vegan or maybe
still do?

Why? Were family and friends a problem, or
maybe still are?

We would love to have your views.

Don't have a corpse

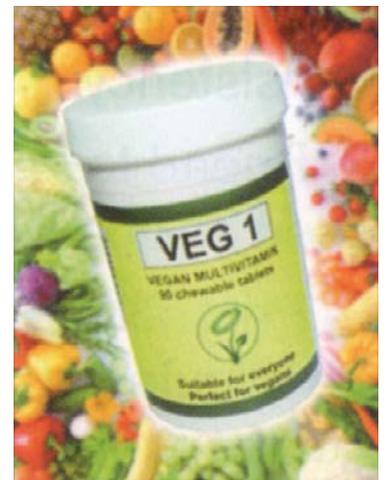
On your table

This Christmas.

Veg 1 Supplement

For those who still have doubts that they may
not be getting adequate vitamins in their vegan
diet, the Vegan Society has prepared Veg 1
vitamin supplement.

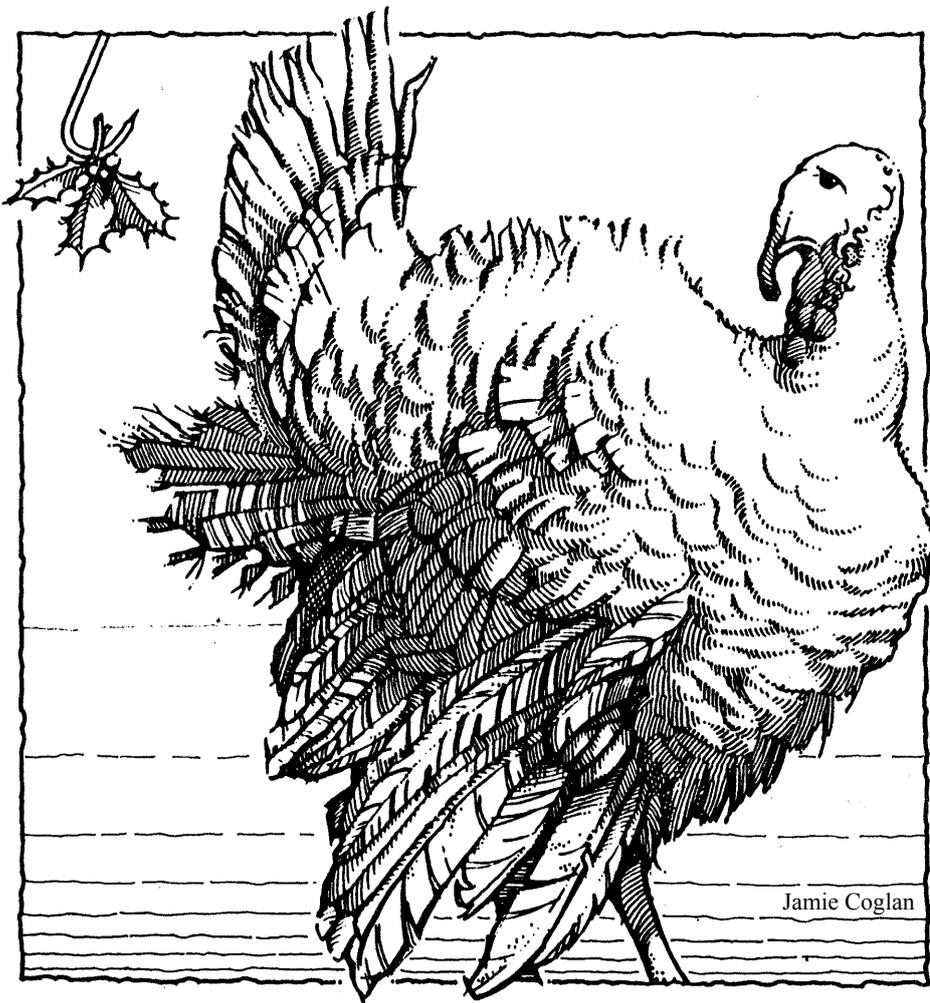
Phone the Vegan Society on 0121 5233 1731
or Email sales*AT*vegansociety.com



**A kilo of top quality
seeds is enough to sow
around 300 mango or
2,000 baobab trees.**

If it has a face and feelings

Don't eat it.



MEANWHILE ON TOFUTRACY ISLAND...

THE STORY SO FAR. IT'S THE YEAR 3000AD. THE WHOLE WORLD IS NOW VEGAN AND PEACEFUL. HOWEVER IN A FAR AWAY GALAXY AN EVIL RULER ON MEAT PLANET HAS SENT A HUGE MEAT MEATEOR HURLING TOWARDS EARTH TO KILL OFF ALL LIFE SO HE CAN INVADE!!

HE WILL THEN USE EARTH TO KEEP MUTE CATTLE TO MAKE BURGERS

M.M...MR. TRACY!! WOULD YOU LIKE TO SEE MY NEW INVENTION? A VEHICLE MADE ENTIRELY OF TOFU AND VEEZE. I CALL IT THE TOFU MOBILE!!

HERE IT IS!

I ALSO HAVE BICYCLES MADE OF COUS COUS AND RECYCLED HUMAN WASTE. WOULD YOU LIKE TO SEE THEM??

BEEP! BEEP!

IT'S VERY INTERESTING GRAINS

ER... NO THANK YOU!

ISN'T THAT THE ALARM

A CALL FOR HELP!

IT'S VEGANBIRD 5! SNOT TOFU HAS AN URGENT MESSAGE FOR US!!

LOOK!!

BLASH! BLASH!

