

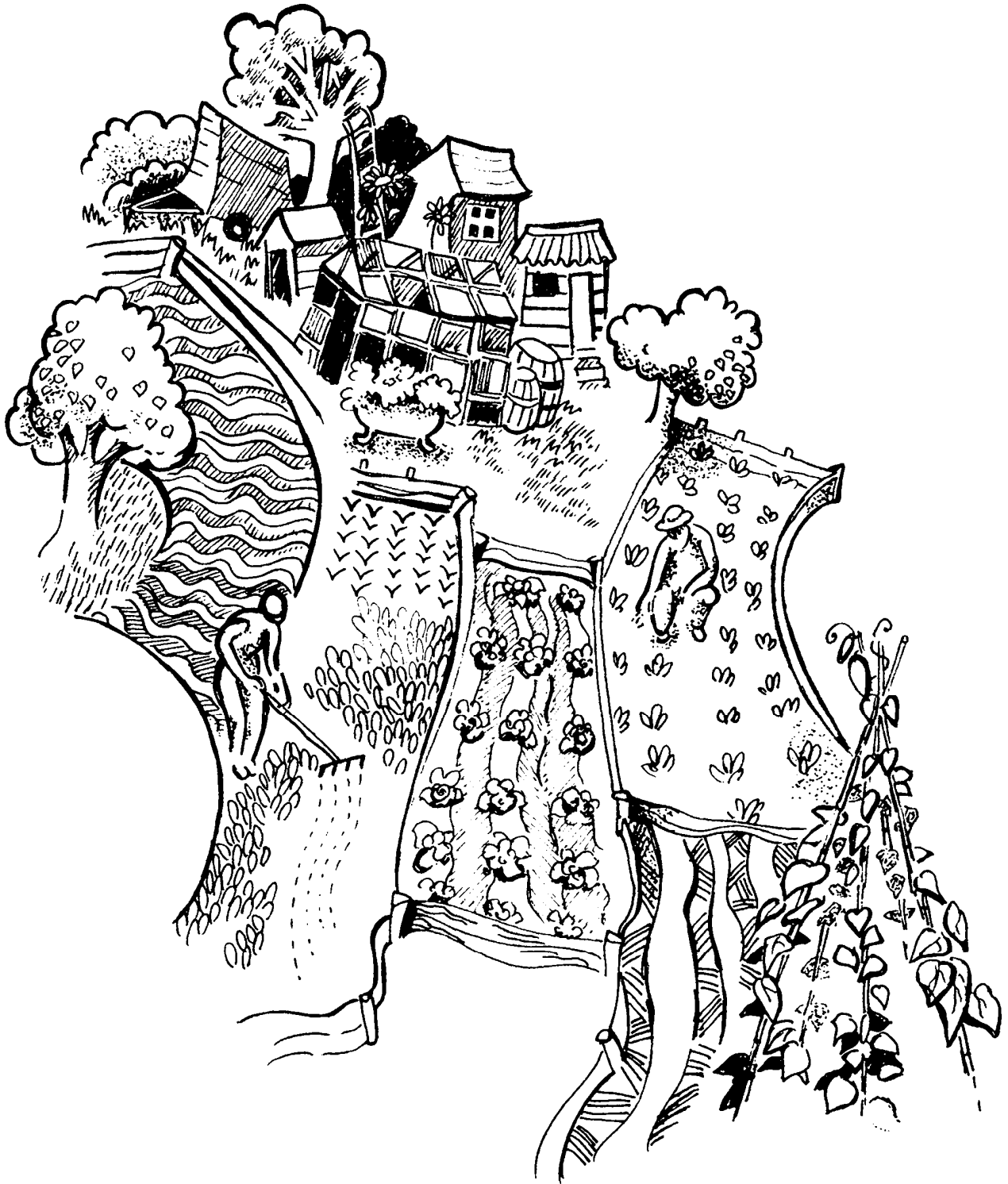
# Vegan Views

A Forum for Vegan Opinion

No. 115

Summer 2008

£1



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# notices



## Animal groups

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

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

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

**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](http://www.veggies.org.uk/acd).

**Animals Count** - a political party to help create a better world for people and animals. [www.animalscount.org](http://www.animalscount.org). PO Box 51250 London SE11 4NU. Email [info\\*AT\\*animalscount.org](mailto: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](mailto:hippocharity*AT*aol.com).

**VEGFAM** "Feeds the Hungry Without Exploiting Animals". Registered Charity No. 232208. Established 1963. Helping people to help themselves by funding sustainable projects: vegetable growing, fruit and nut tree planting, water wells. Emergency feeding in times of crisis and disaster. Vegfam helps people who are often out of reach of other help. Please support their work. Tel: 01550 721197. [www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk).

**Hillfields 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.hillfields-animal-sanctuary.com](http://www.hillfields-animal-sanctuary.com).

## 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](mailto: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](http://www.veganfamily.co.uk).

## Fruitarian + raw food

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

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

**Fruitarianism** Our original and ultimate diet. Free information, send large SAE to John Rhodes, 2 Hillside Park, Totnes Road, Paignton, Devon TQ4 7QB.

## 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](mailto:info*AT*arkangelweb.org).

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

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

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

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

## Projects

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

## Religion + spiritual

**A friendly network** of vegetarians and vegans committed to faith in Jesus Christ. Membership is £5 per annum. Kindness Unlimited, 55 Long Street, Wigston, Leicestershire, LE18 2AJ. Email: [love2abba\\*AT\\*yahoo.co.uk](mailto: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](http://www.veg4lent.org), or contact: Veg4lent, Pines Road, Liphook GU30 7PL. Tel. 01428 723747.

## Printing + resources

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

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

**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](http://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](http://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](http://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](http://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](http://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.lvw.makesense.co.uk](http://www.lvw.makesense.co.uk).

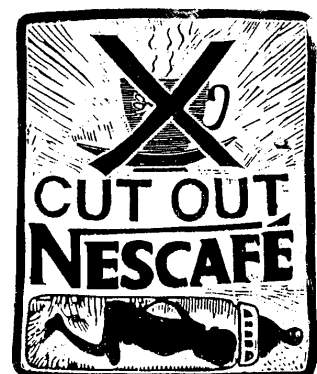
## Subscriptions

**We are no longer taking subscription - see editorial on page 3 for the explanation.**

**Back issues** cost 50p each or 8 for £3. (Prices include postage within the UK - contact us for extra postage cost to addresses outside UK.)

- 114 Cultured Meat
- 113 Buddhism and Meat-Eating
- 112 Meat - Blessing or Curse?
- 111 Cows' milk
- 110 Classical Homeopathy
- 109 Trees for Africa
- 108 Vaccinations / In memory of Frieden Howard
- 107 Donald Watson - in Memory
- 106 Sheep Problems
- 105 Vegan Fuel
- 104 Arthur Ling - In memory
- 103 Looking Round Manchester
- 102 Our Prehistoric Diet
- 100 Vegan Views: The early years
- 99 No More Fish
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- 95 Interview with Liz Cook

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



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(replace \*AT\* with @)

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## Copyright

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

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

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

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

# One man's meat is another man's starvation

# From the editor...

## Future of Vegan Views

I see that many people are getting together on the internet to contact other vegans, mostly locally, to exchange ideas, recipes and eventually perhaps to meet up. This makes them feel less isolated, broadens their understanding and enables them to develop new ideas.

It struck me that this is how Vegan Views started, about thirty years ago in days before the internet. It was based on a community in London, supported by visitors who came in for the occasion, who helped type, duplicate and send out a newsletter with articles, letters and recipes that had been sent in.

Today the internet has become a general means of communication and Vegan Views no longer receives enough material to fill its twenty pages. Although the editor enjoys airing his own views, it becomes increasingly difficult and time consuming to fill up the space. Also advancing age (84 now) takes its toll and makes it more difficult to handle the weight of packages involved.

**So it is time for a rethink and for scaling down operations. In view of this uncertainty, we are not sending out any subscription reminders.**

The next issue may therefore be considerably thinner and we will soon discontinue the printed version. We will probably continue with the website version and this can be available free. The number of items can be adapted to the amount of contributions and could be printed out by you if desired.

Details will become clearer by the time of our next issue. Many thanks for your support over the years.

## World In Crisis

The year 2008 is proving to be a crisis year and it may prove to be a historical divide.

The incredible rocketing of oil prices, the steady rise in the price of staple grains and the credit crunch which is leaving people feeling insecure about the future. The demand of emerging nations such as China and India for a higher standard of living based on Western lifestyle is leading to an increase in the number of farm animals who are inefficient users of the world's resources.

Sooner rather than later the world needs to accept the lifestyle that vegans have been proving as the correct diet for humanity and the future of the planet.

Some vegans adopt the diet mainly for concerns about their health, but most vegans, and also other vegetarians, keep to the diet because of their concern about the cruelty to animals involved in animal farming.

The vast mass of the population, however, show little signs of embracing a compassionate life style and are motivated by self-indulgence. Their concern is how to acquire maximum self-gratification. Fashion clothes, beauty products, the latest gadget are their main concern - and they must have it immediately in order to keep up with their peers and what advertisers say is a must-have. Why wait for it, say the finance promoters. Buy now on credit and pay later. Swipe a card and the goods are yours. There is competition as to who can show off their buying power. Binge drinking and recreational drugs are part of this scene and on the increase.

*By Harry Mather*

# Events

**16 Aug Oxford Free Vegan Food Fair.** Noon - 15:30 at Wesley Memorial Church, New Inn Hall St, Oxford City Centre. Lots of free vegan food to sample, both as hot and cold dishes, finger foods, teas, coffees etc. Stalls include Animal Sanctuary, Viva, arts and crafts for children etc. Speaker and cookery demonstration. Tel Rachel: 01865 717839. Email: [rachexroxy\\*AT\\*live.co.uk](mailto:rachexroxy*AT*live.co.uk)

**25 Aug Bank Holiday Picnic, Bournemouth** 12.30pm. Organised by Bournemouth V&V, who are holding their annual May bank holiday picnic again at Shelley Park, Beechwood Avenue, Boscombe. Bring vegan food/drink to share. If it rains, it will instead be an indoor picnic in Wessex Tales at 20 Ashley Rd, Boscombe (no charge). Details: Harry 01202 555712. Web: [www.solentveg.org.uk/bvv](http://www.solentveg.org.uk/bvv)

**30 Aug Little Green Fete** noon - 5pm, The Art House, 81a Bedford Place (entrance on

Henstead Road), Southampton, SO15 2DF. Followed by Little Green Party... lots of vegan food, tombola, face painting, stalls, films, talks, raffle. [www.thehousesouthampton.co.uk](http://www.thehousesouthampton.co.uk)

**7 Sep London Vegan Festival** 11am - 8pm, Kensington Town Hall, Hornton Street, London W8 (underground - High Street Kensington). £1 (Under 16 free). [www.vegancampaigns.org.uk/festival](http://www.vegancampaigns.org.uk/festival)

**27 Sep Viva!'s Incredible Veggie Roadshow - Portsmouth.** 10:30am - 4:30pm. Portsmouth Guildhall, Guildhall Square, Portsmouth PO1 2AB. Free entry. Food tasting, cookery demonstrations, free diet and health advice, stalls, competitions, beauty products, vegan food products, books, information, and campaign news. [www.viva.org.uk/roadshows08/portsmouth.html](http://www.viva.org.uk/roadshows08/portsmouth.html)

**1 Nov West Midland Vegan Festival** Wulfrun Hall in the city centre of Wolverhampton. Details TBC. [www.veganmidlands.org.uk/festival](http://www.veganmidlands.org.uk/festival)

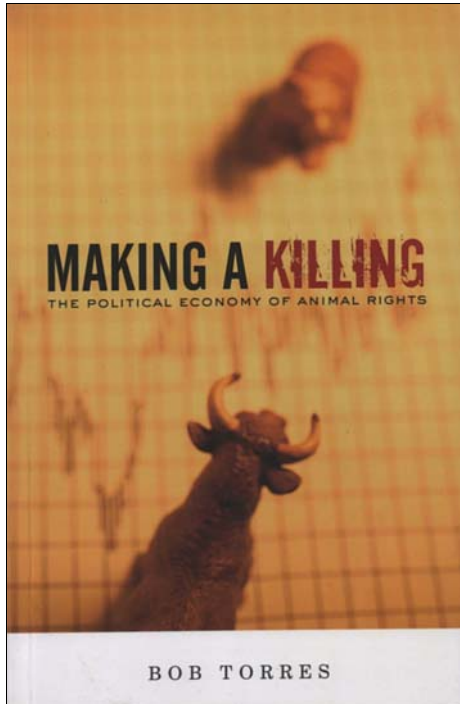
Visit [www.veggies.org.uk/calendar.htm](http://www.veggies.org.uk/calendar.htm) for the latest vegan and animal events.

# BOOKS



## Making A Killing -The Political Economy of Animal Rights

By Bob Torres published by AK Press, 2007. US \$17-95. UK £11-00. CAN \$20-50. AK Press 674-A, 23rd Street, Oakland CA 94612 USA. [www.akpress.org](http://www.akpress.org). AK Press, PO Box12766, Edinburgh EH8 9YE, Scotland. [www.akuk.com](http://www.akuk.com)



This book examines the reasons why we cherish some animals as pets and sacrifice others as 'food'.

