

Vegan Views

A Forum for Vegan Opinion

No. 116

Autumn/Winter 2008

£1



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notices



Animal groups

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

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

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

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

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

Charities

HIPPO (Help International Plant Protein Organisation) supports projects overseas that produce and supply food for the hungry. We also finance an orphanage in Kenya, the digging of wells in Ethiopia, and street feeding in Nigeria. Donations (cheques payable to 'HIPPO' all enquiries to HIPPO, Churchfield House, Weston under Penyard, Ross-on-Wye HR9 7PA. Email: 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.

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.

Family + children

Vegan Families Contacts List for families wishing to bring up their children the vegan way. Send name & address and dates of birth of children and an SAE, to Family Contacts List, 21 Hylton Street, Hockley, Birmingham. B18 6HJ.

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

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

Fruitarian + raw food

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

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

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

Magazines

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

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

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

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

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

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

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.

Projects

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

Religion + spiritual

Kindness Unlimited is a fellowship of vegetarians and vegans united in their faith in Jesus Christ and desire to live compassionately for the benefit of people and animals. Those who join receive a list of other members to enable them to communicate with one another by letter, email or by meeting. Some who thought they were the only vegetarian/vegans in their area have discovered new friends living near them. A newsletter is available by post or email, to which members are invited to contribute. More information: Kindness Unlimited, Churchfield House, Weston under Penyard, Ross-on-Wye, HR9 7PA. Email KindnessU*AT*aol.com

Followers of the Way Founded by Antony Bates (1920-1996). A group of friends who are vegetarian/vegan, and pacifist in relation to war. They aim to cultivate the inner life and to express this through works of reform and creativity. They proclaim the Christ has returned and anticipate the return of the prophets. Mobile 07742-601166. Box 39/2, Viva!, 8 York Court, Wilder Street, Bristol BS2 8QH

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

Printing + resources

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

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

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

Sport

Vegetarian Cycling and Athletic Club Open to vegans of any sporting ability. Details: Peter Simpson, 13 Peers Lane, Shenley, Church End, Milton Keynes MK5 6BG. Tel 01908 530919.

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

Vegan communities

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

Vegan shops

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

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

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

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

Website design/hosting

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

Subscriptions

All future subscriptions should be sent to Knut Caspari in Scotland (cheques payable to Knut Caspari) and NOT to Harry Mather in Bournemouth. Any cheques received by Harry Mather will be passed on. Harry Mather still has a few copies of VV115 available for £1 each including postage.

Future subscriptions will last for 4 issues. The cover price will be 2 pounds. The relaunch issue will be published in February 2009.

UK 4 x £2 plus 50p p&p. Total £10.

Europe 4 x £2 plus £1 p&p. Total £12.

Rest of world 4 x £2 plus £1.50 p&p. Total £14.

Send orders to: Vegan Views, Longridge, Bankend Rd, Dumfries, DG1 4TP. Or phone 01387 265 348 if you have any questions.

If you would like to write something, please do, then send your articles, letters, drawings etc. to the address above before 1/2/09. or email: sjoberg*AT*online.no

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.)

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

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

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

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

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...

The Future of Vegan Views

As previously announced, this is the last issue of Vegan Views to be edited by Harry Mather, but this does not mean the end of Vegan Views as a printed magazine. Knut (Tim) Caspari, a Norwegian living in Dumfries, Scotland, who has experience of producing magazines, is taking over production.

The website will still be controlled by John Curtis at www.veganviews.org.uk but all future emails should be sent to: sjolberg*AT*online.no

All future subscriptions should be sent to: Vegan Views, Longridge, Bankend Road, Dumfries DG1 4TP.

See enclosed letter and instructions for subscription renewal.

Knut is dedicated to spreading the vegan message through increasing sales of Vegan Views. He hopes a colourful cover will attract more buyers and sell more in shops, where he hopes to draw in more buyers, some of whom will become regular subscribers. The brighter cover results in a much greater cost, but if you buy two copies (at a more favourable price) and sell one to a friend, you will save yourself money. Knut already has been promised articles by advertising in Vegan Village website, but more are needed.

Vegan Views was started in 1975 by Malcolm Horne and Marijke McCartney

when living in a small vegan community in London. It was first known as The Vegan Newsletter. It was typed and duplicated with the help of visiting volunteers who also helped to send it out. After a few years it was taken over by Valerie Alferoff and David Barrett in Lancashire. They gave it a cover page and had it printed.

After seven years they retired and left it with Malcolm Horne who found that he could not carry on alone. In 1986, he asked for someone to take over and Harry Mather decided to give it a try. He took typed sheets to a local printer and kept the magazine going in this old fashioned way. Marijke McCartney still helped out in doing the lettering and Malcolm Horne helped out with a word processor.

I remember pioneer vegans who contributed interesting articles to V.V.: Leah Leneman, Wilfred Crone, Frances Howard and Frieden Howard. Sadly, we also printed their obituaries.

Now Knut Caspari is planning to provide a colour cover and attract many more sales to spread the vegan message to a wider number of people.

Please support the future of Vegan Views. Colour printing is much more costly, but you can save on your subscription by buying two(or more) and selling to friends.

By Harry Mather

Events

6 Dec National March for Climate Change 12 noon Hyde Park (Tube Marble Arch). Be part of a mobilisation of veg/vegans. Vegetarianism/veganism is the solution to many of the catastrophes facing the planet - it's time to tell the world! Please bring leaflets, placards, banners, costumes, props and your friends. Transport is available from across the UK. www.ecoveggie.org.uk.

6 Dec South-West Christmas Without Cruelty Fayre 10am-4:30pm at Exeter Corn Exchange (formerly St George's Hall), St George Street, Exeter, EX1 1BU. Free entry. This is the second South West Christmas Cruelty Fayre organised by Animal Aid. Includes fair trade clothing, handmade chocolates, cruelty-free cosmetics and make-up and renewable energy products. There will also be delicious vegetarian food courtesy of innovative local caterers *Happy Cow*.

13 Dec East Midlands Vegan Festival at the Council House, on Nottingham's Old Market Square. 11am-5pm. Free entry. The Festival features food, clothing, toiletries, cosmetics, gift and campaign stalls, as well as vegan food samples and advice.

13 Dec Wiltshire Vegan Fayre. 10am - 5pm at St Peters Church, High Street, Marlborough, Wiltshire. Information stalls, free food samples, films and more.

15 Feb Southampton Seed Swap. 10am - 4pm at Woolston Community Centre, Church Road/Weston Grove Road, Woolston, Southampton, SO19 9EP. Bring seeds to swap. Plenty of vegan snacks + drinks. www.octoberbooks.org/seedswap

March 2009 Veggie Month If you are not already vegetarian, Animal Aid challenges you to take the veggie pledge for a week. If you are already veggie... go vegan! www.animalaid.org.uk.