HE'S CALLING FROM OUTER SPACE IN EARTH'S ORBIT!!

THIS IS SNOT TOFU. URGENT. I HAVE JUST SPOTTED A MASSIVE OBJECT HALF THE SIZE OF THE MOON...

IT'S ON A COLLISION COURSE FOR EARTH! IT'S ODD! IT DOESN'T LOOK LIKE AN ASTEROID! IT SEEMS TO BE MADE OF HUM... BZZZZ W W W W

VEGANBIRD 5

HA! HA! I OVERRODE THE SIGNAL! IT IS I, TOFUNOMANCHEW, RULER OF MEAT PLANET! I CREATED THE ASTEROID! IT WILL KILL ALL LIVING THINGS ON EARTH!!

THE VEGANBIRDS ARE GO!!!

V.E.G. SCOT! LETS GO!

YOU PATHETIC VEGANS! YOU CANNOT STOP ME! HA! WHEN YOU ARE DEAD I WILL COVER THE EARTH IN MEAT EATERS AGAIN! HA! HA!

VEGANBIRD 1 IS IN ORBIT!

VEGANBIRD 1 TO BASE... WE HAVE THE ASTEROID IN VIEW! I WILL CHECK THE SITUATION OVER... BZZZZ

HOLY CHEATIN HAM.... LOOK AT THAT!

SCOT TOFU SEES THE MEAT METEOR ON THE SCREEN

THIS IS VEGAN BIRD 1. THE METEOR IS HUGE! TIME BEFORE IMPACT ON EARTH! 24 HOURS! WE WILL NEED A MIRACLE TO SAVE VEGAN EARTH! THIS IS TOO BIG FOR THE VEGANBIRDS!!

HERE I COME! READY OR NOT!!

EEEK!

DEATH TO VEGANS. LONG LIVE THE MEAT EATERS!!

ZOOM!

LENTILSCREEN!

TO BE CONTINUED!!

Vegan Organic Growing



By Graham Cole, pictured here with one of the Hybrid Hazels in memory of Ivor, Holywell Woodland Garden, where he works

Herbs-Part One

Pre-packed herbs from shops and supermarkets are quick and easy to use but the range is limited and you will get more for your money if you grow your own.

Looking ahead to the next growing season some herbs are short-lived annuals that grow, flower, set seed and die in one growing season. This rapid life cycle means that these herbs are fast enough to sow and grow several crops in a single summer, for example, coriander, dill and basil.

Perennial herbs can live for several years. They may be shrubby evergreens like rosemary, bay, thyme and sage, or die down in winter to sprout up again the following year like mint, chives and fennel.

Some borderline tender herbs such as lemongrass, French tarragon and lemon Verbena would struggle in colder parts of the UK in winter except for more southern and warm sheltered urban sites. I have a large lemon verbena bush over 5 years old up against a south-facing wall that sprouts its leaves again each Spring providing lots of material for refreshing teas, and the leaves can be dried easily for storage and use in winter.

Many common kitchen herbs are now available in shops as potted plants with basil, coriander and parsley being sold as a collection of seedlings crammed into the pot. Trim back to about 5cm (2in.) from base then carefully separate the individual plantlets and re-pot each in its own container (small flowerpot).

Basil

One of the most popular herbs basil with its warm pungent flavour needs sun and warmth

and can be sown from the end of March in a greenhouse or sunny windowsill.

It is sensitive to cold so only plant outside when all frosts have passed. A large pot on a patio or near a wall or in a pot in the greenhouse or frame will be ideal. Once young plants reach about 15cm (6in.) tall remove shoot tip to encourage more leafy growth and a bushier plant. Water sparingly and remove flower spikes-these stop the plant growing new leaves. Make a final sowing in July/August to give fresh basil in autumn.

Varieties...Sweet basil has the classic taste. Greek basil is compact and bushy with tiny leaves, so no need to chop up. Green ruffles has the classic basil flavour with a crinkly leaf texture. Purple ruffles has the crinkly purple leaves.

Chives

Essential in the kitchen herbs, simple to grow outside in the ground or perfect in pots.

Sow seed in March to April direct in ground or containers, or buy plants from a garden centre. Chives like a rich, moist soil in a fairly sunny position. Ensure pot-grown plants are well-watered so they produce fresh leaves. The purple pompom flowers are also edible. They die right back in the winter, rejuvenate plants by dividing every 3 or 4 years. Cut leaves with scissors just above ground level and they sprout within a short time again. A larger type called garlic chives is also available.

Mint

The flavour of mint as a garnish for potatoes, peas or salads is a delight and the best way to grow is to buy established plants when garden centres have good supplies in the spring. Dividing a clump from a friend is an easy way

or a cutting-they root easily in water. All mints are invasive so they are best confined in containers, free standing or plunged in the ground. Mints should be renewed every few years by lifting out and saving some of the pale, young underground stems with lots of buds and discarding the rest. Mint prefers moisture and light sun to shade so keep well watered.

Varieties.... Spearmint, the familiar one with long pointed leaves. For food teas and salads choose Moroccan and Tashkent mints. Applemint has a mild flavour with rounded woolly leaves. Black peppermint -strong and ideal for flavouring and tea.

There are many other types.

Fennel

Strong aniseed flavour with delicate foliage and seeds for flavouring sauces, bread, salads, tea.

It is also a valuable beneficial insect attractor and soon reaches 1.5m high and produces large spreading heads of pale yellow flowers. Easy to grow from seed and if allowed can self seed easily! Good at back of garden borders, corners and edge of kitchen garden plots.

Green or common fennel or bronze fennel with attractive purple feathery leaves.