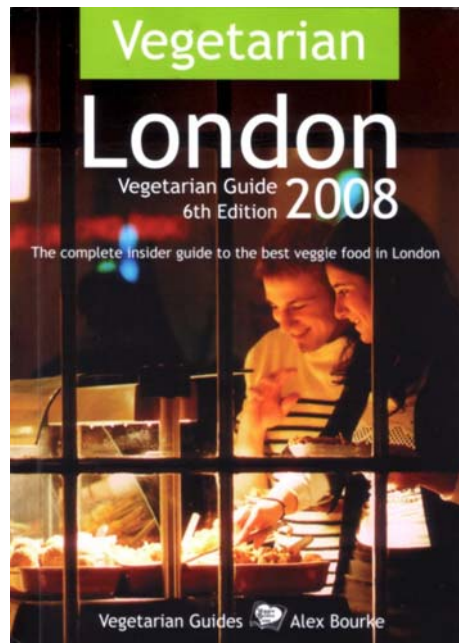
"Any of us who live with companion animals know that they are sensitive, intelligent and thinking creatures. Any dog or cat owner does not need to get into long-winded and abstract philosophical debates about the nature of mind to know that dogs and cats have a sense of themselves. They understand their surroundings. They have wants. They can feel pleasure and pain, and they have moods. So many of us know this about the animals we live with daily, yet, it hardly ever occurs to us that other animals are capable of these same things. What of the cows, the chickens and the sheep? Can we safely say that they also do not want the companionship, comfort and pleasure that the animal companions we know also want? We have created a false dichotomy between behaviour attributable to companion animals and those of other species that blinds us to the to the inherent worth of and needs of all animals....

"Like most other products, the methods and processes in the production of the animal goods we consume are hidden behind an elaborate system of production and consumption. In the coming pages, I ask you to consider these conditions and to think about whether we can truly consider what we are doing. - day in day out - to billions of sentient creatures....

"By examining forms of discrimination like sexism and racism that are naturalized in our culture, one begins to see that domination is not merely a natural artefact of human society, but rather that it is a set of historical relations used to benefit one class or group of people over another.

## Vegetarian London 2008

By Alex Bourke published by Vegetarian Guides Ltd. London. [www.veggieguides.com](http://www.veggieguides.com). £9-95, US\$19-95.



130 completely vegetarian and 25 vegan restaurants and cafés with chefs from every corner of the globe. (40 new since the last edition). 300 wholefood and green shops. Omnivorous establishments which can cater for vegetarians are included. There are over 400 pages to help you locate vegetarian and vegan friendly outlets if you live in London or are just visiting.

Entries are listed under various areas complete with maps to help you find them

There is also a mention of hotels and guest houses, local organisations and national organisations. Even Vegan Views gets a mention.

## Meat

By Joseph D'Lacey published February 2007

A horror novel, fuelled by the author's shock and disgust at the treatment of animals for food.

## 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](http://www.vegetarianguides.co.uk).

## Catering Guide for Hospitals and Care Homes

The Vegan Society has produced a Catering Guide for Hospitals and Care Homes and is able to assist vegan patients in obtaining vegan food.

If you would like to receive a copy of the info sheet Vegans in Hospitals and Care Homes - a Guide, please email [info\\*AT\\*vegansociety.com](mailto:info*AT*vegansociety.com) or ring 0121 523 1935.

The booklet can be downloaded at [www.vegansociety.com/images/HospitalCateringBooklet.pdf](http://www.vegansociety.com/images/HospitalCateringBooklet.pdf) (700Kb).

*Information from Clare of the Vegan Society.*

## Testing on Humans

When drugs are tested, they are used to decide suitability for adult humans. What dose should be recommended for children? The answer has long been to look on children as being smaller than adults, so half the dose was used. But children may have different metabolism and different reactions whatever the size of the dose. This is highlighted in the acceptance of medication for premature babies. How can any animal experiment replicate the conditions experienced by these premature humans. Treatments for small babies are therefore evaluated clinically. That is they observe the reaction to any new treatments, comparing these to control groups.

Since animals are unpredictable as to the effect on humans, the same applies to all humans. The experiment only begins when clinical trials are carried out on humans. Animal experimentation is proved to be misleading.

# News from Champion Weight-Lifter - Pat Reeves

Pat was successful at the British bench press championships on 31st May despite a shoulder injury.

Hi Everyone!

It's so great to be able to contact you all again. I missed the last issue due to pressure of work - writing my soon to be published book - and now "A Living Miracle" is on target for publication later this year. It is amazing just how much effort is required to publish e-conceived visions of a Hawaiian paradise. during my stay, unfortunately. Though my fellow raw-foodist hosts were amazing people I could not envisage a return to such desolate, insect-ridden jungle abode in the future. I

## Giving up is not part of my vocabulary

ended up with 120 infected mosquito bites and was pleased to access US shores and 'civilization'. Maybe this could be the subject for a further book in the UK!

I returned from Milan earlier this week, mid-May, after retaining my European Powerlifting championship status - despite the worsening knee tumour. However, this was my single (dead-lift) title and I will no doubt find it much tougher next month, when I have to defend my three-lift power-lifting status in Dublin next month, which will involve squatting. This is the one lift I am finding it very hard to to execute at present, because, as deep knee bending to legal (really deep!) depth is oft-times just impossible. I am just about to embark on on some further therapy in this regard , though there is presently little hope of improvement at this stage. However, you all know I will fight on for as long as I may, 'giving up' is not part of my vocabulary

Despite requiring some second-editing, my book entitled "A Living Miracle" is on target for publication later this year. It is amazing just how much effort is required to publish nowadays. This book will provide valuable information for people newly diagnosed with cancer and their carers. It will be my parting gift!

I have just returned from speaking on Nutritional Medicine in London and am looking forward to my invited speech with the Midland Vegan Society in Redditch on 4th June,

There is now SO much more interest in eating nutritional animal-free foods - and of people reaping the long term health benefits.

I just wish I could afford to provide evidence-based scientific back up that food truly is your best medicine - which is undeniably required by the General Medical Council. Perhaps my ultimate disclosure via "A Living Miracle" will contribute in this regard.

I remain, as ever, optimistic,

Love, Light and Peace,

Pat Reeves - Practitioner of Nutritional and Functional Medicine

For latest info on living foods and courses please view my website [www.foodalive.org](http://www.foodalive.org) or e mail me at [pat@foodalive.org](mailto:pat@foodalive.org).

Full Member of the British Association for Applied Nutrition and Nutritional Therapy

Registered with Nutrition Therapy Council.

## What I Eat

Pat has responded to our interest in what our vegan readers do eat by the following breakdown of what she ate in the last four days before a special event:

### Day One

- 1) sprouted buckwheat 'porridge' with almond yogurt, raw hemp protein powder (I was coming up for a major competition) plus blueberries.
- 2) cherries, sprouted alfalfa and broccoli, a few soaked almonds.
- 3) raw chickpea hummus with avocado rice-protein powder combined with flax crackers.
- 4) Vit max pulsed vegetables with sprouted aduki and mung beans, sea veggies added.
- 5) broccoli, pea, spinach, hemp protein shake.

### Day Two

- 1) blueberries, blackberries and plums as a smoothie with linseeds and walnuts.
- 2) Hemp protein shaken with avocado and sprouted quinoa.
- 3) soaked hazelnuts with apple and pear
- 4) watercress and red lettuce salad, spring onions, pea and rice protein powders combined as dressing.
- 5) pulsed sweet potato, raisin and cinnamon as dressing over buckwheat, lettuce and sunflower greens. Raw protein bar.

### Day Three

- 1) home-made miso soup with sea vegetables and ginger - a breakfast favourite of mine!, hemp protein powder in almond yogurt.
- 2) apricot and blueberry mash with rice powder in almond yogurt.
- 3) lentils and sago and radish sprouts with tamari, Udo's choice as dressing, almond 'butter' spread on chickpea dehydrated crackers.
- 4) green smoothie using sprouted broccoli, , spinach, watercress and buckwheat, lettuce, with added pea and rice protein powders.
- 5) chopped pear, apple and blueberries with soaked pumpkin seeds.

### Day Four - just ahead of competition.

- 1) sprouted quinoa, amaranth, sunflower greens with rice, pea and hemp protein powders mixed with almond yogurt.
- 2) apple and small avocado.

3) green smoothie as above, with additional hemp protein powder.

4) soaked wild rice, liquidised pea, rice and hemp protein powder.

5) large green salad plus tomatoes, peppers and almond 'butter'/ Udo's Choice/tamari/seaweed dressing, soaked hazelnuts and sprouted chickpeas.

*Editor: This shows what a variety and divergence there can be in what individual vegans actually eat. As a contrast, let me record that I recently cooked some couscous, added some chickpeas from a can and a squeeze of tomato paste. I found it as delicious as it was simple and quick to prepare. Of course, you could always add further ingredients according to taste.*

## Vegan Runners

The Vegetarian Cycling and Athletics Club (VC&AC) was formed at the latter half of the nineteenth century to prove that athletes on a vegetarian diet could compete successfully with those on the conventional diet. This they proved with many successes. The club still gives encouragement to vegetarian and vegan athletes (see Notices on Page 2) and Secretary Peter Simpson, himself a vegan, wants to promote veganism with VEGAN RUNNERS. James Meldrum from Liverpool who is running with the Vegan Runners distinguished himself in the Morecombe 20-mile road race, coming first out of 300 finishers. His time for the London Marathon was 2 hours 37 minutes. He ran in cross country teams all through school but didn't take it seriously or do any proper training back He turned vegetarian when 18 ten years ago and became vegan after reading John Robbins' Diet for a New America. Before he went vegan he often had chest infections, but does not get them now.

Other Vegan Runners who successfully completed the London Marathon include Andi Gaywood and Verna Burgess.

VEGAN RUNNERS give this advice: "Nutrition does not have to be complicated for a runner. Basically, ensure that you get enough complex carbohydrates from pasta and potatoes, follow a balanced diet of fruit and vegetables and drink plenty of water from non-alcoholic drinks leading up to an event or long training session. Keep added salt and sugar intake to a minimum. Following a long distance event or training you may like to consider one of the suitable sports nutrition bars available from healthfood shops. Otherwise, ensure that you refuel with a carbohydrate meal within a few hours when your body will absorb nutrients more efficiently.

The New Balance company states that all their running shoes are suitable for vegans. A high percentage of other brands are made of synthetic materials apart from possibly the glue."

Website: [www.veganrunners.makesense.co.uk](http://www.veganrunners.makesense.co.uk)

# Space Cowboys

By Katharine A Gilchrist

There I was, gently meandering through space. I don't mean real space, although NASA does have plans for astronauts to grow their own vegan food on places like Mars! I mean cyberspace. I was on the internet telling people about vegan cupcakes and the success I had had with my first few attempts. I had recently bought "Vegan Cupcakes Take Over The World" (Isa Chandra Moskowitz and Terry Hope Romero, Marlowe and Co, NY, 2006).

Suddenly, I was ambushed by on-line anti-vegans. Clearly, they believe veganism to be the secret to eternal youth, as they think vegans were all born yesterday!

I have a dream where I can effortlessly bake cupcakes whilst dismissing the remarks of anti-vegans with devastating accuracy, wit, calm and politeness, to say nothing of looking like a gorgeous domestic goddess ... In reality, however, it takes time to research a topic and hone a response to perfection. I hope reading this will be of help to at least one vegan out there, in case you get ambushed too.

These particular anti-vegans want more space to be devoted to farming cows. They roam cyberspace. Their arguments hold less water than a pipe installed by a cowboy plumber. I am going to call them space cowboys. Maybe I just like naming things I write after song lyrics that someone else has written. (The term "space cowboy" is from "The Joker", sung by the Steve Miller Band.)

Space cowboys sound alarmingly well-informed ... but it is so easy for them to look up veganism via an internet search engine. Popular on-line encyclopaedia Wikipedia ([www.wikipedia.org](http://www.wikipedia.org)) reveals that a professor named Steven Davis has recycled the old argument about small animals accidentally killed during ploughing in an article named "Least harm" (*Journal of Agricultural and Environmental Ethics* 16(4); 387-394, 2003). Space cowboys mysteriously fail to read a bit further, where Wikipedia reveals that the same journal printed an item criticising Dr Davis's ideas! This is named "Least harm: a defense of vegetarianism from Steven Davis's omnivorous proposal" by Gaverick Matheny, *Journal of Agricultural and Environmental Ethics* 16(5); 505-511, 2003. I have no idea whether any restrictions were placed on Matheny regarding subject matter. However, I feel that, for whatever reason, there are some very sound pro-vegan arguments that his article omits.

Davis advocates using less land for growing crops, using it instead for ruminant animals (such as sheep, goats and cows). He argues:

"Animals of the field are killed by several factors, including:

1. Tractors and farm implements run over them.
2. Plows and cultivators destroy underground burrows and kill animals.

3. Removal of the crops (harvest) removes ground cover allowing animals on the surface to be killed by predators.

4. Application of pesticides.

So, every time the tractor goes through the field to plow, disc, cultivate, apply fertilizer and/or pesticide, harvest, etc., animals are killed. And, intensive agriculture such as corn and soybeans (*products central to a vegan diet*) [my italics] kills far more animals of the field than would extensive agriculture like forage production, particularly if the forage was harvested by ruminant animals instead of machines. So perhaps fewer animals would be killed by producing beef, lamb, and dairy products for humans to eat instead of the vegan diet envisioned by [US academic Tom] Regan.

"In conclusion, applying the Least Harm Principle as proposed by Regan would actually argue that we are morally obligated to move to a ruminant-based diet rather than a vegan diet."

If we could reduce Davis's argument to a slogan, it would be: "Eat a cow; it'll save two mice". One flaw in his logic becomes clear at this stage. If Davis believes that meat eaters have a duty to cause the minimum number of animal deaths, how can he defend the farming of sheep and goats? Put bluntly, cows are big. Killing one fully-grown cow would yield more meat than killing one fully-grown goat. So, in terms of maximising the amount of meat obtained per life taken, cows are a better choice than smaller animals. Then again, why pick on cows? According to his own logic, Davis should advocate that meat eaters confine themselves to eating really large animals, such as elephants or blue whales.