22-25 July 2009 12th International Vegan Festival, Rio de Janeiro. www.svb.org.br/12veganfestival/english

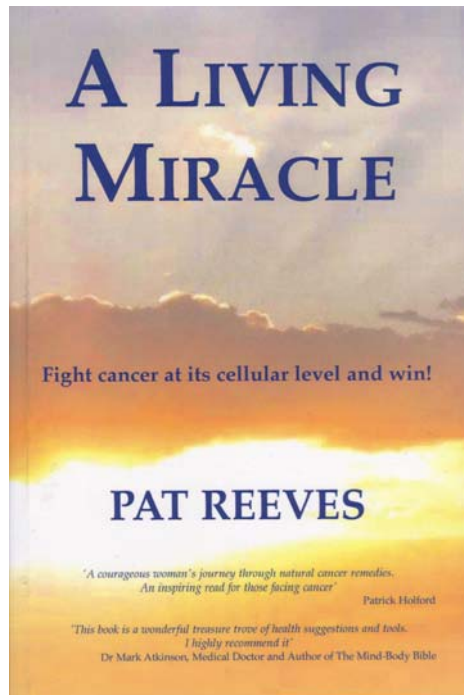
Visit www.veggies.org.uk/calendar.htm for the latest vegan and animal events.

BOOKS



A Living Miracle

By Pat Reeves. Published by Pathfinder Paperbacks, Richmondhill Place, Aberdeen, Scotland AB15 5ET, 2008. ISBN0 9542448 2 6. Available from: www.foodalive.org.



Readers of Vegan Views will remember Pat Reeves' regular reports about her achievements as a power weight lifter and also her continual struggle against the cancer she considers as a genetic inheritance. We have also read about her commitment to Nutritional Therapy based on 'living foods' including sprouted grains.

Her advice has helped many people regain their health and it was at the request of one of these that she was prompted to write this book in order to reach a wider audience.

The first part of the book narrates the difficult life experiences she has lived through, including a couple of serious motorcycle accidents. But her survival is more than a miracle, it is also the result of her determination to source every possible alternative in order to overcome and survive the threats of cancer. Her purpose was to use only the alternatives to conventional medicine.

She presents her research in a readable but scientific way

'Living Foods' means relying on raw vegetables, fruits, juices and sprouted grains, which are full of vitality, whereas the cooking of foods depletes their nutritious value. Although not everyone finds they are able to eliminate all cooked foods from their diet, there is great value in making raw foods a large part of our diet, fresh and vegan organic as far as possible.

She includes a number of recipes based on raw foods some simulating conventional meals.

The author's vivacious personality comes convincingly through in this book. She believes that a higher power has kept her alive and fit enough to help more people achieve health but her advice is very much down to earth. She is certainly an inspiration that cannot be denied.

You can find some of her recipe ideas on the Recipes Page of this issue.

Pat Reeves improved her dead-lift World Record in Belgium in early October.

She says her book is selling well and should soon be in every Cancer Support Centre.

HM

Animal-Free Shopper

8th Edition (2008) £4.99. ISBN 0907337317. Published by The Vegan Society.



Just out is the Vegan Society's very popular Animal Free Shopper - A UK shopping guide to vegan products - both food and non-food.

Other Books of Interest

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 2008, Vegetarian Europe, Vegetarian France. Details:

www.vegetarianguides.co.uk.

Have a Meat Free Day with Provamel and Help Protect the Planet!

Recent media reports have highlighted that if we all had just one meat free day of food a week it would be more beneficial for the environment than reducing car journeys. With livestock accounting for a massive 21% of greenhouse gases produced by humans it seems obvious that if we reduce the amount of animals farmed it would help lessen greenhouse gases which are damaging the world.

So if you want to do your bit for the planet AND create some tasty recipes to impress your friends and family make sure you stock up on Provamel 100% organic soya range, clear the kitchen and cook up a storm with some of our delicious recipes. Whether you're making breakfast, lunch or dinner Provamel soya products are the perfect choice.

All Provamel products are naturally low in saturated fat, free from meat and dairy products making them the ideal option if you are following a vegetarian or vegan diet, have lactose intolerance or cows' milk protein allergy, or if you simply desire a healthy balanced and varied diet.

"At first an idea is dismissed as outrageous. Then, but for a very short time, people admit there may be something in it. After that the idea is absorbed, people think they have always known it, and its origins are forgotten."

Is Nature Cruel?

The poet Alfred Tennyson expressed it as "Nature red in tooth and claw" and this view is probably implicit in Charles Darwin's view of evolution as being a struggle for the survival of the fittest.

Most people try to justify their treatment of non-human animals by eating them, using them for sport or other cruel activities by saying that Nature is cruel. They point to carnivores: lions, dogs and cats who live by catching and eating other animals, but the great majority must be herbivores who get their nourishment from the plant kingdom. The role of carnivores would seem to be to cull these large herds by capturing the inferior specimens and promoting the overall health of the herd. Carnivores would not survive without the herbivores which they are programmed to use as nourishment. There are even other species who live by scavenging on dead bodies. Is this a reason for copying them? Carnivorous animals are programmed to catch and eat other animals. They could not otherwise survive. They do not have a consciousness of being cruel. Cruelty is a human concept - part of our ability to distinguish being good and evil, which aims to promote the evolution of the planet to a higher level.

If we imitate the behaviour of lower animals, we are merely showing that we have not fully evolved from non-human animals into fully human and humane creatures.

Some merely reply that vegetarians are cruel and destructive to plants. Firstly, this would be a step upwards and better than hurting creatures who obviously feel pain and who try to avoid it. But the idea itself is not accurate. When humans eat fruit and nuts that grow on trees we do not destroy the trees, we even take care to propagate more of them, which was the purpose of the fruit in the first place. Similarly with nutritious plants such as peas and beans, we eat only the parts which nature destined for propagation and we plant more of them to ensure the continuation of the species. Similarly with root vegetables such as potatoes.

It could be argued that meat eaters also make sure to maintain the species by propagation, but the case is quite different. Whereas an agriculture based on plants lets the plant grow to full maturity, animal farming concentrates on using the youngest and tenderest creatures for their markets. In intensive systems, animals are usually deprived of their natural functions and treated as if they were inanimate materials.

It is possible to live healthily without consuming any animal products, a way of living that causes suffering to animals, which is precisely what we accuse carnivores of doing, is an act of cruelty.

Carnivores have no way of avoiding the killing which is essential for their survival. Humans can survive without killing other animals. So it is cruel for humans to kill for their food. We loudly insist on our superiority to the lower animals. One way of proving it is to avoid following their example. Our digestive system is adapted to a diet of plant foods, meat eating, although we survive on it, is a greater strain on the digestion

Humans are not carnivores, they belong to the family of the primates who are classed as Frugivores that mainly find their nutrition in fruits, nuts and vegetable shoots. To eat meat must be a retrospective step in evolutionary terms.