To be continued...

Winter

Dormant months and shorter days, but several things can be done in preparation for next year.... Order, buy and plant in milder weather soft fruit plants, fruit trees, roses etc. On ground not covered by green manure plants try to spread a good layer of organic matter(leaves, leafmould, composted bark, chipped branch wood, straw etc.) over bare land to cover, protect and nourish in long term.

Browse seed catalogues indoors in the warm and send off orders and may your 2008 growing season be the best ever! Good growing if it will be your first!

Seed, Plants & Sundries

Tamar Organics www.tamarorganics.co.uk. Cartha Martha Farm, Rezare, Launceston, Cornwall PL15 9NX. 01579 371087. For all seeds and Animal-Free Fertilisers.

Agroforestry Research Trust www.agroforestry.co.uk. Tel: 01803 840776. For plants and seeds.

Suffolk Herbs, Monks Farm, Kelvedon, Colchester, Essex, CO5 9PG. 01376 572456. www.suffolkherbs.com

Contacts

Vegan Organic Network (VON) www.veganorganic.net. See p 17 for full details.

A Festive Meal

Vegetarians a hundred years ago shunned the Victorian association of Christmas Dinner with gorging on a huge turkey, as promoted by the story of Scrooge in Dickens' story - a Christmas Carol. It should be noted that in those days ordinary people like his clerk Bob Cratchet would not eat meat every day, whereas today several turkey dinners are eaten before we even get to 25th December.

Early vegetarians adopted a ritual of substituting a nut roast for the turkey. Some veggies today seem to turn up their noses at the very word of nut roast. This may be due to some ready made nut roasts that are sold, which are very different from the original. We therefore present what the original recipe was in the hope that we can correct any misconceptions.

The original basic recipe for a nut roast comprised of a roughly equal quantity of milled nuts and breadcrumbs, combined with onion, tomato, a herb (such as sage) and yeast extract and baked in the oven.

Nut Roast

Here is a recipe that will serve about 4.

8oz breadcrumbs (wholemeal preferred)

8 oz milled nuts (brazils and hazels are good)

one good sized onion, chopped

one large tomato, chopped (canned may be used)

1 teaspoon dried herb (like sage)

1 teaspoon Yeast Extract (such as Marmite)

1/2 pint water or stock.

Method

It is best to lightly fry the chopped onion for a few minutes till softened and bring out the flavour

Add tomato, herb and yeast extract and cook in water till well mixed.

Add nuts and breadcrumbs, stir in well and add water if necessary to make a consistency that will drop lightly off your wooden spoon.

Place in a lightly oiled loaf tin and cover with foil to prevent hardening of the top layer.

Bake in hot oven about 40/45 minutes.

Celery Soup

3 or 4 sticks of celery (about 8 oz), chopped

1 medium sized onion, chopped (about 4 oz)

2 tablespoons vegetable oil

1/4 pint water or stock

Seasoning as desired (herb, salt)

Method

Heat the oil. Add chopped onion and celery. Stew about 5 minutes till oil absorbed. Add stock and seasoning.

Bring to boil and simmer for about 20 minutes. Whizz in food mixer if desired.

RECIPES

At the end you may add a little (soya) milk and/or thicken with a little flour.

If you prefer a Mushroom Soup, substitute 8oz of mushroom for the Celery.

OR

Jerusalem Artichokes Soup

1lb Jerusalem Artichokes

1 onion

1oz margarine

2 tablespoons wholemeal flour

1 pint vegetable stock

1 teaspoon yeast extract

pinch of seasoning (pepper, mace)

Method

Peel and slice the onion and the artichoke. Some artichokes are tricky to peel but it can be done.

Sauté until softened, then simmer for 15 minutes.

Liquidise the soup, stir in the flour, then reheat.

Plum Pudding

Presumably this was originally a pudding with plums dried for the winter. Later we have substituted currants and raisins that come from dried grapes. Here is a vegan recipe.

1/2 lb wholemeal breadcrumbs

4oz currants

4oz sultanas

4oz raisins

4oz brown sugar

6oz margarine

1/4 lb boiled potatoes

4 oz grated carrots

juice of 1 lemon

1 teaspoon mixed spice

1 teaspoon grated nutmeg.

Method

Mix the carrots and sugar first, then mash potatoes and add these. Next, breadcrumbs, fruits and seasoning and lemon juice. Stir well. (You can get others to give it a stir by telling them that if they make a wish whilst stirring, that wish will come true).

Grease a pudding basin and fill it 3/4 full. Cover it. If your basin does not have a lid, you cover it with greaseproof paper and tie the rim securely with string.

Place in pan of water with a lid. Keep the water below level of the top of the basin and check

water level from time to time during 5 hour steaming. Using a pressure cooker will greatly reduce steaming time. Also quicker if baked, but may not taste as good.

Vegetable Barley Soup

4oz Barley

1 tablespoon of oil

1 crushed clove of garlic

1 grated carrot

3 sticks of celery, chopped

1 1/2 pints veg stock

1 tablespoon chopped parsley

salt and pepper to taste.

Method

Heat the oil and sauté the garlic, onion, celery and carrot until soft. Then add stock and barley, parsley and seasoning. Bring to boil and simmer for at least one hour.

Layer Cashew and Mushroom Roast

Serves 6 or 8

1 tablespoon of oil

1 onion, chopped

2 cloves of garlic. crushed

8 oz cashew nuts

4 oz fresh breadcrumbs

1 teaspoon sage or other herb

3 small potatoes

OR

3 medium parsnips cooked and mashed with oil

1 tablespoon Yeast extract

1/4 pint hot water or stock

8 oz mushrooms, chopped

Method

Preheat the oven to Gas Mk 4. 350°F, 180°C.