Metheny's response comes in three main parts, of which only two are covered in this article. Firstly, he replies: "Davis mistakenly assumes the two systems - crops only and crops with ruminant-pasture - using the same total amount of land, would feed identical numbers of people ... To properly compare the harm caused by the two systems, we ought to calculate how many animals are killed in feeding equal populations - or the number of animals killed *per consumer*. In one year, 1,000 kilograms of protein can be produced on as few as 1.0 hectares planted with soy and corn, 2.6 hectares used as pasture for grass-fed dairy cows, or 10 hectares used as pasture for grass-fed beef cattle to obtain the 20 kilograms of protein per year recommended for adults, a vegan-vegetarian would kill 0.3 wild animals annually, a lacto-vegetarian would kill 0.39 wild animals, while a Davis-style omnivore would kill 1.5 wild animals. Thus, correcting Davis's math, we see that a vegan-vegetarian population would kill the fewest number of wild animals, followed closely by a lacto-vegetarian population."

So far, so good. Another flaw with Davis' argument is that he seems to assume that cows, goats and sheep get all the food they need by grazing all year round. This is not always so. According to the Soil Association, "Approximately 1 tonne of concentrate will

feed 1 dairy cow over winter, but ... that is very much a ballpark figure." Trying to calculate the environmental impact of producing this supplementary feed is very difficult as there are many variables involved. However, even ruminants that are not being fattened up for milk or meat require extra feeding. For example, Hillside Farm Animal Sanctuary gives its goats, sheep and cows extra food during the winter. This consists of "our own soaked pencil grass, which contains vitamins and minerals, garlic powder, mixed herbs and molasses ... cider vinegar, seaweed and plenty of fibre which can be hay or horsage". The production of these or similar items to feed farm animals does not seem to be part of the equation for Davis. Nor, despite the fact he is writing for a journal with "environmental" in the name, does he consider the impact of the slurry and methane produced by the ruminants.

Metheny further points out that Davis "ignores important considerations about the welfare of animals under both systems ... The wild mouse lives free of confinement and is able to practice natural habits like roaming, breeding, and foraging. In contrast, the grass-fed cow, while able to roam some distance in a fenced pasture, may suffer third-degree burns (branding), have holes punched in his ears (tagging), be castrated, have his horns scooped out of his head (dehorning), and be kept from breeding naturally. Once reaching market weight, he can be transported up to several hundred miles without food, water, or protection from extreme heat or cold; then he is killed in a conventional slaughterhouse ... Suffice it to say, it is hard to imagine that the pain experienced by a mouse as she or he is killed in a harvester compares to the pain even a grass-fed cow must endure before being killed. Likewise, those who are concerned principally with the treatment of animals, rather than simply the number of animals' deaths, have more reason to become vegetarian."

Of course, meat eaters will misinterpret this and suggest that the answer is existence of more small, localised abattoirs or shooting wild herbivores. The main problem with Metheny's argument is that there is something a little sad about saying that it is worse for an animal to be slaughtered for beef (or veal) than to be mangled by machinery.

Neither is a death that we as vegans would want to cause.

Perhaps Davis is correct to assume that the accidental deaths of small animals cannot be prevented. However, it might be worth considering if more could be done to protect small mammals. For example, there are devices that can warn deer to stay away from vehicles. Amazon.com, the US part of giant internet firm Amazon, sells them. Although there has been only one customer review of them, this awarded the item the maximum five stars. Would it be possible for similar devices to warn small mammals to keep away from heavy machinery, or would this be futile because they wouldn't survive for long if their homes were destroyed?

Davis mentions pesticides, but not that food can be grown without them. With no mention of even organic farming, it is unsurprising that he does not address vegan-organic growing or permaculture.

It is as if, despite having a PhD, he had never heard of the Movement for Compassionate Living, Plants for a Future or The Vegan-Organic Network! These organisations represent decades of work by dedicated individuals who have proved time and time again that vegan food can be produced with a minimal impact on the environment and on animals. It does seem to me that people who can overlook this work are motivated more by liking the flavour of meat than by a desire not to kill animals.

Davis has a stereotyped idea of what vegans eat. As we know, vegan does not live by bread and soya alone. Some completely avoid one or both for reasons including allergies and food intolerance.

Much of what vegans eat - pulses, fruit, vegetables, nuts and seeds and even some grains like sweetcorn, can be grown in gardens or allotments, with a minimal impact on small animals. I have not heard of individuals growing their own wheat, although government research centres have demonstrated that it can be successfully grown via vegan-organic methods. Indeed, the vegan-organic yield was higher than that of the "mixed" organic system (with animals): ([www.teagasc.ie/publications/2001/tillageconference/paper06.htm](http://www.teagasc.ie/publications/2001/tillageconference/paper06.htm)).

At this point, the space cowboy may interrupt with, "Forest gardens? Trees? But you can't live off nothing but apples, it's not good for you. How irresponsible of you to advocate such an unhealthy diet". How odd! A short time ago, the space cowboy was agreeing with Davis's view that vegans mainly eat wheat and soya! Maybe he or she is genuinely muddled. Then again, some people will misinterpret what you say, even if you say it very clearly a hundred times!

Of course, not everyone is in a position to plant their own orchards. If you live in a small bedsit, it is unsurprising that you may not be able to find the space for a couple of containers of soil for growing your own potatoes! Davis' suggestions are in terms of agricultural policy rather than individual actions. I think this is a good idea.

There is not enough space here to discuss the responsibilities of individuals, governments, charities and businesses. However, I have a couple of suggestions to make it easier for people with little money and little self-confidence to grow some of their own food. I would like to see schemes where experienced growers volunteered to mentor people who were renting allotments for the first time. It would also be good for more allotments to be rented by appropriate organisations. Near where I live, for example, one allotment is rented by an environmental organisation and is worked on by staff, volunteers and young offenders doing community service.

Sometimes the space cowboys, like other anti-vegans, can motivate us in a good way.

Criticism can help us focus on who we are and who we can become. For example, a couple of years ago, a very angry hunting enthusiast attacked me in cyberspace. Drawing on a rich combination of absurd stereotypes, he called me a "hairy-legged Kommunist "[sic] who was out of touch with people around me. Well, I was feeling fairly well connected to people around me, but I thought that it wouldn't do any harm to reach out a bit more. So I made a vegan chocolate cake for a fair at the nearby community centre. Then I posted my reply to the hunter. It was along the lines of:

"Firstly, you cannot even see my legs, so you have no idea what they look like! Secondly, I am a well-integrated pillar of the community! I bake vegan cakes for jumble sales and social events and people enjoy them!"

Since then, I have made a point of baking cakes for fairs and get-togethers. Sometimes it's rewarding when people say, "Oh, I had no idea you could make cakes without using eggs." At other times, it's just good to see that people enjoy eating them! So far, nobody who hasn't known they were vegan has said, "Oh, they taste a bit different, what did you do?"

Since being challenged by the space cowboys, I have tried harder to remember to buy organic flour for baking.

I also have another dream. I would like to own a windmill. I could grow my own wheat, being very careful to have a minimal impact on the environment and small mammals. Then I could grind my own flour for cupcakes.

Yes. I'm going to be a gorgeous, witty domestic goddess with my own windmill. Maybe, one day. At the moment, it's just nice baking delicious vegan cupcakes and making space cowboys eat their words.

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## Vegan Organic Network Farm Visits

More than a day out in the country! Unmissable opportunities to experience the best of commercial stockfree-organic growing. VON's extremely popular farm visits combine VON get togethers, an opportunity for us to meet and socialise, plus a tour of the site, discussion, and the chance for you to have your own questions answered.

This year we have set a reduced standard fee and ask everyone to bring vegan food to share; beverages will be provided. Demand is always high and places are limited so to reserve your place please send full payment which is £14 per person payable to VON, to the named contact for each visit. If you are totally skint you can apply for a special concession.

Previous visits this year were to *Growing with Grace*, Clapham, near Lancaster in July, and, *Growing with Nature*, in Pilling, Lancashire in August. The next visit is:

Monday 13 October, Tolhurst Organic Produce near Reading, starting 12 noon. The ever popular visit, with something different each time. To book, contact please contact [advice\\*AT\\*veganorganic.net](mailto:advice*AT*veganorganic.net), 0161 928 3614.

Advance booking is important!

# World Animal Day

By Debbie Dawson, Assistant Project Manager, World Animal Day

As you may be aware, World Animal Day began in 1931 when ecologists at a conference in Florence nominated 4 October (the Feast Day of St Francis of Assisi, the patron saint of animals) as an ideal way of highlighting the plight of endangered species. Since then World Animal Day has evolved to encompass all animals and is celebrated in many countries.

World Animal Day is not linked to any one individual, organisation or campaign, but belongs to everyone.

Since the official World Animal Day website was launched in 2003, the number of events taking place throughout the world to heighten public awareness of animal issues has increased year upon year. This year, with the aid of our newly appointed World Animal Day Ambassadors, we aim to ensure this trend continues. Our Ambassadors are all highly motivated individuals who are passionate about animals and their welfare and are committed to encouraging support for World Animal Day in their own countries. At present we have 29 Ambassadors and counting. Ultimately we would like an Ambassador in each country, which will help us connect literally millions of people and achieve our goal for the animals: to be successful in uniting the animal welfare movement all over the world.

Please get involved and visit [www.worldanimalday.org.uk](http://www.worldanimalday.org.uk) where you will find plenty of ideas to inspire you, as well as everything you need to help you organise a successful World Animal Day event - it's all there waiting for you! Please take some time to browse the different sections of the website. Many of the ideas are easy to organise, however, if you feel like being a bit more adventurous, there are also some that require a little more time and effort - but with a few helpers on board anything is possible!

There is an event listing facility on the website, which provides free publicity to any group or individual who is doing something special connected with animals on or around 4th October, and we also invite all visitors to the site to sign the pledge board to show they care and to inspire others.

Please help us to spread the word and pass on the website address to anyone you know who might be interested in getting involved. You don't have to be an animal welfare campaigner or even a pet-owner to get involved - you just have to care about animals.

Show you care this World Animal Day - Get Involved.

Naturewatch, 14 Hewlett Road, Cheltenham, GL52 6AA. Tel: 01242 252871. [www.worldanimalday.org.uk](http://www.worldanimalday.org.uk)

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**We shall require a substantially new manner of thinking if mankind is to survive**

*Albert Einstein*

# Avoiding Dairy to Reduce Cancer Risk

Professor Jane Plant is an eminent scientist specialising in Geo-Physical Surveys. A driven high-achiever, she was struck with breast cancer and had to endure recurrence more than once. Her scientific mind not only asked the usual question: "Why is it happening to me?", but she also took a keen interest in all stages of her treatment. She insisted that every effect has a cause and decided to investigate any scientific research on the subject. To her surprise she found there was a lot of scholarly information, on which she could build a plan for individuals to cope with breast cancer (also ovarian and prostate cancers) and prevent recurrence.

Her training led to scathing rejection of answers not based on sound science, but she is open enough to draw on alternative approaches which are seen to be useful, including ideas from Dr. Gerson's therapy. She also rejects mere visualisation, but she emphasises the benefits of a positive attitude.

The main advice of the Plant Plan is to avoid all dairy produce even in the tiny amounts found in packaged foods or capsules. People who have followed the plan carefully have remained free from breast cancer, but a lady who later accepted cheese in her diet, had a recurrence of cancer. Jane Plant advocates substituting soya products instead of milk products and praises soya as beneficial nutritionally. The claims of harm from soya are said to be no longer sustainable.

All arguments are based on sound science because the author is passionate about following her scientific train of mind, which makes her conclusions all the more convincing and important. But this is also a very human and personal book with accounts of her own experiences and those of people who have strictly followed her plan and she is passionate about helping others to avoid the suffering she had to endure.

Before she had conceived her Plan, Jane Plant was being treated by chemotherapy on a tumour that had appeared on her neck and she continued to wonder about the cause of her affliction. There was no history of cancer in her family, so there was no hereditary predisposition. She had long reduced her intake of animal fats and other dietary causes were discounted.

## Lessons from the Far East

In her geological surveys she had come across The Atlas of Cancer Mortality in the People's Republic of China. There she found that cancers in China were related to regional conditions, but throughout China the incidence of breast cancer was very low. The background rate for breast cancer is 1 in 100,000 women compared to 1 in 10 of women in the Western world. The rate is higher in Chinese and Japanese cities than in rural China but still significantly lower than in the West. So what was different about Eastern countries and

Western. Suddenly the answer came: the Chinese do not use milk or other dairy produce after weaning from mother's milk. If necessary, they make use of wet nurses but never give their children animal milk. Moreover she remembered that in visits to China, people would strongly refuse such things as ice cream (from animal milk) and looked on the Western interest in milk as odd and distasteful. When pressed someone even admitted she thought Westerners smelt of "sour milk"

Finally Jane Plant had found the answer and she eliminated all dairy products from her diet. Within a week, the tumour began to soften. Six weeks later, she returned to hospital for chemotherapy, but no trace of cancer could be found anywhere in her body. Her doctor declared her free from cancer and she has stayed free from it as she maintains her dairy free diet. Jane Plant is not committed to veganism nor vegetarianism, but she feels she has proved that avoiding all dairy produce will largely reduce the incidence of breast cancer, and probably also the prostate cancer.

This is confirmed by the large study by the very respected Dr. T. Colin Campbell of Cornell University, USA, which also found that the lack of use of dairy in the Far East is the reason why they have such low incidence of cancer. Moreover, people who move from a traditional Eastern diet and adopt a Western style diet, contract the diseases more prevalent in the Western countries, including cancer.