Animal farming has been shown to be a major contribution to the climate change that is threatening the future continuation of human life on this planet. If humans were given intellects superior to other animals, now is the time to use them, to distinguish between good and evil, to follow the good, to change this planet from one which we are everywhere destroying to one which we will rejuvenate and beautify. Cattle grazing and feeding them on plants that would more effectively feed humans leads to the destruction of rainforests and inefficient use of fertile fields.

Comparing the spontaneous reactions of the offspring of different animals may give us a clue. It is true that some children can be cruel to animals and also to other children, but we condemn this behaviour and they are exceptional. Most small children express delight and love when they meet animals. They want to stroke a cat or dog, they want to keep pets and they marvel at the birds and insects. When I was very small, my parents kept hens and I watched how the hen lay on the egg for three weeks, keeping it warm until one day a crack appeared and out popped a tiny fluffy yellow creature chirping and fussing. It filled me with wonder at the world and I am sure most human children would feel the same.

Contrast this with a small kitten that I remember my aunt had. We would dangle a piece of string in front of it and it instinctively swiped at it with claws extended. It was following an instinct that trained it to practise how to obtain food. It can have no notion of cruelty, it merely follows its instinct on how to feed itself, because its digestive system requires this,

Humans have been given intelligence and compassion in order to improve the planet, not to destroy it.

H. Mather

Chocolate Spot

New from Organica is a Chocolate Couverture Bar with Raisins & Almonds. Made with an alternative to dairy milk, it comprises 41% cocoa solids for a creamy chocolate. Tumbled into this are plump organic raisin pieces and flaked organic almonds to give a delightful fruit and nut chocolate bar to suit vegan diets.

The Chocolate Couverture Bar with Raisins & Almonds brings the range of 100g Organica chocolate bars to 10 (detailed below). As with the entire range, this vegan bar is organic, gluten free and non-GM. It comprises 66% ethical ingredients derived from Third World ethical trading projects.

Monkey Bars

The fairly traded, organic ingredients of this new chocolate bar will treat your conscience as well as your taste buds. But even better, every bar of chocolate sold raises money for monkeys with 5% donated to The Monkey Sanctuary Trust in Looe, Cornwall. "The welfare of people, animals and the environment is at the heart of our business and it is highly appropriate to support The Monkey Sanctuary Trust through sales of our new chocolate bar," says Mike Batten, founder and director of Venture Foods that makes the Organica range. "Many of the staff at the Monkey Sanctuary are vegan so they feel very comfortable that like-minded people buying our chocolate are supporting their trust in this way."

How to buy

The Organica Chocolate Couverture Bar with Raisins & Almonds costs around £2.39 from a number of online stockists and good health food shops listed at www.seriouslyorganic.co.uk.

Dr. Allison was struck off the Medical Register in 1884 because he advised people to give up smoking, take exercise, cut down on salt and to abstain from alcohol. He was an enthusiastic vegetarian. He was against many of the prescribed medicines of the day, which included mercury and arsenic (both poisons).

His advice to give up smoking was opposed by doctors who recommended a cigar for clearing the lungs!

He advocated eating wholemeal bread and produced the Allison loaf which is still branded today.

**DON'T BUY
YOUR SHOES
FROM A BUTCHER**

Miss Monroe

We had decided that under no circumstances whatsoever were we taking in anymore animals. We were struggling to raise funds to finance the rescue and my husband's wages would only stretch so far. We had to harden our hearts and say no.

As the telephone rang at 8.30 that evening, I wondered who could be ringing up so late. Friends knew that we rose at 5am and were always early to bed, so they never called after 8pm. I lifted the phone anticipating someone else wanting to dump an animal on us. People were keen to portray themselves as kind and caring, but it boiled down to the same thing: they didn't want the hassle and wanted shut of an animal ASAP. They all had their excuses as to why they couldn't keep it, or help it, but I had yet to hear one genuine reason. We were no different to the general Joe Bloggs on the street: we had the same commitments and could make the same excuses as them if we chose to do so, but our consciences had always got in the way. This call was from a farmer: another farmer had put some sheep on their land and was refusing to take them back. The sheep were old, broken mouthed, barren and worthless. No one wanted the hassle, or the expense, of getting rid of them. There were six sheep in total, did I want them? The sheep were going to be shot the next day if I didn't take them and they would bring in a digger to bury them. I said that I would discuss it with my husband and ring them back.

There is no value in an old sheep, only expense in sending it to market. No one would have been ringing me if money could have been made.

We did have plenty of grazing, but we also didn't want to overload the land. I had seen too many sanctuaries with overstocked sour land that was detrimental to the welfare of the animals. I didn't want to make that mistake. My husband and I went round and round in circles discussing what we should do. My husband worked away for most of the week and so the day to day welfare always fell on my shoulders; he said that as that was the case, he would leave the final decision to me, though he was happy for us to take them. I slept on it overnight and then first thing the next morning I rang and said yes, we would take them. I knew that I would probably regret it, but then that would be nothing new, so what the hell!

We hitched the animal transporter on to the back of the car and headed round to collect them.

Boy, were they wild! Our sheep were large but fairly laid back, and though they could occasionally be awkward and difficult to deal with, in general they were a pleasure to have around and caused us only the odd minor headache - sometimes literally, when

you got hit in the middle of the forehead with a hoof, but that's another tale for another day. Three of these girls were Welsh Mountain Sheep, a breed that a local farmer described as being "***** mental!" I soon found out exactly what he meant! The other three were cross breeds: two Black Faced crosses and a Speckled Faced cross. These three were much calmer, though still very nervous. After a mammoth struggle we managed to load them into the transporter and headed home. Now came the task of moving them across to the field that we intended to put them in while we assessed their condition and wormed them. We were stunned at just how light they were; we could literally pick them up and carry them down the field, something that you should not be able to do with a full grown sheep. I delved my hands deep into their thick fleeces and was horrified to feel every bone jutting out of their flesh. These poor animals were literally on the verge of death by starvation. It was mid summer and the farmers fields had little grazing on them, and for a broken mouthed sheep there would have been nothing to eat. As a sheep ages its teeth wear down and eventually fall out. The more that fall out, the harder it becomes for them to graze and obtain nutrition, and unless supplementary feeding in the form of concentrates is given, they literally starve to death. Their fleeces had concealed the horror of starvation. At that time of year they should already have been shorn, but no one would have wanted to waste money paying for it for an animal that was about to die.

We needed to start getting nutrition into them, and quickly, but we also had to go easy: too much concentrate can literally burn the lining off a sheep's stomach as it turns to acid while being digested. The bacteria within the gut have to become slowly accustomed to the change in diet and we needed to start off with small amounts and then gradually increase until we were providing sufficient to keep them at a decent weight. We also needed to have them shorn to stop them getting fly strike or heat exhaustion. Once again we were in for loads more work than anticipated, and once again I was cursing myself for having that god awful thing called a conscience: the bane of my life.