Heat the oil and fry the onion and garlic until soft. Grind the cashews in a nut mill or blender, then mix them with the breadcrumbs

Mix the herbs into the mashed potatoes (or parsnip) add the onion and garlic and yeast extract, dilute the latter with the water and add to other ingredients, also the seasoning.

Fry the mushrooms in a pan and sauté until soft

Grease a 2lb loaf tin and press in half the nut mixture. Cover it with the mushroom then top with the rest of the nut mixture.

Cover with foil and bake for 1 hour.

Remove from oven and allow to stand for 10 minutes before turning it out.

Delicious hot or cold.

Can be served with tomato or mushroom gravy.

Tomato and Garlic Sauce

1 clove of garlic, crushed
1 oz marg
1 tablesp wholemeal flour
½ pint vegetable stock
2 tablesp tomato puree
Pinch of basil
Black pepper to taste
1 tablesp chopped fine parsley

Method

- 1) Melt the marg in a pan and saute the garlic for one minute until soft but not brown.
- 2) Stir in flour and cook for a further minute until "sugary" in appearance.
- 3) Remove from heat and add the stock a little at a time, stirring vigorously to avoid lumps. Add tomato puree, basil, parsley and pepper, stir well.
- 4) Return the pan with a gentle heat and bring to the boil, stirring continuously until the sauce has thickened.
- 5) Remove from heat and allow to stand for 30 mins. Before reheating to serve (this allows the full flavour to develop).

Amanda Sweet.

Fruity Parsnips

2lb parsnips
4 tablesp orange juice
1 tablesp lemon juice
3 tablesp brown sugar

Method

- 1) scrub parsnips and remove any bruised parts. Slice into long "chip" shapes and parboil for 5 mins until soft.
- 2) In an ovenproof dish, place the juices, sugar, marg and mint or basil. Put in the oven Gas6/200°C/400°F for 5 mins until marg has melted. Then put parsnips in and baste well.
- 3) Bake for 20 mins. Drain liquid off to serve. (Note: any juices left make an excellent base for sweet and sour sauce, so don't waste it).

Rosemary Sautéed Potatoes

2lb potatoes, well scrubbed
2 tablesp oil
1 oz marg
1 teasp rosemary

Method

- 1) Chop potatoes into small cubes with the skins left on and parboil until soft but still holding their shape (about 5 mins).
- 2) Add the rosemary to the oil, then tip in the potatoes. Baste well with the fat and return it to the oven (top shelf) for one hour until soft. Drain off the potatoes. Meanwhile, melt the marg and oil together in a roasting dish on Gas 6/200°C/400°F for 5 mins until soft, brown and

crispy. Baste a couple of times during cooking time to prevent top one

Sprouts à la Crème

If your children won't eat sprouts try this...

2lb Sprouts
8 tbsp Soya Cream
2 oz marg
Pinch of fresh nutmeg
Black pepper

Method

- 1) Cook sprouts in boiling water until tender (5mins)
- 2) Liquidise the sprouts, milk, marg, nutmeg and pepper to a smooth puree.
- 3) Reheat in the oven, covered with foil and serve garnished with fresh parsley

Baked Onion with Cumin Seeds

8 medium size onions
100 ml (6 tablespoons) of water
60 ml (4 tablespoons) of red wine or grape juice
2 tablespoons of cumin seeds.
1 teaspoon salt.

Method

Pre-heat the oven to 200°C/400°F/Gas Mk6

Put the whole unpeeled onions into a pan of water, bring to the boil and simmer for 2 minutes. Drain and skin them.

Put in an ovenproof dish with water, wine, salt and cumin seeds and bake for 45 minutes or until soft, turning from time to time, adding more water if it tends to dry out.

Serve hot.

Potatoes in Garlic and Parsley 'Butter'

This is the mixture used as a stuffing by those who eat snails

1lb (450g) potatoes
3oz (75g) vegan margarine
2 cloves of garlic, crushed
1 bunch of parsley, chopped
1 tablespoon vegan 'cheese'

Sea salt and pepper

Method

Preheat the oven to 180°C/350°F/Gas Mk4

Boil the potatoes till they are cooked but still crunchy and slice them.

Melt the marg in a frying pan and stir in the garlic and parsley. Cook gently for a few minutes, then add salt and pepper.

Pour over the potatoes sprinkle the 'cheese' over them and bake them for 5 to 10 minutes in the oven

Boxing Day

It is assumed that the name comes from the practice of tradesmen going round with a collecting box to receive donations at this time of geniality and relaxed friendliness.

For most of us it is a day when we feel rather overfull and needing to take it easy. My mother used to present us with a simple meal of boiled red lentils with some butter, I think, to which onion could be added for a better flavour. It might be seen as lental fare. A complete fast to rest the stomach could be advisable but this would seem unsuited to the occasion, so lentils may be quite suitable for Boxing Day.

Or you may be more attracted to the old-fashioned dish of Pease Pudding made with yellow split peas as follows:

Pease Pudding

1 cup dried split peas
1 onion
1 to 2 tablespoons of oil
1/2 teaspoon dried sage or mixed herbs
salt and pepper to taste

Method

Soak the peas overnight or for one hour in boiling water

Rinse then place in a pan with enough water to cover.

Simmer for 35 minutes until soft

Meanwhile, finely chop the onion and fry in oil with herbs until soft.

Add the split peas and stir thoroughly with the seasoning

Remember to have at least a little raw food with your Festive Meal. A Celery stick at tea time would be better than nothing.