The scientific evidence is clear and overwhelming. So why is the message that breast cancer could be drastically reduced if people gave up all dairy produce? The main reason is that it would upset the whole industry based on producing milk, cheese, etc. It is not just a question of the vested interest of the dairy industry, though this is in fact very powerful, it would also have an effect of unbalancing the whole economy of this and other countries. We can only expect changes in this respect to be made by a gradual process over a period of years and we prefer to continue with dramatic exploits in expensive surgery, rather than simple changes in lifestyles. A probable secondary reason for not giving wide publicity to established facts is that people would simply not believe that what has been common practice and accepted diet in our part of the world there would be fierce debate and controversy.

The facts, however, cannot be avoided. Veganism is not only the answer to problems of breast cancer and many other diseases but it is also the only way we can sustain the present growing world population, because feeding grain to farm animals is hugely wasteful of food resources. This fact is also scientifically accepted, but little publicised and the real tragedy is that those nations like China and India who are rapidly growing more prosperous are aspiring to copy the lifestyle and diet of the established rich nations and see meat and dairy produce as part of that lifestyle. As the numbers of vegans increases, we can only hope that all will finally have a safe conclusion, though the process may be painful for some.

The second edition of this book is rather long, perhaps too long, because the author has added many pages of updates since the first edition, but these additions only make the argument the more convincing.

## World Food Crisis

The whole world is aware of and concerned about the decisive rise in the price of the grains which are the basis of the world's need for food. The poor have rioted in various parts of the world. Governments and international institutions are urgently addressing this issue of greatly increasing food production throughout the world.

In India and Bangladesh, most food is grown by farmers working in very small fields. Helping them with supplying improved seed and improved methods, as is being promoted by small charities such as VEGFAM are of great help and should proliferate. Prosperity for a few small farmers will help expand economies. In Kenya, the government is actively helping small farmers to increase their yields.

Others, in lands where more space is available, believe that large scale farming should be encouraged, mostly in parts of Africa with uncultivated lands.

Others are presenting Genetically Modified crops as the main, and quick solution to world food shortages. USA, Brazil and Argentina have embraced GM crops on a large scale, especially for maize and soya much of which is used for cattle feed. The European Union is still reluctant to accept GM foods and requires labelling of food sold to humans but GM feeds are allowed for to be fed to animals.

No one is taking notice of the obvious fact that it is essential that the world must reduce its consumption of animal products in order to survive.

The surge in demand for biofuels to use as additives to petrol fuels is also blamed for the surge in grain prices, but these need not compete with grains needed for human consumption.

Another item that appeared in this debate was that the staple food in Jamaica is of rice and peas. The poor rely on vegetable sources for their nutrition and they are also usually the people who do most of the hard work. Contrary to what most rich nations believe, meat is simply not necessary.

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## CORRECTION

In our last issue (Vegan Views no.114) page 10 under Mobile Solar Water Pump Project: for 'Tractor Trailer unit' substitute 'Auto Rickshaw Trailer Unit' Column 2 Under Street children food project, last line read 'training in horticultural skills.'

## If it has a mother Don't eat it.



## Correction to Recipes.

I was surprised and disappointed to see Marmite recommended in a recipe for Simple Vegetarian Pie (VV 115). Everyone knows what yeast extract is without a brand being mentioned, and if the writer thought it necessary to mention one he/she could have done better than choose one that isn't manufactured by Unilever - a company well-known for carrying out vivisection. In addition the recipe for Ratatouille is misleading, aubergine in that aubergine is not an optional ingredient. In addition it also needs herbs, specifically rosemary, and oil should be used instead of margarine. I have no problem with someone submitting a recipe for a vegetable stew, but it shouldn't be referred to as a ratatouille unless it is a ratatouille.

**Patricia Tricker.**

*Editor. Thanks for your passionate defence of the true ratatouille and I agree that the aubergine is an essential ingredient. You are wrong only in that you supposed that someone had submitted this recipe. In fact, no one has submitted a recipe for years, in spite of invitations to do so. So I gleaned this one (like the one that mentioned Marmite) from old papers I was clearing out. We include a more authentic recipe for ratatouille taken from Liz Cooke's recipe book So What Do You Eat? on our recipe page.*

## Greetings from Glinik Gorny, in Poland - on first arrival.

Arrived here in the evening after a flight from Stansted to Rzeszow. Jerry met me but it was dark by the time we got to the house. Yesterday I had a good look around - our seven or so acres of land (full of long grass and spring flowers) stretches down to a forest and a small stream. In fact there are plenty of forests round here, and no immediate neighbours and there are interesting walks all around. We went to the small town of Frysztak yesterday, about four miles from here and drove around the area. There's a feeling of space - large houses, many with land, and often people working on their land (an unfamiliar sight in Britain). Some interesting, colourful architecture although Frysztak itself was not specially attractive. I hope to write more later on.

**Malcolm Horne.**

## In Other Words

Vegan Views reader Mercy Stonehouse has responded to our appeal for an alternative to the expression "the world's your Oyster".

She wants us to say "The world's your Apple".

Apples contain numerous vitamins and minerals as well as pectin and also Vit. B17 from the seeds. It is a good detoxifier as well. A truly wonderful fruit. Details of the amounts are to be found in Lesley Kenton's "The Biogenic diet".

## De-Subscribing

*Mrs. Jane Shurber subscribed to Vegan Views for four issues and is now, confidant about her veganism, She tells us:*

# Letters

Please unsubscribe me. I have learnt the basis of veganism and there isn't anything more to be said. It has become a way of life.

Thank you and best wishes, **Jane Shurber**

## Visit to Tasmania

*Miriam Mather has taken to playing Scrabble on line and finds she is playing with people in far off lands.*

*A lady in Australia often sends her news, like this account of her trip to Tasmania with her dog, Dudley.*

Tasmania was very interesting. They call it the apple isle. We devoured lots of apples and they were so crisp, juicy and sweet and only two dollars a big bag full. We will never have to see the doctor for years if the 'apple a day keeps the doctor away' theory works!

Our dog Dudley adapted well to the travelling. He thought everybody wanted to see him. He was not backwards at coming forwards with people and their pets. We met his 'twin' a very similar dog called Andy. He had photos taken with Andy and they looked like clones, but of course Dudley was the better looking one.

We never saw the Tasmanian devils but some are killed on roads. It was such a shame there are so many little animals dead on the road, hit by people who don't abide by the careful driving at dawn and dusk signs. We never drove then. There must have been a lot by the amount of dead animals, including wombats, small kangaroos, possums, etc.

We saw no foxes, which is good. Tasmania is said to be fox free. I loved the beaches - white sand and turquoise blue sea - idyllic, but was disappointed with all the chopping of the forests and what goes on in the name of the timber industry. It is like we humans have the God-given right to do as we please with the planet. I did not notice too many birds - not like in Queensland and South Australia. I look out for the birds in places where we go and take my Readers Digest book to identify them.

Dudley made friends to romp with every place we went and parked. He made himself welcome even when some dogs growled at him. He would not take no for an answer until they backed down with an "OK but watch it!"

attitude. He never gives up. Perhaps we humans could learn something from him?

As you see, Dudley found it all very exhausting. He thinks he's human, so we had to get him his own chair.

**Bill and Pauline**

## Vegetarian For Life

Vegetarian for Life (VfL) is a new charity which aims to improve standards of catering for older vegetarians and vegans throughout the UK.

In our ever ageing population ever more people live in care homes and retirement complexes, or rely on home care, day centres and meals on

wheels. The need for vegetarians and vegans for a nutritious and varied diet which meets their ethical standards is often overlooked.

Tina Fox, Company Secretary of VfL and former Secretary of The Vegetarian Society says:

"These are people who for years have tried to lead a life based on kindness, kindness to animals, kindness to the environment and kindness to themselves. Vegetarians and vegans may be a minority in society, but our choice is strongly held.

Like all other older people, vegetarians and vegans deserve respect towards the end of their lives, at our task at VfL will be to raise awareness and assist those responsible for catering for older people to see how easy it is to satisfy vegetarians and vegans."

The first guide: Catering for Older Vegetarians and Vegans - A practical guide for care homes, retirement schemes and others catering for older people was distributed free of charge to 16,000 homes and other caterers during National Vegetarian Week (19th to 25th May 2008)

Contact: Tina Fox at Vegetarians for Life. Tel: 0151 608 1595 or (mobile) 07802 615533. [tina\\*AT\\*vegetarianforlife.org.uk](mailto:tina*AT*vegetarianforlife.org.uk)

## Notice from The Vegan Society

Registered charity number 279228

In 1974 The Vegan Society launched an appeal for a fund to help elderly vegans. The aim was to fund a retirement home for elderly vegans.

**NOTICE** is given that money and other property given for this purpose can not be used for that purpose because there was insufficient money for the Society to establish a home. Despite much effort it was not possible to find another organisation that was willing to share the costs and operate to the Society's required criteria.

The donated money has remained in an account gathering interest.

**If you gave money or other property for that purpose you are entitled to claim it back.** If you wish to do so you must tell Nigel Winter, Company Secretary of The Vegan Society, Donald Watson House, 21 Hylton Street, Hockley, Birmingham B18 6HJ within 3 months of 14 August 2008. If you wish the money or other property to go to a similar charitable purpose and to disclaim your right to the money or other property, you must ask the person named above for a form of disclaimer.

If you do not either make a claim within three months or sign a disclaimer, the Charity Commission may make a Scheme applying the property to other charitable purposes. You will still be able to claim the return of your money or other property (less expenses), but **only if you do so within 6 months from the date of any Scheme made by the Commissioners.**

Date of the notice: 14 August 2008

# THE VEGAN BIRDS

EPISODE IV  
© TD 08  
THE MEAT MEATEOR  
BY ZAASH

ON BOARD V3 SPACESHIP, TOFU AND DULSE SPOT

THE HUGE MEATEOR!!

HERE IT COMES!  
LOOK! IT'S ENORMOUS!  
AND VERY HAPPY! I SURE  
HOPE THAT SLINGSHOT  
WE DESIGNED IS  
GOING TO BE STRONG  
ENOUGH!!

**THE STORY SO FAR!**  
OUR FUTURE VEGAN EARTH IS  
THREATENED WITH EXSTINCTION  
FROM AN EVIL VILLIAN WHO IS  
SENDING A MEATEOR TO COLLIDE  
WITH THE PLANET. THE EARTH WILL  
THEN BE USED AS A GLOBAL  
PASTURE FOR THE VILLIAN'S  
MUTANT COWS! THE VEGAN BIRDS  
HAVE MADE A HUGE SLINGSHOT  
FROM VEEZE AND CHEATIN' HAM  
TO CATCH THE MEATEOR.  
THEY HAVE ONLY ONE HOUR  
TILL THE MEATEOR  
HITS THE EARTH!!!  
WHOLE MEAL CRUMBS!



HERE I  
COME VEGANS  
READY OR  
NOT! HA!  
HA!

GOSH!  
GOLLY YIKES!!

DULSE SPOTS TROUBLE ON THE VEEZE



OH NO!  
SOME VEGGIE  
WORMS! THEY MUST  
HAVE BEEN ON THE  
VEEZE WHEN WE  
LEFT EARTH!  
THEY HAVE  
MUTATED

IT'S  
TIME  
TO DIE  
FEEBLE  
VEGANS  
HO! HO!

THEY  
ARE  
EATING  
THE VEEZE

MUNCH!  
MUNCH!

OH!  
OH!

THE MUTANT WORMS BITE THROUGH



MUNCH!  
MUNCH!  
MUNCH!



THE VEEZE  
HAS SNAPED!  
WE HAVE NO  
DEFENSE  
AGAINST THE  
MEATEOR  
NOW!

THE CREW DEVISE  
A PLAN!!

ONE OF US WILL HAVE TO BECOME  
A HUMAN LINK BETWEEN THE  
TWO SNAPED STRIPS OF VEEZE.  
WE WILL DRAW WHOLEMEAL BREAD  
STRAWS TO SEE WHO WILL GO!

THERE'LL BE NO  
DRAWING OF STRAWS!!  
I WILL GO! AND DON'T  
TRY TO STOP ME!  
OK!?

YEP! NO PROBLEM!!  
GO! RIGHT! AHEAD!  
WE WON'T  
STOP YOU!  
FINE!



CHUG!  
CHUG!  
CHUG!

WHOEVER  
GOES MAY BE  
KILLED, OR  
WORSE! ULP!



NOTICE  
THE HARD  
GRAN  
LOOK



TO BE CONTINUED!!

# Vegan Help for the Third World

*VEGFAM feeds the hungry without exploiting animals. Here is more news of projects achieved in 2007.*

## BRAZIL

### North East State of Paraiba

Reducing Poverty Through Community Organic Vegetable Gardens. Funds for organic seeds, tools, wind powered water pump, irrigation supplies, repair of the community building, training.

Brazil is one of the most unequal countries in the world. The richest 20% of the population has 63% of the national income, whilst the poorest 20% has only 2.5% of the total.

20 million people live in extreme poverty and 40 million live on less than US\$2 a day.

Paraiba is Brazil's poorest region - 50% of the population live below the poverty line. The area has a hot, dry climate with long periods of drought. Desertification affects 55% of the semi arid region, threatening the survival of the population and increasing the poverty.

There are high levels of malnutrition and precarious infrastructure makes it difficult to improve conditions (difficult access to potable water, lack of education and revenue, lack of roads, transport and telephones).

Domestic violence against women is high.

### Beneficiaries

Initially 90 families (500 people) who live in the Serrote Settlement. A further 3,425 Agudo will benefit indirectly by having access to affordable food. By setting up the community organic vegetable gardens, food security will be improved and incomes will increase from the sale of resulting crops. The repaired community building will provide a place to store tools and hold community meetings.