Sadly we were too late for one of the sheep and the following day she collapsed. By this time my husband had gone back to work, so I had to struggle to get her into the back of my van and get her to a vet. The vet was horrified at her condition and said that she should have been sent for slaughter long since. I said that I wanted to give her a chance and glucose was administered. We managed to get her up on her feet again and for the next two days I struggled to get her eating, sadly without success. On the third day she collapsed and had to be put to sleep.

I sat and wept, not just for her, but for all the other sheep that must end up in her condition, with no one caring for their welfare, just caring for their profits: the sad reality of farming.

That left us with five to care for. Luckily these five were in slightly better condition and over the coming weeks we slowly but surely fed them up, putting flesh over their bones instead of just skin.

As the days and weeks passed their individual characters came to the fore and we gave them names: 'Miss Monroe' (one of the Welsh Mountain); 'Mrs Speckled Face' (Yep you guessed it: the Speckled Face. Yes, I know, we aren't always that original with names! You try thinking up name, after name, after name, and see how original you are!); 'Mrs Black Face' and the last two Welsh Mountain we called 'The Wildies' (they were almost identical in looks and behaviour: completely mental, so it was just easier to refer to them collectively than individually.)

It is difficult not to have favourites when working with animals, as some are just so special and unique; my favourite was Miss Monroe. Miss Monroe was a beauty, a real beauty, and didn't she just know it. When the other sheep lolloped down the field Miss Monroe tripped daintily on tiptoe, her hips swaying, flicking her head back and tossing her long hair back over her shoulder. While the Wildies had tough tight curls, Miss Monroe has loose flowing locks. Between two of the fields was a high banking and Miss Monroe used to stand atop it, head held high, posing in the wind "Is everyone looking at me?" The only thing she lacked was a red pencil skirt, a pair of red stilettos, a low cut white blouse and a push up bra.

She also desperately wanted to be friendly. I would stand very quietly and she would sidle slowly over with her hips swaying; those hips always swayed! I would slowly move my hand out towards her, and she would edge ever nearer, until she could smell the tips of my fingers. Unfortunately, her comrades viewed me as the enemy and considered Miss Monroe to be doing a bit of fraternizing. They might have had a fear of me, and been loathe to come close, but that fear was sufficiently overcome to mete out punishment for this terrible sin. They would plod slowly forward, keeping one eye on me and one eye on Miss Monroe. Upon reaching her rump they would butt her viciously, all the time never taking an eye off me. Once they had bullied her away from me, all four would surround her and then repeatedly butt her, putting all of their weight behind the assault. Being a delicate little soul this was more than she could take, and after several of these vicious attacks she decided that I really wasn't worth the bruises. I would see her watching me from a distance, but she

never again plucked up the courage to come forward. It saddened me deeply, as I felt such a strong pull towards her, and I would have loved to have had the chance to become far better acquainted.

The years flew past and all five sheep lived far longer than we had anticipated. Miss Monroe became a doddery old lady, but still tiptoed in the same dolly bird manner. She truly was mutton dressed as lamb!

The hardest time when caring for animals is the time when it comes to say goodbye. When an animal starts to deteriorate it is always very difficult to know when to give up and when to keep on trying. With a younger animal you know that there is a good chance that veterinary intervention will bring miracles, but we can't turn the clock back on old age, and the best we can hope for is a few more weeks or months. With the sheep I could gauge their health by their interest in the concentrate, and when Miss Monroe suddenly went off hers I knew that something was drastically wrong. With a cat or dog we have a battery of tests that can be run at the vets, but with sheep there is little in that line as veterinary medicine is not geared to keeping sheep living long lives. She had the usual antibiotics and vitamin injections but still continued to go down hill and didn't even want to graze. It was obvious that she had come to the end of her life. She wasn't just old, she was ancient and I had to be realistic.

For the final two days she didn't want to go out into the fields and just stayed put in the barn. It was a very sad two days, but also a very special time. Finally, without the bullying of the others, Miss Monroe had the courage to let me hold and cuddle her. I would kneel down amidst the straw and she would come forward and lean her head on my shoulder, resting the weight of her body against my chest. I would nuzzle my face into her beautiful soft fleece and dig my fingers amidst the wool on her side, gently scratching her skin. She would sigh contentedly and sag against me, leaving me to support her full weight. I wept so many tears, as I knew that I was going to have to make the decision anytime now to call the vet and have her put to sleep. She had completely given up eating and was slowly fading away. It is so hard to make that decision, no matter what choice you make: to wait longer or to do it now, you always feel that you made the wrong one. If you wait longer, and they suffer more, you curse yourself for not having the courage to have done it sooner, but once you have done it, you are forever thinking that perhaps you should have tried something else and perhaps they might have rallied.

On the third day I knew the time had come. I had tried everything that I could think of and despite all my attempts she was still going downhill and had no interest whatsoever in food. She was obviously now unhappy and I knew I had to call in the vet.

The vet arrived and we headed through to the barn. I felt like a murderer, even though I knew it was the right decision. She had always hated strangers and today was no different: she mustered what little energy she had and tried to avoid my attempts to get hold of her. It just made the situation even more traumatic for both of us. When I did catch her she gave in and calmly relaxed in my arms. The injection was over and done with in seconds, her life ebbed away from her, and her suffering was over. Gone but never forgotten. To this day I can still see her tiptoeing off down the field with her hips swaying. Rest in peace my beautiful lady.

Ecoforest, Southern Spain

Are you interested in the environment and sustainable ways of living? Would you like to become involved in an ecological project AND live and work in nature in a warm and sunny Andalucia? Then we want to hear from you!

Ecoforest is a Vegan permaculture project and we are looking for new members and investors, especially those who would like to live out in Spain for several weeks/months at a time or would like to run retreats or courses or who can help with the running and promotion of this wonderful Project.

Ecoforest is a non-profit organisation set up to provide education about living and working in a simple, natural, sustainable and healthy way. For more information, please contact:

fol_chris*AT*hotmail.co.uk
www.ecoforest.org 02392 611607

Take the Vegan Pledge

In January 2008, Vegan Campaigns supported 25 people in London to go vegan for a month. Before and after health checks showed an improvement in most people's health, including weight loss, better energy and improved skin and hair. Many participants decided to stay vegan, one volunteer stated that "The Vegan Pledge made all the difference in finally helping me to make the change."

The good news is Vegan Campaigns are repeating the vegan pledge in January 2009- and this year we are aiming to double the numbers and recruit 50 volunteers. During the month, support will include free basic health checks and advice from vegan GP Dr Mike Hooper, nutritional advice and recipes. All participants will be invited to a meeting at the start of the month on Sunday 18 January and at the end on Sunday 15 February at Conway Hall, 25 Red Lion Square, Holborn London. Jamie Cogan

For further details, or to sign up for the vegan pledge contact:

Vegan Campaigns, BM 2300, London, WC1N 3XX. Phone: 07890 136663

www.vegancampaigns.org.uk
info*AT*vegancampaigns.org.uk

Matlock: Green Way Café

By John + Ziggy - two vegans who were training and busing it around Derbyshire for a couple of days in August 2008.