One Man's Meat is Another Man's Starvation

Farm animals waste food. 90% of what they consume is used to maintain or replace their body cells and to produce energy, warmth, skin, hair, horn, bone, and methane. Only 10% is recoverable as meat or milk.

Britain imports over 30 million tonnes per year of vegetable protein foods to support its farm livestock - enough to provide protein needs of at least 3 million human beings.

**Be kind to your friends
By Not Eating Them.**

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.

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

London Vegans meet on last Wednesday of the month (except December) 6:30-9:30pm at Millman St Community Rooms, Millman St, London WC1. 24 hour info line: 020 8931 1904. Web: www.londonvegans.org.uk.

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

Bedford Vegetarians Web: www.bedfordvegetarians.co.uk.

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

Vegan Essex meet 1st Tuesday every month at Brentwood School Sports Hall (Courage Hall, Middleton Hall Lane). Web: <http://essex.veganfestival.org>.

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

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

Norfolk Vegetarian & Vegan Society Jane Johnson, 17 St Austins Grove, Sheringham, Norfolk, NR26 8DF. Tel. 01263 821609. Web: www.vegfolk.co.uk.

Vegetarian lady in **North Cornwall** interested in starting a group for other veggies & vegans in the area. Emphasis will be on socialising and animal welfare issues/campaigns. Phone 01208 850530.

Solent Vegetarians & Vegans Social events and stalls. Web: www.solentveg.org.uk.

Bournemouth Vegetarians & Vegans Tel. 01202 555712. Web: www.solentveg.org.uk/bvv.

Isle of Wight Vegetarians & Vegans Tel: 01983 407098. Web: www.iwvv.org.uk.

Penzance Vegans social group currently meet each Wednesday, 8pm in the Bath Inn pub (right-hand bar), Cornwall Terrace, Penzance. To confirm details, please call 01736 786473 or email wilf_frith*AT*lineone.net. Web: www.wiz.to/penzancevegans.

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

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

Andover Veggies and Vegans, for all vegetarians and vegans who live near Andover in Hampshire, also welcome all able to travel to Andover for meetings. email: andoverveggiesandvegans*AT*yahoo.co.uk.

WALES

Swansea Vegans usually meet on third Monday of month. Contact Bob Lewis at 17 Pheasant

To publicise your meetings, appeal to meet vegans or request penpals, please send details for this page.

The Vegan Society have their own local contacts - see the Vegan magazine for details, or their website at www.vegansociety.com for a list.

The Vegetarian Society have affiliated local groups and information centres which often include vegans - see www.vegsoc.org/network for a list.

Road, Trebanos, Pontardawe, Swansea SA8 4DN.

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

Angel Magic Psychic clairvoyant insight and loving guidance. Life coaching and counselling. Powerful, transformational healing can help you in any area of your life. Learn how to transform our world into a vegan paradise with angelic help. Tel Pippa 01425 479149.

MIDLANDS

Leicestershire Vegetarian/Vegan Group Web: www.leicesterveggies.org.uk.

Shropshire Malcolm Cramp Tel: 01952 432874. Malc*AT*c3173.freeserve.co.uk.

Nottingham Animal Rights Nottingham's all vegan social club meets on alternate Thursdays at 7.30pm at the Sumac Centre, 245 Gladstone Street, Forest Fields, Nottingham. Phone 0845 458 9595 for details. Email: nar*AT*veggies.org.uk or see www.veggies.org.uk/nar.

Veggies Catering Campaign, based in Nottingham, co-ordinating all things vegan at www.veggies.org.uk/nvvs.

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

NORTH

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. Tel: 01482 471119.

Manchester Vegan Society meet on last Saturday of the month from 1pm at The Basement, 24 Lever Street (off Piccadilly Gardens) Manchester. Children Welcome. Tel: 01204 465426. E: sarahalliez*AT*yahoo.co.uk. <http://groups.yahoo.com/group/manchester-vegan-society>

Manchester Vegetarian and Vegan Group. A large and lively social group and email list for all vegans and vegetarians around Manchester. Regular meetings and a friendly email discussion list. Visit www.mvg.co.uk or call Mike on 01204 654401

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. Web: www.leedsveg.co.uk.

North Riding Vegetarians & Vegans Meals, walks, theatre etc. Patricia, tel/fax 0845 458 4714 (BT local rate). Email: patricia*AT*p-m-t.freeserve.co.uk.

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

SCOTLAND

University of Glasgow Vegan Society www.gla.ac.uk/clubs/vegan

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, 21 Hylton Street, Hockley, Birmingham. B18 6HJ. Tel: 0121 523 1730. Local rate: 0845 458 8244. Web: www.vegansociety.com. The Vegan Society publishes *The Vegan*, a quarterly magazine which members receive. Also available from a few shops.



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

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

The Movement for Compassionate Living (The Vegan Way) founded by Kathleen Jannaway, works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation. Annual subscription £5 (or what you are able to afford) includes the quarterly journal *New Leaves*. Secretary/Membership/Treasurer: Irene-Sointu 105 Cyfng Road, Ystalyfera, Swansea SA9 2BT. Tel. 0845 458 4717 or 01639 841223. www.MCLveganway.org.uk. Distribution of booklets, leaflets is c/o Veggies 245 Gladstone Street, Nottingham NG7 6HX Tel: 0845 458 9595.

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 VON, 80 Annable Road, Lower Bredbury, Stockport SK6 2DF. Email info*AT*veganorganic.net. Membership and enquiries 0845 223 5232 (local rate). www.veganorganic.net.