Eventual commercialisation of produce will increase family income. Crops grown will include aubergines, bell peppers, cabbages (green and white), carrots, chilli peppers, cilantro/coriander, courgettes, cucumber, gherkins, iceberg lettuces, other lettuces, pumpkin, okra, onions (including spring onions), spinach, summer squash, tomatoes and water melons.

Culturally, these people have not eaten many types of vegetables - this project will broaden the community's diets.

The standard food will be improved and there will be an increase in health as a result. 3,425 people living in the municipality (over 38% are children and adolescents), will have access to the food which will be provided at an affordable cost.

A seed bank and rotational seed fund will be established. Seeds will be distributed to new groups who wish to start their own (vegan-organic) garden. They will be expected in turn to reserve seeds and pass them on to other groups.

The seed bank and seed fund will encourage self-sufficiency in the supply of good quality seed for the expanding community gardens.

Workshops and training will be provided including the preparation of (vegan) meals, where all parts of vegetables will be used (leaves, stalks, etc.) Skills and knowledge will also be passed on between exchange groups.

A wind driven pump will be installed, so women will no longer have to walk to the river to collect water in buckets. Improved access to water will improve the quantity and quality of the produce being grown.

The project will give more value to women's productive work; allowing them to be more involved in the decision making processes of the community - improving social inclusion.

This two-year funded project will be replicated in other settlements, promoting vegan-organic vegetable production as a sustainable alternative, which will improve the food security of vulnerable communities. It will be replicated next year; setting up a further three vegetable plots. This process will be ongoing and self-supporting, year after year.

*Financed through Concern Universal (Hereford, UK) working with in-country partner Cunha - colectivo feminista (Women's collective). £13,000*

## SOUTH INDIA

### Seeds For Poor Farmers

Funds for seeds and water channelling irrigation works.

Oodai Patti is a very poor backward village, surrounded by paddy fields.

Farming families are very poor. Thousands of families have not grown crops for four years, as they cannot afford to buy seeds or to pay the costs involved in channelling water for irrigation. Many people have starved to death as a result.

### Beneficiaries

1,500 poor farming families initially. A further 00 families in 215 surrounding small villages will receive seed distributed from the harvest.

Farmers will each receive seed - more than 1,000 acres of agricultural land will be planted with grains and vegetables (including corn, rice, sugar cane and mixed vegetables).

Seeds from the harvest will be saved for the next season's planting and seed will also then be distributed to a further 25 surrounding small villages.

Many farmers and their families would have died this year without this project.

The project will benefit the villages for three years, after which time it should be ongoing.

*Financed through Pasto Jesudoss (Madurai, India).*

## INDIA

Nazvid Mandal District, Andhra Pradesh.

Small Kitchen Garden Programme and School Residential House Project.

Funding for a food distribution and food production centre, school residential

home/hostel and small kitchen gardens. Staff - a cook, teacher, caretaker, and helper (all staff will also be engaged in horticultural training and crop production work); Emergency food and water - drinks and three nutritious meals per day per child (including meals for staff and their families); Utilities - electricity, fuel and water; Hardware - plates, glasses, etc; Vegetable Gardens - land and building rental, organic seeds and tools.

## BANGLADESH

Upazilla in Satkhira District.

Improving quality of Life Through Water Intervention.

Funds for the provision and installation of 20 shallow tube wells and a rain preservation scheme. Also, training costs on the installation of tube wells and testing for arsenic contamination.

Safe water coverage in Bangladesh is only 42% provided by shallow tube wells which are at risk of contamination from arsenic.

Kalinganj has a population of 185,669 (33,758 households).

Currently the majority of wells in the area are contaminated with arsenic.

### Beneficiaries

Households, schools and colleges.

This project will be implemented through Ganokendras (development and resource centres).

Communities will have full access to safe water sources for all domestic purposes, within a convenient distance from their homes.

Training will be given on arsenic testing and tube well installation. People will also learn how to operate and maintain the water points themselves.

*Financed through Dhaka Ahsania Mission (Devon,UK), working with Dhaka Ahsania Mission, Bangladesh.*

*All VEGFAM projects are checked carefully with the organisations who request funding from them. Seeds and tree seedlings are non genetically modified. Local, Indigenous, organic varieties are used where available*

**TOTAL PROJECTS FINANCED IN 2007 - £41,265.**

*Projects funded in 2007 will directly benefit over 180,000 people and more than 100,000 more people should benefit indirectly as a result.*

*At a time when world food shortages are being seen as a major issue for the world, this work has become even more vitally important, especially due to its basis on vegan agriculture.*

Website: [www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk). Online giving: [www.charitychoice.co.uk/vegfam](http://www.charitychoice.co.uk/vegfam). See Notices on Page 2 for Vegfam Address.

# A Vision of a Vegan World

"It often happens that the universal belief of one age, a belief from which no one was free or could be free without an extraordinary effort of genius or courage, becomes to a subsequent age, so palpable an absurdity that the only difficulty is, to imagine how such an idea could ever have appeared credible."

*John Stuart Mill, English author and philosopher (1806-1873)*

It's the future. We turn on the T.V. to a half-hour, commercial-free news program. A reporter speaks: Today is the 10th anniversary of the last case of the deadly 'sad cow' disease that turned the entire world vegan at once, and everyone is amazingly feeling better! We take you now to view a sampling of the general public walking the streets. They move with agility and have a spring to their step. Now we take you to a clip from ten years ago. Dare I say that we appear to be a more evolved species, even than 10 years ago? It was TRUE what the pioneer vegans told us of veganism being the next step in the evolution of humankind!

Once overloaded hospital rooms are emptying at an accelerated rate. It appears that Americans are all getting healthier, leaner, less toxic and disease-ridden. New medical findings indicate children born in these vegan times don't have the typical runny noses (and developing ear infections) so common in children of the last decades. The children are clear-eyed, bright and intelligent. Size 3X has been done away with at the International Clothing Convention, as gross obesity is a disease of the 'not so good old days'. New medical studies show that heart attacks, cancer, diabetes, and other debilitating diseases are at an all time low. The stock market is showing pharmaceuticals so down that these companies are finding other ways to make money. Some of these companies are branching out into natural plant-based herbal remedies, veganically grown and fairly traded. The stock market is also showing solar, wind, hydro and other alternative energy sources are way up and fossil fuels are steadily on the decline.

'The Community Fruit Tree Project' is underway. People all across the globe are planting fruit trees on all residential roads. The funding was ordered by the courts to come from the meat and dairy industries. A law was passed to close down all slaughterhouses and stop the breeding of sentient beings for food or milk, 10 years ago today. The ruling stated that 2% of the companies' profits was to be allocated to fund the Fruit Tree Planting Project in neighborhoods. Let's go to one such typical neighborhood now. (Children and dogs are safely playing together in the streets.) Man's best friend seems to be taking to the vegan diet, as well. Here we see a young boy who learns about 'loyalty' from his dog and best friend. He is learning to REALLY love animals in a way that was unknown decades ago when people ate animals and could not comprehend what really loving them would be like. The neighborhood has gathered, dressed in smiles and grins, to plant various fruit trees. One woman is seen handing out Swan and

Milkweed plants that attract the Monarch butterfly, to increase their population. It's Saturday morning and there is a stand on the street corner where neighbors gather to discuss things pertaining to the community. They swap seeds that they have collected from their gardens. They share or sell their excess fruit and vegetables. All the yards on the street are tidy and flowery. Birds, bees and butterflies are plentiful. Two young girls have set up a watermelon stand and are eating up the profits and giggling. All over the globe, human beings are coming out to plant fruit trees on roadsides, for all to share. We take you to one woman seen petting a wild deer in the woods adjacent to her back yard. "This deer and myself no longer feel the fear that as a young woman I lived with day in and day out, and I'm sure my friend here would agree. It's the most miraculous feeling to experience life without constant fearfulness. Who would have ever thought, 10 years ago, that life could become so peaceful for this deer and me? Who would have ever thought I could become friends with a wild animal? We certainly didn't know then what we are realizing now!" Thank-you to our roadside reporter, Will Dumore, and now back to Cher Wordsworth.

Good Day. There is not a single war happening anywhere on Earth for the first time in human history. Let's pause and ponder this profundity. When people all became vegan, they stopped wanting 'to kill.' Thus our crime rate has diminished greatly. All the money we used to pour into law enforcement, prisons, and the judiciary system would have been more wisely spent funding vegan programs, we see now. We could have fed vegan meals to dangerous murderers in prisons to calm their temperaments. How could we have been so blind? Jails are emptying now. People want to live righteously, and so no longer require law enforcement. Parents are breathing easier in these vegan times as violence in our schools has ended. New research shows that children's scholastic achievements have greatly advanced. Children no longer have learning disabilities as they are in a safe, loving environment for learning, while eating nourishing, delicious food.

(Crime is such a thing of the past that it hardly makes the news.) We take you now to meet a dog named Braveheart, who was found rescuing abandoned kittens and becoming their foster mother. Braveheart is seen here taking the kittens to her people where they nourish them from the plant kingdom and supplement those necessary nutrients unavailable from plant food. By being exposed to humanity's change to veganism, these kittens are also evolving out of carnivorousism to omnivorousism. We are leading the way for them.

A panel of renowned scientists from all over the world have merged and released a statement that the ozone hole is significantly decreased. Climate change is at a halt. The great polar ice caps have slowed down their rapid melting of decades past. This is all due to less impact from ending animal agriculture and its contribution to the green house gas effect.

New species of gentle animals are emerging on the planet; being discovered daily. These are really exciting turn-arounds!

The last slaughterhouse to close was reopened today, in Houston, Texas, as a memorial museum of the Farm Animal Holocaust. On display are the actual trucks used to haul "livestock" (as they used to say). In actuality though, 'living animals' were hauled off to slaughter, reminiscent of the trains used to bring Jews and Catholics to the gas chambers in the concentration camps of Nazi Germany. The livestock hauling truck stands as an emblem engraved with the words *Lest it never happen again*. At the dedication speech, the speaker called for the term 'genocide' to be expanded to include animals, as well as people. He continued to say that the enslavement and genocide of any feeling, breathing, conscious being will never be again.

We go now to New Zealand where scientist have finally invented and come out with sterilization baits to replace the archaic and inadequate poison baits once used to eradicate the introduced-by-man and unwanted possum in the New Zealand bush. The new baits are proving successful. New Zealanders feel proud to have stopped using poison baits in their natural, and indeed beautiful environment, and has made peace with the persecuted possum in this way. Soon all New Zealand forest floors and waterways will be free of cyanide and the like.

Back to the U.S. of A., where Dennis Kucinich, the first appointed "Secretary of Peace" is stepping down from office, heroically, after an accomplished long term in office and helping to usher us into an Age of Peace. It was a milestone in history when the American people saw the important need for a Secretary of Peace. Not that long ago mass murderers were our heroes. Not that long ago we had only a secretary of war and no government official thought to have a secretary of peace. It's amazing what we didn't see then that now seems so easy to see.

We go now to Meta Morphosis, our reporter in the field who takes us via airplane to visit L.A.'s busy restaurant scene. The flight attendant asks me, 'Will you be having Tofuna Salad Platter, Meatless Loaf and mashed potatoes with mushroom gravy, or Wheat-meat Lasagna?' Wow. Food was never so good! (I think to myself, it's all so yummy and better suited to our species, too! Preparing food without blood and guts is really a lot more enjoyable.) Here we are on a street in Los Angeles where I see a vegan pizzeria, Mama Mia's Spaghetti House, a Kentucky Baked Tofu Cutlets Take-Out, New McDonald's Soy Burgers, An International House of Plant-Based Pancakes, A gourmet veganic 5 star eatery and winery, a Thai Cuisine Cafe, a Mendy's New Fashioned Vegan Burger joint, a Potato Palace, several raw food establishments, veganic soup and salad bar chains, a Chinese restaurant, fresh juice bars, bakeries, all vegan of course, that goes without saying! As we all know, grocery stores of years past have

become mega, reasonably priced, health food stores. Now over to Barry in our capital.

Thank-you Cher. The clothing and shoe industry's losses are at an all time high, as we vegans tend to want to reuse and recycle, and participate far less in consumerism. Since we're not all clogged up with animal fat, our 'reasoning' has become clearer and it is now obvious to us that we must protect and preserve our precious planet. Recycling collection points have been granted more funding and attention by the courts today. A new Clean Air/Clean Water Act is underway. A star-studded celebrity event at the White House last night raised \$100 million dollars for the Clean Air/Clean Water Act. This is Barry Good reporting from Washington D.C., now back to Cher.

Our highlighted heart-warming story to report to you tonight is: There is NOT a single reported case of a starving child left in Africa, Cher happily and enthusiastically announces. We have accomplished our task to put an end to world hunger. There seems to be plenty of surplus grains, legumes and potatoes since we stopped breeding and eating cows, pigs, and everything else that moves. Food is being shipped in from everywhere! There is a team feeling that has never been seen before on Planet Earth, says a spokesperson for the Stop World Hunger committee, Mr. Change Forthebetta.

The Supreme Court of the U.S.A. ruled today that all companies that profited from animal husbandry shall pay back a whopping 10% of its gross profits as retribution for deceiving the American public. They were ordered by law to use the money to fund Fruit Tree Planting projects and veganic gardens in their neighborhood and surrounding communities. All company representatives that we questioned seemed fine with the fine.

Now we take you to a college in Australia where a woman is being awarded a medal of courage for being the first vegan to introduce the vegan ideal to their school, and leading the way towards the shift to present times. People are being honored worldwide today as the United Nations proclaimed this 'Heroes of the Vegan Movement Day'. War heroes of the past will no longer be celebrated. All national holidays honoring war heroes are hereby replaced with days commemorating the forerunners who helped bring us into a radiant Golden Age of Peace.