Snitterton House, 3 Snitterton Road, Matlock, DE4 3LZ.
www.greenwaycafe.co.uk

This vegetarian café opened up fairly recently. We went in twice, and on both occasions it was busy - impressive for a relatively new café.

Our first visit was late morning. There were two soups on the board, both vegan. We had the carrot and ginger soup which was very tasty and had a pleasant ginger kick, and the tomato and basil soup which was good, although maybe lacking a bit of flavour. We ordered this with drinks, and unexpectedly got a small free treat - a small pot of humus with some vegetable sticks and some crisps to dip into it. The humus was top notch - so much better than your average humus.

Later in the day, we went in again. There were three or four main courses and one was vegan - a cashew nut roast with mushroom gravy, so we had this and enjoyed it. After that it was cake time. They had lots of different cakes, but the choice was a bit limited for vegans.

Although the choice for vegans was slightly limited, that's much better than having a big choice of so-so vegan food. Highly recommended.

Veggie Café News

The Greenhouse Café

A new vegetarian café has opened in Portsmouth. It's called the Greenhouse Café, and is at 59 Marmion Road, Southsea, PO5 2AX. Tel: 023 92815511. Web: www.thegreenhousekitchen.co.uk. We've heard that they cater well for vegans.

Sosmix Petition

The production of the popular SOSMIX has been taken over by a firm who is believed to be including milk in the product. You can sign a petition on www.petitiononline.com/sosmix/petition.html

If it has a face and feelings

Don't eat it

Can Britain Feed Itself?

[Sentences in Italics represent the comments of the writer].

An article in the October 2008 issue of *The Ecologist* magazine by Simon Fairlie, editor of *The Land* magazine, has reviewed the statistics concerning meat production. Investigating land use involved with various diets, he concludes that a vegan diet based on production systems that include chemical inputs would be the most economical. He does not favour the vegan organic (stockless) system because of its reliance on green manuring which, he claims, would require an increased use of land. He seems to overlook the fact that most green manuring is grown in autumn/winter on land where previous crops have already been harvested. In fact the green manuring aims to restore nitrogen to soils where past crops have been grown. Still, the fact remains that the vegan diet is shown to be the most efficient in terms of land use and that Britain could feed itself if only we gave up relying on animals for nutrition. A sudden conversion to veganism is highly unlikely, but a gradual realisation that reducing meat and dairy consumption is the way forward environmentally is surely the only conclusion to be drawn from these and other studies.

It is almost 200 years since the vegetarian poet Shelley wrote in 1813 in a pamphlet entitled *A Vindication of Natural Diet*:

"The quantity of nutritious vegetable matter consumed in fattening the carcase of an ox would afford ten times the sustenance if gathered immediately from the bosom of the earth."

This ratio of 10:1 is still quoted today. But has any research been done recently to substantiate this statement? Simon Fairlie sets out to review every possible argument to reduce this ratio as far as possible.

He points out that pigs and poultry have a much more favourable conversion ratio rated between 3:1 and 5:1. A fact already conceded by vegans.

As far as beef and dairy are concerned, he makes the following points:

By products such as wool, leather, industrial products increase the profitability of meat. In the Third World, draft animals and animal manure are important components particularly useful for subsistence farmers.

Some nutritionists argue that animal protein has higher value than plant protein and this is the usual view taken by most meat eaters. *(Vegans will of course refute this view.)*

Organic crops grown without animal manure will require an average 35% more land (to supply green manure). *This, of course can be refuted by vegan organic growers who use green manuring between harvesting and the*

sowing of new crops, usually to replace nitrogen in the soil. Presumably the author is thinking of crop rotation where one third may be left fallow.

Simon Fairlie argues that these points reduce the conversion ratio down to 3:1 - *still a strong argument in favour of reducing consumption of meat and dairy.*

He next argues that feed given to cattle would be unsuitable for human consumption anyway. In this category come: residues of grain milling, sugar beet, vegetable oils, cotton, etc. It is proposed that these might provide 1/3rd of nutrition for livestock.

Add to this the food wasted in human consumption, wasted in the home, in restaurants, by retailers. Skips behind supermarkets are piled with products past their sell-by date. This he proposes, could be fed to pigs to produce 45% of the pork sold in UK. *(But how far could this be recycled for use by the farmer?).*

Finally, there is grass. An estimated 25% of the world's agricultural land is classified as range land or permanent pasture unsuitable for growing crops.

In 1997 the UN Food and Agricultural Organisation estimated that worldwide animals consumed 74 million tonnes of human edible protein and provided 54 million tonnes - an overall conversion ratio of 4.1:1 a far cry from 10:1 but this still remains a strong argument for turning from reliance on animal protein and turning towards a plant-based diet. It remains a significant argument for the vegan diet.

The author also reviews the statement made in the UN report *Livestock's Long Shadow* claiming that livestock produced 18% of greenhouse gas emissions (mainly through methane), saying that this was 'a bigger share than that of transport', but the World Resources Institute says that emissions from livestock and manure is just 5.1% of greenhouse gas emissions and transport responsible for 13.8%. Other estimates of livestock emissions are 4.5%, 6% and 8%. *(Though lower, these are still significant amounts).*

The discrepancy is due to the FAO including CO2 emissions due to Amazon rainforest destruction. The author argues that not all rainforest destruction is attributable to cattle ranching. *(But some is and the land becomes infertile in a few years, leading to further deforestation).*

The world's largest dairy industry is in India and cows there are fed on crop residues, wastes and wayside roughage. In contrast, the USA feedlot system in which beef steer are fattened on a grain-based diet do approximate to the 10:1 conversion ratio.

However, "a move to a wholly vegan diet (if it could be introduced and enforced) would have severe repercussions on the millions of urban and rural poor who supplement their diets with milk and meat derived from animals fed on wastes, residues and unwanted biomass.

"The conclusion is that we should seek a middle course between "the rigours of veganism" *(I have still to suffer them)* and the "greed, pollution, dependence on fossil fuels and contempt for animal welfare that characterises intensive factory farming."

The Editor of the *Ecologist* invites feedback: The Ecologist, 102D Lana House Studios, 116-118 Commercial Street, Spitalfields, London E2 6NF.