Plants for a Future. Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: www.pfaf.org.

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

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

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. 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@AT*virgin.net.

VEGCOM stands for "vegan/VEgetarian acCOMmodation". It is a free accommodation listing service for vegans and vegetarians looking for somewhere to stay or offering someone somewhere to stay. It can be accessed from the London Vegans website: www.londonvegans.org.uk. Copies can be requested by post, by e-mail or fax. It now covers most of UK. To have your accommodation requirements listed go to www.vegcom.org.uk/lv and complete an "Accommodation Offered" or "Accommodation Wanted" entry form under the relevant section. Unless you specify otherwise, entries are listed for three months. For regional listings go to www.vegcom.org.uk. Please word your entry exactly as you want it to appear. Distinguish between vegetarian and vegan if this matters to you and note that some vegans drink alcohol and/or smoke. You can contact: By post, London VegCom, 7 Deansbrook Road, Edgware HA8 9BE (with SAE). Fax, 020 8931 1904 (24 hours). Email: London*AT*vegcom.org.uk, in plain text with no attachments.

South Devon B&B. Beautiful cliff-top/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. 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.

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.

France, Auvergne Guest House in Auvergne, France. www.lagarnasette.com

Yorkshire. Hebden Bridge is a wonderful place to walk and an interesting town to visit. Myrtle Grove B&B, is spacious, homely and comfortable, in a scenic and quiet location. Vegetarian, vegan and organic, it will also cater for other dietary requirements. 01422 846 078. www.myrtlegrove.btinternet.co.uk.

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.

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.

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 Bleuette, Douceur et Harmonie, 'el Fait', 66230 Serralongue, France. Tel: 00 33 4 68 39 62 56. Email enthousiasme*AT*wanadoo.fr.

BOOKS

Spicy Vegan: by Sudha Raina contains about 133 delicious spicy, easy to cook recipes based mainly on North Indian cooking. Available through your local bookstore, amazon.co.uk and amazon.com and from the publishers. ISBN 1-84401-249-2. Published by Athena Press, Queen's House, 2 Holly Road, Twickenham TW1 4EG. Tel.+44 (020) 87440990. Fax +44 87443100. Email info*AT*athenapress.com. Distributed in UK by Gardners and in USA by Ingram and Barnes and Noble. www.spicyvegan.co.uk.

October Books is a not-for-profit cooperative bookshop in Southampton selling radical and general books. We also sell a range of vegan books and vegan wallcharts by mail order, which allows people to avoid using big companies like Amazon. Unlike most other mail order companies, we send orders out in used packaging materials to minimise the environmental impact. Download our vegan mail order catalogue from www.octoberbooks.org/veg. October Books, 243 Portswood Road, Southampton SO17 2NG. Open: 9am-6pm Mon-Sat. Tel: 023 8058 1030.

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.

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.

Paranormal Vignettes from the life of Helen Bevan. A 60-page spiral-bound book with photos, containing 17 chapters of short descriptive essays of her early life and some of her paranormal experiences in various fields,

eg. clairvoyance, healing, past lives. £6.40 inc. p&p from Helen Bevan, 46 Court Road, Oldham Common, Bristol BS30 9SP.

CAFÉS & RESTAURANTS

The Retreat - Café in Swansea serving 99% vegan food. 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*AT*TheRetreatCentre.org.

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

Wessex Tales wholefood vegan restaurant. Licensed 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.

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.

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.

CATERING

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

GENERAL

Vegan Cookies - new online shop. All cookies 100% vegan and 100% yummy. Go to www.henleyscookies.com

All Green and Toxic Free supplies certified organic and 100% natural skincare, cosmetics and baby gifts. Also require Sales Consultants. Visit www.allgreenorganics.com. Some products are "vegan friendly" but may contain organic beeswax. Baby clothes are from 100% natural cotton.

Ethical Website and Graphic Design by Applegreen Designs. Wide range of professional services available at competitive rates. 10% discount to Viva!, Vegan Society and Vegetarian Society members. For more information visit www.applegreendesigns.co.uk.

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*AT*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 Vegetat, The Vegan Society, 21 Hylton Street, Hockley, Birmingham BH18 6HJ. Tel: 0121 523 1730.

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*AT*p-m-t.freeseerve.co.uk.

Welhealth Fruit Farm (North Wales) All year round vegan camp! On Forest Garden Land. We are down shifting, co-operative anticonsumerist, 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.

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*AT*hotmail.com.

Meat is Murder Self-Inking Rubber Stamps £8-50. 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. **Campaign tee-shirts, toys** send stamp for list or see e-bay shop A11 LOVe. Vernon, 15 Millbrook, Fence in Pendle, Lancs BB12 9PE. Email: alllovandlib*AT*onetel.com.

www.vegansrock.net I run a vegan forum network on line at www.vegansrock.co.uk. Many topics other than veganism are discussed in a pleasant, friendly atmosphere, from permaculture, environmental sustainability or vegan consumerism to computer games, anime & books. We're friendly, informative & eccentric, pleasant when we meet new people. Feel free to drop in.

Wines For a great selection of Vegan Society approved wines go to: www.smithfieldwine.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!

Vegan Beauty by Skinvac - Chemical Free. For acne control (See it work b4 you buy, online video of pores unclogged instantly!) Soapless Deep Daily Cleansing and Non-drying Exfoliation. Reusable, Affordable & Effective. Available from ebay.co.uk & www.skinvac.com. Listed on Peta.org.

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

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 antioxidant. 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. Web www.foodalive.org.

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

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.