Now we go to the U.S. Parks and Recreation spokesperson: 'Visitors to our National Parklands and Forests is at an all time high. Since hunting was banned, the rubbish in the national forests is virtually nil, even though far more people are hiking our national forests. This is something we felt worth reporting to you. You; a person just like us. Thank-you and good night from Cher Wordsworth and the team here at BBC (Better Broadcasting Communications.)

*M. Butterflies Katz is co-author of "Incredibly Delicious; Recipes for a New Paradigm" by Gentle World. [www.gentleworld.org](http://www.gentleworld.org), [www.TheVeganLife.com](http://www.TheVeganLife.com), [www.veganpoet.com](http://www.veganpoet.com)*

# A Look at the News

## Noisy Neighbours

The people of Darlington in Yorkshire are complaining about the noise of cattle being brought to auctions early in the morning. No doubt the cattle make more noise than usual in the early morning because they have been taken out of their normal surroundings and routine. It is also disturbing for the local humans who prefer to sleep till a reasonable time. The local council proposes to ban cattle noise between 9 pm and 7 am.

## Opium or Wheat

Rising wheat prices are making farmers in Afghanistan turn to growing wheat where they previously grew poppies for the drugs trade. They are being encouraged by government subsidies and the thought that dealing with drug barons involves more hassle from the buyers.

## Caged birds

Pheasants are specially reared so that wealthy people can play at being country lovers and blast them out of the air. For improving production the birds are now bred within cages to keep predators away. Gamekeepers also set deliberate traps for animals they view as 'vermin'.

## GMOs

It is agreed generally that Genetically modified crops should not be grown close to crops that are being cultivated organically to avoid cross contamination. But what should the distance be? In France GM maize has been found to contaminate other maize grown 25 kilometres away. In the UK any product on sale containing GM ingredients must by law state this on the label. However animals may be fed on GM feed without any declaration about it.

## Fishy Waters

Spanish fishermen roam far and wide to supply a large home market. Somalia in East Africa is a lawless country dominated by rebel factions. so there is no government to complain about fishing in the waters off their shores. However, the lawlessness allows pirates to operate off the costs and capture boats that seems suitable for claiming a ransom. A French luxury yacht has been held up to ransom and recently a Spanish fishing vessel. It seems that overfishing nearer home is leading to searching for fish in very far off waters. So how desperate is the demand for fish. Will we soon find there are no more fish in the sea?

## Rice production

The Irrawaddy Delta which was struck by a devastating cyclone was a rich rice producing area which exported rice to other countries. The current crop has been destroyed and there is only a short period left to allow for replanting for the next harvest. This is an added disaster for the worldwide rice shortage.

## A View from China

China is hosting the Olympic games and wishes to present a favourable image for other nations. They have therefore decided to ban the

sale of dog meat in restaurants during the times of the Games. This is not a regular part of Chinese menus and is only offered in specialised regional style restaurants. But what do the Chinese think of items in the Western diet? A Chinese Chef visiting the USA referred to cheese as "the putrifying discharge from an old cow's udder".

## Blue Tongue

Blue Tongue disease in cattle is prevalent on the continent of Europe, and has made an appearance in Britain. It is spread by midges and farmers are apprehensive of the onset of midges in the summer. Vaccination is available.

## Why Milk?

Nigeria is importing dried milk, although milk has never been part of the diet in most African nations.

The 'white' farmers who have been expelled from Zimbabwe are moving to Nigeria to set up large farms, some of which will be for milk production.

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## Go Green - Go Vegan

Global Food Prices have risen by about 40% in the past year.

There have been riots in many countries in protest against the high price of staple grains, which are leading the poor to greater hunger and desperation.

The huge rise in oil prices, very bad harvests in some parts of the world, diversion into biofuel crops have aggravated the problems, but the greatest pressure on the price of grains has been a sudden surge in the demand for meat consumption from newly prosperous middle classes in Asian and Latin American countries eager to live up to the lifestyle of the prosperous Western nations, who use agricultural practices harmful to the environment and also seriously damage their health.

Without the pressure of demand for the wasteful feeding of grains to animals, grain prices would fall back and the poorer peoples throughout the world would find prices affordable again.

Eating less meat and other animal products is what each individual can contribute to this crisis.

It's simple, easy and can only do you good.

You don't have to go vegan straight away, but you could see that as a goal to aim at and keep in sight, even if you never completely achieve it.

It is estimated that a person eating a plate of meat, is eating the food that which could sustain 12 persons in good and comfortable health, if the meat was not intentionally bred. That is how much resources are used when they breed animals to eat.

# Vegan Organic Growing



By Graham Cole

## Stockfree-Organic, Real Sustainable Growing

We are now seeing the results globally of a system with rising prices and instability with food riots and strikes. Three major factors are behind this: rising cost of oil, swathes of land given over to biofuels, and an explosion in the demand for meat and dairy and the feed needed to produce it. Many of us have been saying for years that a growing human population and farm livestock population competing for finite resources of land, water and food will reach a crisis point and is totally unsustainable. The organic movement with its belief in the need for lots of free-range animals and manure for fertility is not a solution either.

The fact of the argument that is gaining ground is that human health from cradle to very old age and growing food without meat and livestock is viable, necessary and our only REAL sustainable way forward. Vegan gardeners, allotment holders and Stockfree commercial growers are showing the way forward, not just here in the UK, but also in many other countries.

Even though hardly a week goes by without a mention of the links with animal farming and climate change, ecological damage and growing demands for grain there is still a huge sea change needed in attitudes within the general population, media and government. Come on programmes like Countryfile, why don't you deal with this issue and knock on the door of successful and inspiring commercial growers such as Iain Tolhurst and others who are feeding hundreds of people every week with varied and wholesome local produce??

So what all of us vegans have to do is RIGHT NOW grow food in our gardens, get an allotment if available, make the case for Stockfree-Organic horticulture and agriculture whenever we can, join the Vegan-Organic Network, still a small charity promoting and educating animal-free growing, and try to visit a Stockfree Organic site near you (details from VON). The food crisis is here, the days of cheap oil are over-which conventional farming is dependent on and we need to start growing a lot more food crops, including tree crops, here in the UK and stop importing so much food. Bio fuels are not the answer as the land should be used for feeding people not cars and lorries. The Vegan food revolution must expand out there if we are to feed the world and have a future.

## Can Britain Feed Itself?

This was the title of a book I got in the 1970's by Kenneth Mellanby (a meat eater), written in 1975, who reached the conclusion then with a smaller UK population (55million) than we have now, that we should drastically reduce meat consumption. Of course, he didn't go far enough, but now Simon Fairlie of The Land magazine (Winter 2007-8) has looked at this again with current factors of a 60 million population and several different land use scenarios such as Organic with Livestock, Chemical with Livestock, Organic Vegan, Chemical Vegan, Livestock Permaculture and Permaculture Vegan. The rough conclusion is that the two vegan systems come out best, also in the way that millions of acres of spare land is freed up that could be reforested and give, for instance, wildlife a chance as well as feeding the UK sustainably. He has added to the facts and debate in a very useful way and I urge people to check it out as it strengthens our case. It really has come to this question in a volatile world using up its resources that must change its ways.

[www.transitionculture.org/2007/12/20/can-britain-feed-itself](http://www.transitionculture.org/2007/12/20/can-britain-feed-itself)

## Summer Rolls On

So far lots of crops are doing better than last summer, although we could do with more sun and warmth and as I write the soft fruit crops of Strawberries, Raspberries and Tayberries (tasty Hybrid Berry) are abundant. Many of the fruits we grow in the UK can be classed as health-promoting "superfoods" but lately another one, the Goji or Wolfberry (*Lycium Barbarum*), is being sold widely here often at extortionate prices! But we can grow it here in the UK apparently with a bit of space, as it is a large hardy shrub, needing a warm well drained site. I am having a go at growing it, sowing some dried berries in seed compost back in February in the Greenhouse, good germination took place and so far they are growing well. 2 were planted against a south-facing wall and quite a few sold in pots on our VON stall at the Bristol Vegan Festival in June. Interesting to see how they do and what they taste like fresh! Farm Walks, Growing Green magazine, membership and information: Jill Harrington, VON, 80 Annable Road, Lower Bredbury, Stockport, SK6 2DF email: [info\\*AT\\*veganorganic.net](mailto:info*AT*veganorganic.net) [www.veganorganic.net](http://www.veganorganic.net)

## Seeds, Plants, Contacts:

**Stockfree Organic produced Beans and Herbs:** 161 Chapel Street, Horningsham, Warminster, Wilts. BA12 7LU. [www.beansandherbs.co.uk](http://www.beansandherbs.co.uk).

**Tamar Organics** [www.tamarorganics.co.uk](http://www.tamarorganics.co.uk). Cartha Martha Farm, Rezare, Launceston, Cornwall PL15 9NX. 01579 371087. For all seeds, including good range of green manures seeds and animal-free fertilisers.

**Agroforestry Research Trust** [www.agroforestry.co.uk](http://www.agroforestry.co.uk). Tel: 01803 840776. For plants and seeds. Perennial edibles-fruit, nuts, etc. Booklets

**Vegan Permaculture:** [www.spiralseed.co.uk](http://www.spiralseed.co.uk), [www.pfaf.org](http://www.pfaf.org)

**The Land Magazine:** The Land, The Potato Store, Flaxdrayton Farm, South Petherton, Somerset, TA13 5LR.

**Vegan Organic Network (VON)** [www.veganorganic.net](http://www.veganorganic.net). See p 17 for full details.

## Our life Change

By Heather Foster

We are a family of 4, Heather, Steve, Moss (7) and Amelie (5) and despite having a reasonable and enjoyable standard of living in the UK we wanted something different. So we bought a camper van, sold and gave away lots of our unwanted belongings, sold our 4 bedroom bungalow in Scotland, and went to France. After briefly touring around to find an area we liked we viewed 3 houses, and chose the first one we had seen. From leaving the UK in June 2007 we moved into our stone built house in the Languedoc in October!

The house we bought has an independent 2 bedroom cottage attached, built in 1836 it has charm and character. Having spent the winter months decorating and furnishing it, we are now renting it out as a holiday gite- advertising it for vegetarians/vegans exclusively. As a family we have followed a vegetarian diet for years, (and more recently became vegan) and feel that others that follow a meat-free/ animal cruelty free life-style would prefer to stay in a place that understand those ethics. To this end there is no leather, wool or feathers in the furnishings and all the appliances/utensils have not been in contact with any meat/fish products. As France is not considered very veggy-friendly we hope that by us offering 'safe' and sensitive accomodation, more vegetarian/vegans will want to explore this area for themselves.

We are advertising the gite via various like-minded associations and societies. Also targeting health-food shops and vegetarians restaurants in the UK. We have created a web site [www.veggygite.com](http://www.veggygite.com) where we have photos of the accommodation and the area for potential customers to see.

We have adopted an unconventional life-style, we home educate our children, not because of the language or local schools, but because we feel this is the way we want to raise our children, and would of chosen to do the same if we had stayed in the UK. We try to live as environmentally-aware as possible, growing our own vegetables and living as simply as possible.

We chose the Cevenne area as it is beautiful with stunning scenery and many attractions for visitors- yet relatively undiscovered by many holiday makers. The hamlet where we live is at the end of a steep hill and is quiet and peaceful. It would be a great place to come and paint for the artists out there, the walking is fantastic, with many routes from our hamlet. We have been made to feel very welcome with the families living near-by and our children play happily with the 4 neighbouring children, who are similar ages. We are all learning the language, and enjoy this new life.

# Dodging the Real Issue

A programme on Radio 4 asked the question of animal farming and its effect on the environment.

Cattle rightly came up first for consideration as it is acknowledged that they have the greatest harmful impact. They are poor 'converters' as they require about eight times the amount of feed as is 'produced' when consumed. Moreover, being ruminants, their digestive process of breaking down plant foods results in emissions from both end of the animal, of methane gas, which is around twenty times more damaging to the environment than is carbon dioxide produced by cars, planes, etc. Their urine releases Nitrous Oxide which is even many times more damaging than the methane. Beef and dairy farmers are unlikely to recommend a drastic reduction of production, so they look for other solutions. They point out that if cattle are kept in sheds, say for most of the year, it would be easier to recover the 'slurry' which can be spread on the fields for manure. This of course has been done for countless years. It is that nasty smell which you may have encountered in the country fields - the smell of methane, which is objectionable enough, but we did not realise it was contributing to climate change. The programme presenter seemed to assume that the public could not consider reducing meat consumption and managed to castigate the Vegetarian Society spokesperson because they permit the use of milk and dairy products and cows obviously are cattle with the same digestive system. However, it would seem that overall a change to lacto-vegetarianism would reduce the amount of cattle in general and be beneficial to the environment as well as to animal welfare in general. Another palliative being explored is to produce grass with a higher sugar content as this would reduce the quantity of methane emitted.

Pigs, apparently, are much better 'converters' of feed into food and their 'slurry' is also useful as manure for fields, though still not as pleasant a smell as new mown hay.

Lambs, it seems, although they have the same ruminant digestive system as cattle are not as noxious to the environment, presumably because they are smaller animals and since the majority of them are slaughtered before one year old, they do less damage than if they were allowed to grow to maturity.

Pride of place, however, goes to intensively reared chickens. They are kept confined in sheds and the resulting effluent is a very potent manure that can be sourced after the sheds have been cleared out after the six weeks or so when the chickens are sent to slaughter.

Water is another of the environmental problems, the future shortage of which is a cause for serious concern to the growing world population. Farm animals not only use up great quantities of water, at least some of their excreta will drain into water courses and the more animals we farm, the more of it will pollute our water courses.