A Seminar entitled *Can Britain Feed itself?* was attended by eminent scientists such as Sir Crispin Tickell, Professor Tim Lang and Simon Fairly. A radio four programme on 26th October 2008 interviewed some of them. All agreed that something must be done to reverse the present trend of obtaining our food from anywhere in the world where we can find it most economically, sometimes to the detriment of local communities and we should consider how far we can go to be self-reliant in feeding ourselves, in view of the present and future economic uncertainties and the need to reduce 'food miles'. We should consider how to reduce our dependence on countries over which we have no control. Sir Crispin Tickell was insistent that it is dangerous to be dependent on imports from other parts of the world and we have to investigate how we could become more self-reliant Professor Tim Lang said that large retailers were aware of these problems and considering how they should react.

On this programme Simon Fairlie, reiterated his views. that a vegan diet using chemical inputs was the most economical way of; land use. It requires 3 million hectares of land (there are 18 million of hectares available in Britain). Adding livestock would require 4.1/2

million hectares. A no-meat system working organically would increase the 3 million hectares to 7.45million due to lower yields and the need of land for green manuring. Livestock on organic farming would require 16 million hectares - a lot of it going to cows.

If dairy cows were fed on grass only, they would yield less, but could produce more calves, which would reduce the need for suckler herds - an inefficient use of land. Cows in fields fertilise the land with their manure The grazing cows would not need to eat grain and produce manure to fertilise the land. This 'permaculture' (as he calls it) approach would save 2.1/2 million hectares

of land. as opposed to the conventional organic systems.

The programme also interviewed a family in Fife, Scotland, who are already pledged to source most of their food locally. They were surprised to find that this was no hardship and their food bill actually decreased. Julie Brown of Growing communities in East London was also confident that Britain could feed itself and that it should do so.

Is this an opportunity for vegans to review some of their statements in consideration of these new statements?

There seems no doubt that a vegan diet is the one proving to be most favourable environmentally. Nobody seems to question that, but they seem to have difficulty putting it into action. They find it difficult to give up long established habits and fear looking ridiculous among their friends. They almost seem frightened. 'The rigours of veganism' is how Simon Fairlie views it. I know that most vegans I have met have seen veganism as a joy, a liberation, a relief.

On the other hand there are some things we might do well to take on board. Although most poor people in poor countries

subsist mainly on grains and pulses, we have to admit that many of these probably do add fish, meat or dairy to some extent.

There are, however, important points that the 'establishment' completely ignore and that vegans should put forward. Matters that are unglamorous and bring no profit to enterprises in the rich nations but can bring dramatic benefits to the poor of the Third World.

The vegan charity VEGFAM, for instance, helps on a tight budget with seeds, irrigation, etc. to bring sustainable living to the struggling poor.

Find Your Feet promotes a way of obtaining protein and vitamins from leaves and plants indigestible to humans by a simple process of fermentation into a curd that is acceptable and nourishing. This process is cheap and can be operated simply on a local basis. It was developed decades ago by plant scientist N.W. Pirie in Britain and has been proved of immense value wherever it has been tried and helps empower women as well. If promoted on a wider scale it would prevent much malnutrition.

We must also challenge the view that has been so long accepted that some areas are only suitable for grazing animals. The borders of the Sahara are being eroded by animals destroying whatever grass or shrub they can find; and the desert advances.

And yet, charities such as Tree Aid are helping local people to plant trees that bear nourishing fruits or marketable oils such as the shea nut that is used in cosmetics in rich nations. Once established the trees bring fertility, shade and shelter for the growing of other crops. These trees reclaim the desert

and help counter deforestation in other parts of the world.

Deforestation of the Amazon leaves the soil impoverished, but Brazil nut trees can be planted there, bringing nourishment and a commercial commodity. They might eventually help restore the forest.

Nearer home, we are always being told that sheep farming is the only way possible on Welsh Hills. But nut trees have been successfully planted there and trees could also be grown for timber. Lately, hill farmers have been experimenting with providing energy from the mountain streams. They supply this to the national grid and one farmer reported it was more profitable than keeping sheep.

Trees and shrubs satisfy all sorts of human needs: nutrition, medicine, fuel and more. They provide windbreaks and shade. They draw water up from the depths. They fertilise the ground when their leaves fall. They combat climate change by storing CO2. The present way of life is destroying trees worldwide. Reversing the trend by planting trees would bring great changes.

This is the great benefit that a change to a vegan diet can bring about.

Linen (with its lovely blue flower), hemp (the non-'cannabis' variety) should provide us with clothing rope, etc.

People say they would miss seeing animals in the fields. I have passed fields where I saw lambs chewing away and fattening themselves to go to slaughter in a few months' time. I stop for cows crossing the road with their legs chafing against heavy ballooning udders, no doubt relieved that milking will end their torment for a while. We could keep favourite animals in reserves and sanctuaries, and add donkeys and goats. We could have them in zoos instead of tigers and elephants. Exotic animals are best seen on film in their natural habitat. Zoos (originally called menageries) were useful before we had films, they are now obsolete. Walnut trees and Sweet Chestnut trees are majestic and tall. We could have picnic areas beneath them. People used to follow trails in springtime through the orchards of Kent before bureaucracy cut them down. Muck spreading has offensive smells. A vegan world could restore so many sweet scents and colourful beauty to our land.

Harry Mather.

Vegetarian Dogs website

VEGETARIAN DOGS.COM has been updated and streamlined. A vegan site since 1998, all proceeds from vegetariandogs.com go to rescued dogs. Currently available for purchase:

Vegetarian Dogs: Toward a World Without Exploitation, \$12 USD, a book of recipes for vegan dog food written by Verona ReBow and Jonathan Dune.

Animal Spirit, \$8 USD, a CD of original music by Immanuel Balogh.

Verona ReBow herself is a vegan, and she originally investigated the idea of feeding dogs a meat-free diet as a way to eliminate cruelty to animals such as lambs, rabbits, chickens, cattle and horses, currently used for dog food.

All dog food recipes in *Vegetarian Dogs* reflect research done by Jonathan Dune, who helped Verona develop the recipes in accordance with the nutritional guidelines issued by the American Association of Feed Control in conjunction with specific research regarding protein, calcium, zinc, vitamin B-12, and vitamin D requirements of dogs. The recipes in *Vegetarian Dogs* are economical, easy to prepare and require no special ingredients beyond those readily available at your local health food store or natural food co-op. This book will enable you to create healthy and delicious vegetarian meals for your canine friends. If you prefer to purchase a commercial vegetarian dog food, you will gain confidence and the ability to discuss your informed choice with others.

Preparing the food empowers the dog caretaker to control the quality and choice of ingredients. This is especially relevant in these days of pet food contamination and recalls. Some of the recipes in *Vegetarian Dogs* require no cooking and are perfect for those with busy schedules. Dogs who are rescued by Verona have often been abused and neglected, with resultant health and behavior problems, including skin problems, digestive complaints, and aggressive behavior, but after a few weeks on a vegan diet, along with the love and tender care lavished on them by Verona, they become well-adjusted members of Verona's family, radiating health and well-being.

A silly cow?