Acupuncture & Chinese Herbal Medicine. Also diet and lifestyle advice based on Chinese Medicine principles. Qualified and insured vegan practitioner. Member of the British Acupuncture Council and the Register of Chinese Herbal medicine. Appointments in Dewsbury, West Yorks. Mark Popplewell IIMRCHM MBAcC Tel. 01924 462261

Tai Chi. Slow down and get fit. Wouldn't you like to improve your energy, posture, balance and general health? Thursday 5.30 to 6.45pm at St.Michael's Church Hall, Westgate End, Wakefield. Lots more local classes. Qualified insured instructor, 25 years experience. Mark Popplewell Tel 01924 462261. www.ewta.co.uk

Stardust Therapies (Southampton) Practising at home, visits in the local area by arrangement. Reasonable rates + concessions + 10% discount to Vegetarian Society/Vegan Society/Animal Aid/Viva!Vegan Organic Network members. Ziggy Woodward MIGHT. 023 8064 3813. www.stardust-therapies.co.uk.

Bowen Technique is a gentle non-evasive, remedial therapy which can be performed over clothes. It can help people with a variety of problems from back-pain to migraine, from stress to IBS. For more information and appointments see website www.BowenTechniqueWolverhampton.co.uk or call 01902 745094 and ask for Catherine Clements.

Raw Gaia skin care products 100% organic vegan plus some essential oils. www.rawvegan.com

PERSONAL

Tree hugging veggie lady early 40s would like pen pals. Interests include animal welfare, walking, reading, yoga, alternative therapies & healing. All letters answered.

Online Matchmaking for People who care about humans, animals and the environment. Detailed search on hundreds of criteria. Meet other vegans and vegetarians in your local area! www.ethicalsingles.com

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

VeggieRomance.com 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. Go to www.veggieromance.com create a profile then Email info*AT*veggieromance.com with the promotional code VEGANVIEWS in the subject line.

NEW Vegan Male looking for vegan female willing to travel and go on protests. I am a young 60 year old activist. Bob Lewis, 17 Pheasant

Road, Trebanos, Pontadawe, Swansea SA8 4DN.

NEW Male vegan, 52. Interested in nature, environmental issues, nutrition, books and outdoor activities (walking, cycling, running, camping, gardening etc) seeks female for a friendship and relationship, with a view to starting a family together. Location not important. Box. 113/1.

SHOES

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

Freerangers sell animal free footwear. Send for brochure to 87 Derwent Street, Chopwell, Newcastle upon Tyne NE17 7HZ. Tel: 01207 565957. Web www.freerangers.co.uk

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

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

Shoe Repairs Shoe Mate, Silver Street, Axminster, Devon EX13 5AH. Tel: 01297 631133. Vegan-owned shoe repair shop. Vegan materials used. www.vegancobbler.co.uk (website under development). Formerly called *Total Liberation* and *Lyme Leisure*, but no longer selling shoes.

Sustainable shoe line from premier outdoor and travel brand Keen Hybrid Footwear. The Ventura (£49-99) is 100% vegan (no leather, no glues) - a take on the modern sneaker with canvas upper, fully breathable footbed from jute & natural latex, natural rubber outsole. For stockist information and details of range call 0800 612 9292. www.keenfootwear.co.uk. Adheres to Human Rights Production Standards.

Useful websites

General

www.veganvillage.co.uk
www.btinternet.com/~bury_rd (Vegan News: free on-line magazine)
www.eco-centric.co.uk (A website for vegans and people interested in alternate lifestyles in the UK/Ireland)

www.arcnews.org.uk (animal rights new)
www.realfood.org.uk (vegan campaign group)
www.veganbuddies.org.uk
www.veggievision.com (internet TV station)

Lists of Veggie Restaurants & cafés

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

Travel

www.vegetariansabroad.com

Vegan Products Guides

www.isitvegan.info (vegan foods/drinks)
www.isitveggie.com (vegan foods/drinks)

Vegan online shopping

www.crueltyfreeshop.com (Dr Hadwen Trust)
www.viva.org.uk
www.animalaid.org.uk
www.veganstore.co.uk
www.octoberbooks.org/veg (vegan books)

Vegan-run business lists

Artists, accountants, translators...

www.veggies.org.uk/vbc.htm
www.veganvillage.co.uk/services.htm

Vegetarian information

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

Business with Ethics

A Passion for Justice for Humans and Animals

Anita Roddick, who died in September of this year, was born at Littlehampton in Sussex by the sea in 1942 of parents who had immigrated from Italy.

The beginnings

Her parents divorced when she was 8 years old and her mother remarried a man whom she told Anita was her real father. Despite this apparent confusion, Anita remembered that she was always profoundly happy but that she never found that she was part of a group. She duly won a scholarship to the School of Music and Drama, but instead she took up teaching.