Representatives of the Vegetarian Society and of the Vegan Society were consulted but not questioned as extensively as those representing with interests in the farming of animals. It was assumed that, because in a vegan world there would be no animal manure to fertilise the ground, there would have to be large imports of artificial fertilisers. This of course would be environmentally harmful both in its production and the transport involved. It seems strange that although stockfree (vegan organic) farming is established scientifically and has been established in practice for a long time, it seems to be ignored in programmes claiming to be serious discussions on the subject of climate change. Food production without the use of any animal input uses techniques such as crop rotation, composting of vegetable waste products, and green manuring (whereby winter crops are grown which add nitrogen and other nutrients to the soil and then ploughed in before the main crops are sown. This does not involve any transport and also enhances the soil structure.

This bias against the promotion of non-animal diets cannot be accidental. The producers and presenters of these programmes are themselves avid consumers of meat and dairy products and know that unless they give prominence to the interests of animal farming the powerful lobby of institutions, whose sole purpose is to promote meat and dairy, will descend upon them. But the message is getting through and more and more people are becoming aware that reducing meat and dairy consumption will benefit the environment, reduce global warming and even benefit their health. Elsewhere in this issue we review Professor Jan Plant's book *Your Health in your Hands* which scientifically established a strong link between dairy consumption and breast and prostate cancer. The message is getting through and truth will prevail in spite of all the rearguard actions of vested interests.

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## Study Horticulture at a Stockfree Organic College

Stockfree organic farming means growing ethically, without any animal inputs such as animal manures or blood fish and bone; it is the way forward to benefit people, animals and the environment.

The Welsh College of Horticulture (WCOH) runs excellent, practical full-time Higher National Diploma (HND) and part-time Higher National Certificate (HNC) courses in Organic Horticulture.

The college has a stock-free organic farm producing fruit and vegetables for local markets. HND students learn by working on the farm and visiting other businesses in the industry, supported by lectures and exercises using real examples.

Bursaries may be available in suitable cases from the Vegan-Organic Network to help with the cost of your study. Bursary fund enquiries: [veganorganic@supanet.com](mailto:veganorganic@supanet.com) or 0161 860 4869. For WCOH courses see [www.wcoh.ac.uk](http://www.wcoh.ac.uk) or phone 01352 841000.

# New Logo for VON

New Opportunities for Advancing Stockfree Organic



VON has changed its logo to one that we consider will have wider appeal to our varied membership and to farmers and growers. At this critical time for the environment and food production this symbol will represent a system of growing that is green, clean and cruelty free... in colour it looks even better!

VON has produced a DVD featuring the pioneering work of the internationally renowned stockfree organic farmer Iain Tolhurst of Tolhurst Organic Growers, Reading. This will be available at the end of July. The film will be mailed to many commercial growers with a back up from a dedicated website ([www.stockfreeorganic.net](http://www.stockfreeorganic.net)) that we are in the process of constructing. This website will contain technical details with news about other stockfree farmers worldwide. The whole point of all this is to explain the benefits of animal free horticulture to the farming world.

A copy of the DVD is available free to all VON members (contributions to costs welcome) if you are not already a VON member this is an additional reason to join us and participate in our work towards ending animal abuse, environmental disasters and the famines that are increasingly happening.

VON is also considering making another film that will demonstrate the relevance of stockfree farming in relation to scarce resources - oil, water and land, and the obscenity of the competition between feeding people, animals and cars. This while there is death and starvation, food riots, suffering and cruelty to animals as well as people. The film will show that Stockfree provides one answer to global warming if there is the will to put need before greed.

**Vegan Organic Network (VON)**  
[www.veganorganic.net](http://www.veganorganic.net). See p 17 for full details.

## Ratatouille

### Ingredients

1 large onion  
4 cloves of garlic  
2 medium courgettes  
1 large aubergine  
1 red pepper  
1 green pepper  
1 dessertspoon tomato purée  
1 tin chopped tomatoes  
Oregano - dried or fresh  
salt and pepper

### Method

Peel and chop the onions and garlic and fry gently in enough olive oil to cover the bottom of a large pan

Chop the courgettes, aubergines and peppers and add to the pan. Put the lid on and cook gently until the aubergine is soft.

Add the tomatoes and tomato purée and cook slowly for a few more minutes

Chop the oregano if fresh and add to the pan, or add the dried herbs

Season with salt and lots of fresh ground pepper. Simmer with the lid on for another ten minutes.

Use the Ratatouille as a vegetable, as a pasta sauce or filling for jacket potatoes.

Good the next day!

*From Liz Cook's So What Do You Eat? a spiral bound book that makes it easy to stay open at the page you want and can be wiped clean - great advantages in a cookery book.*

## Butterbean Roast

### Ingredients

1 large can Butterbeans  
2 - 3 oz wholemeal Breadcrumbs  
1 medium sized Onion  
1/2 teaspoon dried Sage  
1 oz Oil for Cooking  
1 large Tomato  
1 teaspoon soya flour  
salt and pepper to taste

### Method

Drain and mash the beans; finely chop and fry the onion.

Mix together all ingredients except the tomato.

Form into a roll and cut through the centre

Place thick slices of tomato on one half and replace the other half. Brush with oil, sprinkle with sesame seeds, if available

Bake at Gas 5, 375°F, 200°C for about 30 minutes, basting with oil during cooking

Serve with a hot savoury sauce and green vegetables.

## Red Bean Goulash

### Ingredients

1 large can of cooked red kidney beans  
2 cloves of garlic  
2 medium onions  
2 tablespoons vegetable oil  
1 courgette  
4 oz button mushrooms

# RECIPES

1 red pepper  
1 large tin of chopped tomatoes  
2 teaspoons of paprika  
salt or soya sauce to taste  
fresh ground black pepper

### Method

In a large pan, gently fry the chopped onion and crushed garlic in the oil.

Add the rest of the prepared vegetables and stir.

Add the remaining ingredients and simmer for 25 minutes.

Serve with rice, pasta or potatoes, and a side salad.

## Polenta with Florence Fennel

### Ingredients

250g/ 1 1/2 cups of Polenta  
75g/ 1/4 cup of ground almonds  
2 tablespoons tamari soya sauce  
dashes of salt and pepper.

### Method

Fill a large pan with water equal to 4 times the volume of the polenta, add the tamari and bring to the boil.

Meanwhile place the polenta, ground almonds, salt and pepper in a bowl and mix together.

When the water has boiled turn to simmer. Add the polenta mixture to the pan in fistfuls, allowing it to stream through your fingers, stirring constantly. Then simmer for 4 minutes more, stirring regularly.

Place the mixture into a large greased, non-stick roasting tin and leave to cool.

Then bake at Gas 5/ 375°F for 30 minutes, turning the tin half through the cooking time.

### Florence Fennel

1 tablespoon olive oil  
1 Florence Fennel thinly sliced (discard leaves and 2 1/2 cm/ 1 inch of the base)  
2 medium ed onions, sliced into thin wedges  
1 teaspoon of basil  
8 tablespoons of natural soy yoghurt

When the polenta is half cooked, sauté the fennel in the oil, in a large non-stick frying pan for 7 minutes. Then add the onions and basil and sauté until all tender, about 7 minutes more. Add a few tablespoons of water whilst sautéing to stop the vegetables drying out.

Cut the polenta into 4 portions and serve topped with the vegetables and yoghurt. If wished serve with a leafy green salad.

*Recipe from VEGAN RUSTIC COOKING by Diana White.*

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

## Vegan Cookery Books

**Vegan Rustic Cooking for all Seasons** by Diana White. New Edition with 160 recipes. £9-95

**So What Do You Eat?** by Liz Cook £12-95

Spiral bound so that it stays open at the right page. Wipe clean pages. Vegan versions of conventional meals.

**Vegan Feasts** by Rose Elliot £8-99.

A wide range of vegan recipes from simple to sophisticated by Rose Elliot who has been writing vegetarian cookbooks since 1967.

**A Vegan Taste of Italy**

**A Vegan Taste of India**

**A Vegan Taste of Greece**

**A Vegan Taste of the Caribbean**

**A Vegan Taste of Thailand**

...and many more at £5-99

All books are available from October Books (add £2 for postage) 243 Portswood Road, Southampton SO17 2NG. Phone 023 8058 1030. [www.octoberbooks.org/veg](http://www.octoberbooks.org/veg)

## Useful websites

### General

[www.veganvillage.co.uk](http://www.veganvillage.co.uk)  
[www.btinternet.com/~bury\\_rd](http://www.btinternet.com/~bury_rd) (Vegan News: free on-line magazine)  
[www.arcnews.org.uk](http://www.arcnews.org.uk) (animal rights news)  
[www.realfood.org.uk](http://www.realfood.org.uk) (vegan campaign group)  
[www.veganbuddies.org.uk](http://www.veganbuddies.org.uk)  
[www.veggievision.com](http://www.veggievision.com) (internet TV station)

### Lists of veggie restaurants & cafés

[www.happycow.net](http://www.happycow.net) (worldwide)  
[www.vegining.com](http://www.vegining.com) (worldwide)  
[www.veggieheaven.com](http://www.veggieheaven.com) (UK)  
[www.vegetarianvisitor.co.uk](http://www.vegetarianvisitor.co.uk) (UK)  
[www.vegout.info](http://www.vegout.info) (UK)

### Veggie/vegan accommodation

[www.vegcom.org.uk](http://www.vegcom.org.uk) (UK)  
[www.vegetariansabroad.com](http://www.vegetariansabroad.com)

### Vegan products guides

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

### Vegan online shopping

[www.viva.org.uk](http://www.viva.org.uk)  
[www.animalaid.org.uk](http://www.animalaid.org.uk)  
[www.veganstore.co.uk](http://www.veganstore.co.uk)  
[www.octoberbooks.org/veg](http://www.octoberbooks.org/veg) (vegan books)

### Vegan-run business lists

*Artists, accountants, translators...*

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

### Vegetarian information

[www.vegsoc.org](http://www.vegsoc.org) (UK vegetarian Society)  
[www.ivu.org](http://www.ivu.org) (International Vegetarian Union)  
[www.planetveggie.co.uk](http://www.planetveggie.co.uk) (Planet Veggie)

**No smiles in food miles  
Grow locally, Think globally**

**Vegan Organic Network**  
[www.veganorganic.net](http://www.veganorganic.net)



# Vegans in your area

## SOUTH

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

**London Vegan & Vegetarian Families Group** If interested contact Lesley on 020 8941 8075 or email [Lesley\\*AT\\*vegan4life.org.uk](mailto: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](http://www.londonvegans.org.uk).

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

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

**VEG-London** Social group covering London + South East. Web: [www.veglondon.org](http://www.veglondon.org).

**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](http://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](http://www.solentveg.org.uk).

**Bournemouth Vegetarians & Vegans** Tel. 01202 824783. Web: [www.solentveg.org.uk/bvv](http://www.solentveg.org.uk/bvv).

**Isle of Wight Vegetarians & Vegans** Tel: 01983 407098. Web: [www.iwvv.org.uk](http://www.iwvv.org.uk).

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

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

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

**Andover Veggies and Vegans**, for all vegetarians and vegans who live near Andover in Hampshire, also welcome all able to travel to Andover for meetings. email: [andovervegiesandvegans\\*AT\\*yahoo.co.uk](mailto:andovervegiesandvegans*AT*yahoo.co.uk).

**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](http://www.vegansociety.com) for a list.**

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

## WALES

**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](mailto:hippocharity*AT*aol.com).

## MIDLANDS

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

**Shropshire** Malcolm Cramp Tel: 01952 432874. [Malc\\*AT\\*c3173.freemove.co.uk](mailto:Malc*AT*c3173.freemove.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](mailto:nar*AT*veggies.org.uk) or see [www.veggies.org.uk/nar](http://www.veggies.org.uk/nar).

**Veggies Catering Campaign**, based in Nottingham, co-ordinating all things vegan at [www.veggies.org.uk/nvvs](http://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](http://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](mailto: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](http://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](http://www.leedsveg.co.uk).

**North Riding Vegetarians & Vegans** Meals, walks, theatre etc. Patricia, tel/fax 01677 450176. Email: [patricia\\*AT\\*p-m-t.freemove.co.uk](mailto:patricia*AT*p-m-t.freemove.co.uk).

**Northern Vegans UK (NVUK)** <http://northernvegans.ning.com> is an online

social network for vegans living in North East England/Scottish Borders region. It's free to join. The aim of NVUK is to arrange monthly group meets/socials and to organise group trips and events.

## SCOTLAND

**University of Glasgow Vegan Society** [www.gla.ac.uk/clubs/vegan](http://www.gla.ac.uk/clubs/vegan)

**Scottish Vegans** Formed to promote veganism in Scotland. Socials, exchange of views, recipes, ideas, advice. etc. Meet in each others' homes, pot luck meals [ScottishVegans\\*AT\\*yahogroups.com](mailto:ScottishVegans*AT*yahogroups.com)

## 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](http://www.vegansociety.com). The Vegan Society publishes *The Vegan*, a quarterly magazine which members receive. Also available from a few shops.



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

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

**The Movement for Compassionate Living** (The Vegan Way) founded by Kathleen Jannaway, works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation. Annual subscription £5 (or what you are able to afford). Secretary/Membership/Treasurer: Ireene-Sointu 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. Tel. 0845 458 4717 or 01639 841223. [www.MCLveganway.org.uk](http://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](mailto:info*AT*veganorganic.net). Membership and enquiries 0845 223 5232 (local rate). [www.veganorganic.net](http://www.veganorganic.net).

**Plants for a Future.** Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: [www.pfaf.org](http://www.pfaf.org).

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

# Advertisements

## B&Bs & ACCOMMODATION

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

**Anglesey.** N. Wales Unique converted stables offering self-contained accommodation with vegan lunch and three-course dinner delivered direct to your table. Close to beautiful beaches, countryside and mountains. All mod cons and a lovely log fire. More details from tel.01407 720407 or Email [paul.mattock\\*AT\\*virgin.net](mailto: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 somewhere to stay. It can be accessed from the London Vegans website: [www.londonvegans.org.uk](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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.