Maybe. But giving cows or goats to people in Africa is far sillier. It might seem a fun thing to do, but hungry people do not need more mouths to feed. Such animals waste precious land, food, and water. Instead, give aid that is sensible and sustainable, as well as humane.

Help International Plant Protein Organisation helps to feed orphans and poor families in the third world with locally grown nutritious plant foods and to develop sustainable food production. We oppose the huge waste of the world's agricultural resources caused by the rich world's gluttony for meat and other animal products.

HIPPO, Churchfield House, Weston under Penyard, Ross-on-Wye HR9 7PA. Email: hippocharity*AT*aol.com

Vegan Organic Growing

Visit to Prime Stockfree Organic Farm

By Graham Cole

On a dull October day 26 people came from different parts of the country to visit Tolhurst Organic Produce, an 18 acre farm near Reading, that is a prime example of Stockfree Organic methods in the UK.

Iain has been a commercial organic grower since the mid 70s and has been active in promoting and trialling different aspects of production. He is an advisor and organic consultant. Over the past 10 years he has independently been working a Stockfree-Organic system excluding ALL animal inputs. Fertility comes primarily from within the boundary of the holding. His was the first farm to be inspected and registered for the Stockfree-Organic Symbol. He welcomed us for our annual VON visit that was a little later in the season this year but with still plenty to see....

Iain guided us around the holding that afternoon explaining and showing his 7 year rotations, all the varied crops and Green Manures, of which he grows many types, and which are the main source of fertility - particularly in the 2 large fields. We saw healthy plants and Iain also explained the importance of Bio Diversity on the site with large hedgerows that are only trimmed once every 4 or 5 years and bands of mixed annuals that act as "Beetle Banks" that provide cover and food for a variety of flying and ground insects and bugs. As always, the increasing numbers of Red Kites put on flying displays for us in the sky, along with the Buzzards. The estate that the farm is part of has other birds of prey and all UK species of Owl.

The flinty land that Iain is growing on is not ideal for vegetable cultivation or even cereals, so it is a challenge! But even so,

working within a stockfree-organic system of culture has proved over the years to work and increase the fertility of the soil.

Problems with the weather for the second year running have not helped, but better than 2007 with improved crops of Squashes, Courgettes and Sweet Corn, that failed last year due to lack of sun and so much rain. However, with the month of August bringing a lack of sunny days this year, a record low in fact, the yields could have been a lot higher for these crops. Potato Blight not quite so bad as the losses experienced last year. Iain has yet to try the Blight resistant Sarpo varieties as the seed potato supplies are limited and he missed out. They do seem to be resistant.

Then we moved on down the lane to the Walled area which has all the Tunnels, Greenhouses, Packing & the Storage Shed. Food has been cultivated here for centuries and the walls date back 300 years. Here a lot more shelter enables the growing season to be extended and intensified. Here the thousands of plants are sown and grown on in modules and planted in the ground for planting out in the fields here with, for example, 50,000 leeks!

All the compost made on site is used here mainly in the tunnels, which on our visit were full of autumn and winter salad crops, Chinese Brassicas, the last of the tomatoes and more green manures. It was a good time to see the green manures: several different Clovers, Trefoil, Lucerne etc established for overwintering as protective soil "blankets" building fertility for next season.

Iain explained his reasons for stopping the use of animal manures and no longer just using Green Manures as a bolt-on to the system as some conventional organic growers do.

* He was never comfortable years back, as a

vegetarian, with the way the farm or stable animals could be treated and the food and medications they were given and obtaining manure from these places.

* It has become increasingly difficult to obtain suitable sources of animal manure - transport, composting and application is awkward and expensive for the small grower. Future organic legislation is likely to require that the majority of fertility is created on the holding. No sensible self-sustaining organic farmer will be reckless enough to sell you his own fertility!

* Eliminating brought-in fertility is a wonderful way to concentrate the mind on sustaining fertility. The health of the soil is central to the whole system and more sustainable rotations, better and less tillage practice, soil management and, where appropriate, green composts, are much more sustainable alternatives to poaching other farms' acres for your own fertility.

* Once established this system will reward you with healthier crops, less weeds, pests and diseases.

* By avoiding Animal inputs you are making a positive contribution to optimising land use. If every horticultural and cereal growing holding were to convert to organic production and rely on animal inputs for even a small portion of their production then there would simply NOT BE ENOUGH LAND to support the animals to generate this.

* Finally there is a growing awareness of the limitations of increased global consumption of animal products. This makes tremendous demands on the world's finite resources of land, water and energy plus it is an enormous contributor of greenhouse gases (CO2, Methane, Nitrous Oxide)".

Iain said that some customers had cancelled their boxes due to the current economic troubles, and that all organic growers had experienced this, but the business here was still healthy and optimistic.

All the produce supplies vegetable boxes for up to 450 local households within a 10 mile radius from the holding with several drop off points for individual collection. The boxes have seasonal produce with different sizes and pricing to cater for individual needs for most of the year. Customers also have farm walks every year to see and learn about their food and how it is produced.

I would urge anyone who has not visited Iain's holding yet to come on next year's VON walk. Be inspired! and you can continue to make the case for the alternative farming solution that will feed an increasing and necessary Vegan population.



Seeds, Plants, Contacts:

Beans and Herbs: 161 Chapel Street, Horningham, Warminster, Wilts. BA12 7LU. www.beansandherbs.co.uk.

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

Agroforestry Research Trust Tel: 01803 840776. www.agroforestry.co.uk. For plants and seeds. Perennial edibles-fruit, nuts, etc. Booklets

Vegan Permaculture: www.pfaf.org, www.spiralseed.co.uk

Vegan Organic Network See p 13 for full details www.veganorganic.net. Support them by buying from their merchandise catalogue: Also see www.stockfreeorganic.net and www.tolhurstorganic.co.uk.

Stockfree Farming DVD



NEW: Introduction to Stockfree Organics featuring Ian Tolhurst, the vegan-organic farmer who runs a box scheme in the Oxford/Reading area, and who co-wrote the book "Growing Green". To buy your copy, please send a cheque for £3.50 (includes UK p&p) to: Stockfree Organic Services, 58 High Lane, Chorlton-cum-Hardy, Manchester M21 9DZ, UK.

Fishing in Troubled Waters

There are only so many fish in the sea and the intensive fishing of Western Nations not only catches many unwanted species but also scrapes the ocean bed to destruction. Stocks of edible fish are getting low, so enterprising fishermen are looking farther afield. They have fished off the Western Coast of Africa and even as far as Somalia, depriving local poor people of their vital food supply. In desperation, the Somali fishermen hit back at the invaders. This has given the idea to people of a less noble nature to attack other boats and hold them to ransom. The pleasure yachts of wealthy people have been pirated and now, a huge oil tanker bigger than an aircraft carrier.

The moral is: if you eat fish you don't know what the far resulting consequences might be!