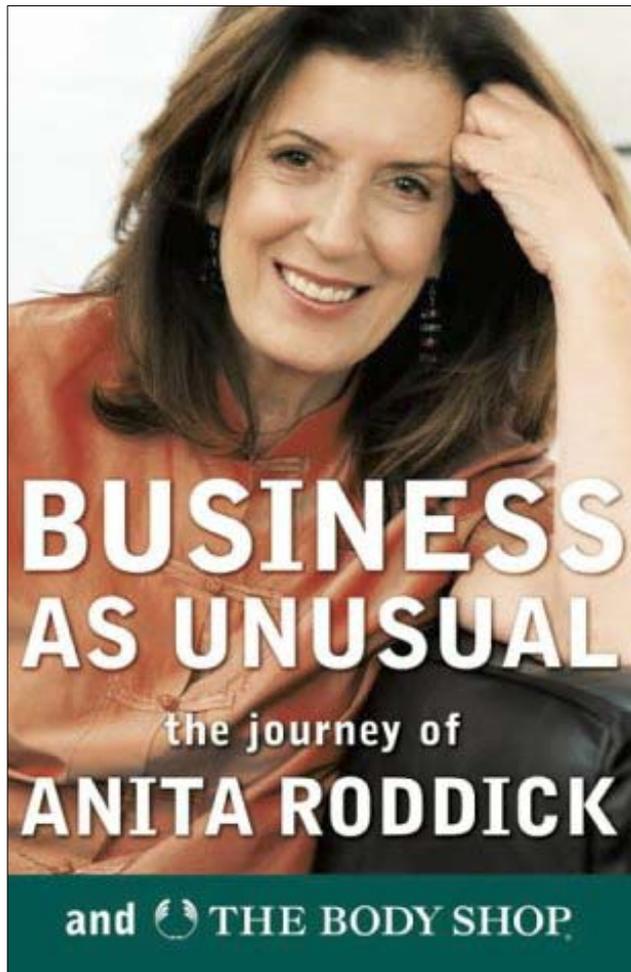
She met Gordon Roddick and married him in the 1950s. He decided to go off on a world tour, and although she had no experience of the retail business, she decided to open a shop, partly to provide income for her family and partly to employ the abundant energy and passion which remained with her all her life. She started the shop in Brighton selling cosmetics. But she planned the shop on completely unconventional lines. She insisted that the ingredients used would be natural ingredients and would not have been tested on animals and further, contrary to convention, there would not be fancy bottles and packaging, but liquids were sold in plastic bottles which customers could bring back for a refill. This was the first instance of Anita putting her principles and originality first without regard for traditional approaches. The shop was a success and soon many more shops were opening across the country.

Animal Lib in the 1970s

The 1970s were times of change. Peter Singer's book *Animal Liberation* was having a wide influence; *Animal Aid* led by Jean Pink, was organising huge demonstrations; animal research laboratories were denounced and animals were being rescued from labs; factory farms were attacked and butchers shops had their locks superglued; leaflets were distributed outside McDonalds shops exposing their practices; hunt saboteurs continued to disrupt fox hunts. Peter Roberts had founded *Compassion in World Farming*, exposing and actively campaigning against the practices in factory farm; Fur shops were attacked. It was a time of ferment.

Success

Anita Roddick's shops, became very popular with a young generation. The shops continued to prosper and more shops opened across the country. Anita's endless energy was infectious. Resourcefulness, enthusiasm and ability to inspire others kept the business growing. Soon she opened shops in the USA and in many other countries, rapidly expanding around the world. The Body Shop became a limited



company quoted on the Stock Exchange and always showing growing profits. It was a worldwide phenomenon. Today, the Body Shop has 2,045 stores serving over 77 million customers in 51 different markets in 25 different languages and across 12 time zones.

"Businesses have the power to do good," she wrote, "that's why The Body Shop's mission statement opens with the overriding commitment 'To dedicate our business to the pursuit of social and environmental change'."

Wider Horizons

In the 1980s, a new Chief Executive was appointed and she felt herself more remote from the business. But her horizons were unlimited. She continued to empathise with everything that she saw as an injustice anywhere in the world. She had already travelled to the Amazon region in search of new natural ingredients and took up the injustices she saw there, championing their cause and the threat posed by encroaching 'civilisation'.

Greenpeace director John Sauven said of her, "She was an inspiration to those around her, not just in environmental and human rights issues, which were two of her passions; she was also ahead of her time when it came to issues of how business could be done in different ways, not just profit-motivated but

taking into account environmental issues... she was a true pioneer." Clive Stafford Smith of Reprieve, the anti-death penalty organisation said, "She was full of life, so fantastic. She was so dedicated, so energetic. She will be sorely missed. Although the company has now been sold to the L'Oréal company who adamantly refuse to abandon animal testing of their ingredients, the mission statement of The Body Shop will insure that its principles will be maintained.

McDonalds was also a quickly expanding company, expanding around the world, but its methods and attitude was completely different from that of Anita Roddick. Its purpose was to make profits by any means that would succeed. In practice it put ethics last. It targeted children, knowing that they could become lifelong customers. It employed mainly teenagers who would accept low wages and be more subservient. It relied on factory farming, etc. Mainly, however, it promoted an unhealthy fat-rich diet, which causes severe health problems. A man who for a month ate solely from McDonalds ended up hugely fat, yet McDonalds is the epitome of capitalistic success.

Anita Roddick showed that the opposite attitude to business could also be a huge success. We can dream that if she had turned her attention to developing a chain of Veggie fast food outlets in the same way, the world would be a still better place.

She died suddenly of a major brain haemorrhage. She had been diagnosed as infected by hepatitis C, probably resulting from a blood transfusion. Aged 64, she died comparatively young, but she had packed much more in one life than others could possibly expect.

Be an Activist!

The Big Issue magazine, which was one of the many causes Anita Roddick supported, says "She knew that doing any small thing to improve a life, right a wrong, brings joy that those who do, as well as to those who benefit. That's why she laughed all the way to changing the world." Anita said: "I want to be defined as an activist. I am not an activist in pursuit of recognition or fame. I am not an activist so that strangers will think I am a good person. I am not an activist because it is good for business (although more often than not it is). I am an activist because being an activist makes me feel alive. Activism is being a voice for the voiceless, standing up for the weak and the frail, engaging the human spirit. It is putting your head above the parapet. Being heard. Being seen. Being counted. The campaigning we do is in our hearts and it is what we want to do."