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.**

Tel/Fax: 01769 550339. Web: [www.ferntor.co.uk](http://www.ferntor.co.uk).

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

**Small Vegan/Organic Community** in reclusive scenic Pyrenees (France) offers accommodation in rustic homestead and chapel over 250 years old and beautiful home cooking. Contact Bleurette, Douceur et Harmonie, 'el Faitg', 66230 Serralongue, France. Tel: 00 33 4 68 39 62 56. Email [enthousiasme\\*AT\\*wanadoo.fr](mailto:enthousiasme*AT*wanadoo.fr).

**NEW Derbyshire lodger** Lady requires lodger M - F in Derbyshire. Cheap accommodation for non-smoker. Vegan preferred. Box 115/1.

## 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 (0)20 87440990. Fax: +44 (0)20 87443100. E: [info\\*AT\\*athenapress.com](mailto:info*AT*athenapress.com). Distributed in UK by Gardners and in USA by Ingram and Barnes and Noble. [www.spicyvegan.co.uk](http://www.spicyvegan.co.uk).

**October Books** is a not-for-profit cooperative bookstore 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](http://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](http://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](mailto:info*AT*TheRetreatCentre.org).

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

**Wessex Tales** wholefood vegan restaurant. 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](http://www.geocities.com/vegetarian_restaurant).

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

**NEW The Art House**, 81a Bedford Place (entrance on Henstead Road), Southampton, SO15 2DF. 023 80238582 Fully veggie. café. [www.thearthousesouthampton.co.uk](http://www.thearthousesouthampton.co.uk).

**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](http://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](http://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](http://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](http://www.applegreendesigns.co.uk).

**Web design by Imaner** - creative and imaginative website design, specialising in vegan work. We also offer website analytics and consultancy services to help improve your site's performance. See our website for price guide and offers. [www.imaner.net](http://www.imaner.net).

**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](mailto: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 Vegecat, 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 MCIL Cert Ed (FE) Cert HE. Tel/Fax 01677 450176. Email: [patricia\\*AT\\*p-m-t.freeserve.co.uk](mailto:patricia*AT*p-m-t.freeserve.co.uk).

**Welhealth Fruit Farm (North Wales)** All year round vegan camp! On Forest Garden Land. We are down shifting, co-operative anticommunist, 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](http://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](mailto:chriskennett01*AT*hotmail.com).

**Meat is Murder** Self-Inking Rubber Stamps £8-50. Vernon Sturtard, 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](mailto:alllovandlib*AT*onetel.com).

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

**Wines** For a great selection of Vegan Society approved wines go to: [www.smithfieldwine.com](http://www.smithfieldwine.com)

**Go Green Today** is a small grass roots UK Registered Charity (SC037858) concerned with public education, citizenship and the environment. We need volunteers! The (unpaid) Charity Director/Founder is vegan. For more info, visit [www.gogreentoday.org.uk](http://www.gogreentoday.org.uk)

**Living With Others.** A vegan family wants to move to a rural or semi-rural area, live in a low impact sustainable way, growing own produce. Looking for others in that position, to buy somewhere jointly and decide what to do. We don't want to live communally, just be near to like-minded people and share some resources. We have money to invest. Email: [joben-wood\\*AT\\*virgin.net](mailto:joben-wood*AT*virgin.net)

**House for Sale** Bevin Crescent, Outwood, West Yorkshire. Good sized 3-bed semi. Large, secluded, organic garden includes 7 raised veg. beds, large wildlife pond, 2 sheds. Short walk to trains/buses to Leeds (9 m.) and Wakefield (2 m). Close to A61, M1, M62. £145,000. Full details: [www.beaumont-residential.co.uk](http://www.beaumont-residential.co.uk) (search under North Wakefield) or call 01924 872626

## HEALTH

**Homeopathy for Holistic Healing** Vegan practitioner in North East England Area offering 10% discount to fellow vegans. [www.janetgreen.co.uk](http://www.janetgreen.co.uk). Tel: 0191 213 5285. Your journey to health and wellbeing starts here!

**Vegan Skincare.** Daily Cleansing, Exfoliation and Acne & Pore Control, visit [www.skinvac.com](http://www.skinvac.com). See it work before you buy.

Kind to humans and animals! Discount code: vegan. Available from [ebay.co.uk](http://ebay.co.uk) & [www.skinvac.com](http://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](http://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](http://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](http://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](mailto:chriskennett01*AT*hotmail.com).

**Vegan Health and Nutrition Consultant** available for personal consultations and fasting/juice diet & detox plan supervision. Also offers iridology, emotional healing sessions, health books and a course in natural health and nutrition. Plenty of free health articles on my website to download. Email: [DrGinaShaw\\*AT\\*aol.com](mailto:DrGinaShaw*AT*aol.com).

[www.vibrancyUK.com](http://www.vibrancyUK.com) or phone: 01626 952765.

**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](http://www.ewta.co.uk)

**Stardust Therapies (Southampton)** Practising at The Art House, 81a Bedford Place, Southampton, SO15 2DF. Reasonable rates + concessions + 10% discount to Vegetarian Society/Vegan Society/Animal Aid/Viva!/Vegan Organic Network members. Ziggy Woodward MICHT. 023 8023 1770 or 07790 461937. [www.stardust-therapies.co.uk](http://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](http://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](http://www.rawvegan.com)

## PERSONAL

**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](http://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](http://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](http://www.veggieromance.com) create a profile then Email [info\\*AT\\*veggieromance.com](mailto:info*AT*veggieromance.com) with the promotional code VEGANVIEWS in the subject line.

**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.

**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.

**Young feisty creative sensual 40s female** in North East England seeks comparable vegan male with plenty of interests to share life's journey with passionate compassion. Email: [northernvegansgroup\\*AT\\*yahoo.co.uk](mailto:northernvegansgroup*AT*yahoo.co.uk) with 'vegan views personal ad' in the subject header. Thank You.

## SHOES

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

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

**Vegetarian Shoes,** 12 Gardner St, Brighton BN1 1UP. Tel: 01273 691913. Web: [www.vegetarian-shoes.co.uk](http://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](http://www.ethicalwares.com)

**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](http://www.keenfootwear.co.uk). Adheres to Human Rights Production Standards.

**GLOBAL WARMING can be checked and people better supplied with food and other necessities if we use land for trees that absorb CO<sub>2</sub>**

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105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. Tel. 0845 458 4717 or 01639 841223.

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

# Mystical Transformation: a True Tale of a Butterfly

By M. Butterflies Katz

Living in Northern New Zealand, in a place of splendor, I was shocked and saddened to come home to find Monarch butterflies suffering from being stung by wasps. Some died. I picked up one who was barely alive and brought him inside. He hung, motionless. His wings were shriveled and a small hole was torn from the edge of his wing. It was perhaps 14 hours of this motionless behavior, so I was afraid that he, too, had died. When he was stung, he was still in the defenseless clinging while drip-drying stage, where their wings straighten out from their 10-14 day stay in the chrysalis. (The chrysalis, also called the pupa, is well camouflaged a green color, as it has no other means of defense against predators.) He had just emerged from the chrysalis, but didn't yet know what it was like to be a butterfly and fly in the sky. Then, high and behold, to my great relief, he gracefully fluttered his wings, twice. Minutes later, he beautifully spread his wings again. I could easily identify him as a male because males have a black spot on the vein of each hind wing.

It was raining outside, so he was inside. When the rain stopped, he'd go out for some fresh air and flower-hopping. He'd step up onto my finger like a trained pet. He was handicapped and I was his wheelchair. He was teaching me that insects understand more than I thought! On day 3, life's duties called me away so I left him outside. I soon became anxious that I left him unattended, vulnerable to wasps. I hurried home to find him at the beginning of the grassy path to my door. I put my finger out in front of him, and he stepped on. We went Zinnia hopping and he had the time of his life; from pink, to yellow, to orange; which was his favorite. They were color coordinated. I felt truly honored to share these moments in the life of a butterfly. His tentacle sort of nose served as a straw. He precisely stuck it in each pinprick hole of each tiny flower in the center of Zinnia petals. He would dive in and out, then on to another, using this feeler that uncurled from his forehead. He had impeccable aim. He didn't want to leave the orange Zinnia, but I nudged him and escorted him over to a yellow Zinnia in its perfected state. When he drank, his wings quivered, ever so slightly, like they were being rejuvenated. I took him over to a Garland Daisy, and in no time at all he stepped back on to my finger. It seems he was not enthralled with this flower. He enjoyed the Coreopsis a bit more as a change from his usual favorite, the Zinnia. Apparently, the Monarchs use vision to find flowers, but once they land on a flower they use taste receptors on their feet to find nectar.

I had become a butterfly babysitter, putting him to sleep into his motionless, upright position. It amazed me; this immediate trust between a butterfly and a human.

Again, life's duties called me away. On day 4, two friends came during the day to tend to him. He had the pleasure of meeting two more vegan women; both very gentle like him. One of them was calling him Transformation. The weather turned blustery and showery, once

again, so we were bringing him in and out. On this day, he was more serious about drinking the elixir of life; flower nectar, which is about 20% sugar. Later, we went for a practice flying session. His wings were still quite curled up. Inside, he went right into his upright, sleep position. I would lie on my bed and think while looking at him. Every once in awhile, he would open and close his wings. I would recall what I was thinking when he extended his wings and interpreted it as a mystical message, thus came his name, Mystical.

It's now day 5 of befriending a butterfly. He can't go out yet, as the weather is too harsh for him. I woke him up and said good morning. He fluttered his wings and then went back to his still position. He didn't drink in the morning nor from flowers I brought him.

I was leaving for a week and he was a full-time job. What to do with him became of great concern. He was at his best today because the sun had finally shone upon his wings. I would lift him to the sunny blue sky and inspire him to fly by singing a little tune that went like this: "What could be more fun than flying in the sun?" He'd start flapping his wings and begin flying. When he landed in the grass, I'd put my finger in front of him and his fragile, weightless, black legs stepped up unto my finger. He tried again. This time he flew over to the flower garden. On his very own, he flew from Zinnia to Zinnia! I was standing guard, shooing away wasps. It was our happiest moments together. He flew and landed right next to a bumblebee on a flower. The bee paid no attention to him, but I separated them. Another Monarch butterfly was soaring near. Various flying beings were competing for the flower nectar.

I introduced him to the guests who had arrived today as Mystical Transformation; a combination of the two names given to him. Two young gentle people looked after him while I left for an hour. They seemed to have a mutual affection for each other. When I returned, I discovered that he had flown away, (while they were tending to another butterfly that was fatally stung by a wasp). My initial feeling was sadness because I didn't believe he could survive on his own. I looked around for him. Two other guests, who had witnessed his flying away with a breeze, showed me his path of flight. We searched the forest floor to no avail. Then we looked up, right where he supposedly flew. Out of our reach, was a butterfly resting on a softly swaying tree branch against a blue-sky. This butterfly wasn't the usual fluttery butterfly, which made us think it was my special friend. He was the picture of contentment. His wings were straight, though. Could it possibly have been Mystical Transformation? Could his wings have straightened out? Did he live up to his name? Was it a sad or an incredibly happy ending? I don't know for sure, but I hope that a creature with the incredible power to transform himself from a crawling caterpillar to a flying being, must also have the power to heal the wings he so magically created. What I do know for sure is that for five days I was in love with

a butterfly, and so, hold the mysticism of his being in mine.

The habitats of Monarch butterflies are becoming threatened in both hemispheres. We can plant Milkweed, the family of plants that they live on. Swan plants, (in the Milkweed family), known to attract the Monarch in New Zealand, also attracts wasps. You can protect the butterfly by making a safer environment for them by:

1. Pruning the flowers off that attract the wasps of the Swan Plant,
2. Plant the Swan plants near to where you can closely keep an eye on it and then protect the caterpillars, the pupae, and the newly emerged butterfly from it's broken-through chrysalis that was once lined with bands of gem-like gold, or
3. Plant Milkweed that has the yellow and red flower. The wasps did not seem to be interested in this flower as much as the white flowers of the more popular Swan Plant.
4. Especially protect newborn butterflies when they are drip-drying their wings after emerging from the chrysalis. Their green and 14 karat gold banded pupa turns to a translucent color where one can see the black and orange of the butterfly right through it. When this happens, the butterfly is soon to emerge. Leave it attached to the plant from which it hangs and somehow make sure it is safe from wasps at this stage. This might mean bringing it indoors, depending on what type of plant it was attached to. If it is a hardy leaf like a Caena Lily leaf, then prune the stalk with the leaf and place it indoors for protection.
5. Plant the Milkweed amongst bushy plants such as Dahlias or Zinnias, where they can form and then hide their chrysalis.
6. Our reward for this little extra effort is not only a feeling of satisfaction for helping to sustain an effective pollinator of such natural beauty, but the butterfly's first flight will be taken from your hand!

*M. Butterflies Katz is co-author of "Incredibly Delicious; Recipes for a New Paradigm" by Gentle World. [www.gentleworld.org](http://www.gentleworld.org), [www.TheVeganLife.com](http://www.TheVeganLife.com), [www.veganpoet.com](http://www.veganpoet.com)*

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## Vegan Relationship Survey

This survey is being conducted by M. Butterflies Katz, who has published several popular articles on vegan subjects, including 'vegan companies', 'vegan-organic gardening' and 'feeding your pets vegan'. The results of the survey will be used to research an article that will be published on-line and in magazines. You can answer anonymously if you choose. Please circulate this questionnaire to other vegans. Click on the following link. It is easy and quick and will send it direct to me. Thanks for your participation.

<http://yourcybercourt.info/ycctools/katzsurvey.php>

*M. Butterflies Katz*