Letters

Early Vegans and B12

Moira Carlyle asked whether early vegans were concerned about possible lack of vitamin B12 in the vegan diet and whether mothers were concerned about their children. One of those children has answered.

I think that the answer is that my mother was not concerned because when she started, Vitamin B12 hadn't even been discovered (as far as I know) and by the time it had, she could see that we were all very healthy, so she still wouldn't have worried.

When I was 17 (about 1964) Dr. Frey Ellis was doing research on the health of vegans and he tested the whole family. (and many others) in lots of ways and a paper was produced about the health of vegans arising from this, although I don't remember its title. The interesting thing about B12 was that although all of us had been living as vegans for 12 to 15 years and all on the same diet more or less, there was a wide variety between us in the amount of B12 found in the blood. My father (who had been brought up omnivore but had been vegetarian for many years before going vegan in 1948) had the highest level. I had the next highest and then my brother and my mother. We couldn't find any reason!

Nowadays, of course, we know more and after being told about homocysteine by Steven Walsh a few years ago at vegan camp, I make sure I take a vitamin B12 supplement every day. My mother doesn't, though, and she's still OK at 97 (though her sight and balance are now bad - what can you expect at that age?)

Dilys Cluer

Living the Vegan Way

My mother is in her late 90s and enjoys the vegan food I make. She hasn't needed help from doctors and is healthy and happy.

If vegan families cared for their own family initially, and got this right, we could grow and expand. Our love for each other can be seen Who needs words? We should show by example how to live without harming. We are Non-Smoking vegans, and don't need alcohol.

Freedom of Nature; to work with it; to be united as kindred spirits.

I wonder why people are allowed to continue breeding cats, dogs and other animals, when people can't afford to keep them? The RSPCA and animal sanctuaries are full of these helpless, abandoned creatures. When are they going to stop the breeding, when sanctuaries have to find funds? On the receiving end: a desperate situation worldwide.

When LIFE means nothing and 'love' doesn't exist, where are we heading with the Environment and Protection of it?

The reason why we decide that we've bought what we didn't really want is because we're so used to emulating the neighbours. We continually discard what we didn't need; forgetting each one of us is different and unique with different requirements. Can't we stop and ask ourselves without talking and getting 'information' from others to copy: WHY IS THIS A THROW-AWAY SOCIETY?

We've been following others for too long. To care and nurture and bring about a better world should be our aim. To cycle and consider ways to recycle less. To grow organic vegan food (every family). If vegans showed by action how to live, we would all prosper.

Ann James

News From Derbyshire

Hi,

I thought people might like to know that Matlock has its own Vegetarian/Vegan café run by Trevor and his family (he's a quaker). He is open to any new suggestions. Food is delicious, organic, and lots of it. Soup £4 huge bowl or £2-50 smaller portion with home made roll. Chocolate vegan cake. mmm!

Derby should be opening one soon too! between Friargate and Uttoxeter Road.

There's a café starting Veggie evenings in Ashbourne. A bit pricey. 7 course gourmet nights. "The Dining Room". I've not been there. SQUEAK at Hockleys [Nottingham] - brilliant 3 course £16-95. All vegan if you choose it to be.

Anyone know anywhere in Egypt that does vegan food, please?

Thanks,

Love and Light,

Sue Fox

Vegans in Southend-on-Sea

Hello

I'd like to get in contact with local vegetarian/vegan groups or people from Southend on Sea area to plan some events together. How can I get in contact with them?

Kind regards,

Kamil Pachalko

Transition Westcliff.

www.transitionwestcliff.org.uk/xt or call 0770 7676308.

*This issue's recipes contributed
by Pat Reeves.*

Breakfast Ideas

Oat bran

Combine organic oatbran with figs or apricots, add almond yoghurt, oatmilk, etc and top with blueberries

Sunflower and Almond Cereal

one quarter cup of soaked sunflower seeds, one half-cup of soaked almonds,

2 tbsp of raw tahini or nut butter; Add chopped fruit.

Wheat and raisin cereal

One half-cup of soaked raisins or other liked dried fruit

One cup of three-day sprouted wheat

Combine with soy/nut yoghurt and blueberries

Lunch Ideas

Avocado soup

1 x large avocado, cut into cubes

1 x head of celery, juiced

2 x limes, juiced

Celtic salt and black pepper, to taste

60 ml extra-virgin olive oil

a few chopped onion rings

Blend all.

Fennel Soup

1 x fennel bulb, with green fronds, chopped

100 grams celery, chopped

Celtic sea salt and stevia (or Xylitol) to taste, 100ml extra-virgin olive

oil, a few chopped spring onions, juice of three lemons - blend all!

Hummus with linseed/corn/other crackers/crudities

200 grams chickpeas, sprouted for three days

120 grams sesame seeds, soaked overnight and rinsed

chopped parsley to taste

2 stalks of celery,

juice of three lemons,

100 ml extra-virgin olive oil

Process all ingredients, leaving lemon juice and oil until last.

Four corn crackers:

150 grams linseeds

250 ml water

2 ears of corn

1 tab extra virgin olive oil, or Udo's Choice

1 tsp Celtic salt

RECIPES

1 jalapeno pepper - use seeds for extra spicy taste.

Place all in food processor with 's' blade - leave for an hour or so to thicken. Roll into small balls, flatten out well and place in dehydrator until crisp

Evening Meals Ideas!

Marinated sprouts and vegetables

1 x cup sprouted mung beans

1/2 cup sprouted aduki beans

1/2 cup cabbage or broccoli sprouts

1 red pepper, diced

A handful of snow pea pods, sliced

4 medium stalks of Chinese cabbage, sliced

1 celery stalk, cut into matchsticks

2 garlic cloves, pressed

1 small onion, finely chopped

1/4 cup tamari

3 tbsp lemon juice and a little water

1 avocado, cubed

Marinate sprouts and vegetables in tamari, lemon juice and water for approx 4 hours

Serve on a bed of lettuce and top with avocado cubes

My favourite sprout salad:

30 grams each of sprouted chickpeas, mung beans and sunflower seeds (allow sunflower seeds to sprout for two days), mix with a handful of broccoli, red clover, sango radish and/alfalfa sprouts.

Add grated carrot and courgette and chopped watercress. Top with a pineapple and avocado dressing with grated zest of orange

Simple veggie burger

For when time is at a premium!

1/2 head of celery

1 sweet red pepper

1 courgette

50 grams of any preferred soaked nuts/seeds

Blend and shape - serve with a green salad

Vegan Athletes

Vegan James Meldrum continues to excel as an athlete, winning the Lancaster half-marathon by over 4 minutes in 1 hour 8 minutes 47 seconds. Bill Fraser, who has been vegan since 1985, has won eighteen races in his age group (55-59).

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

Useful websites

General

www.veganvillage.co.uk
www.btinternet.com/~bury_rd (Vegan News: free on-line magazine)

www.arcnews.org.uk (animal rights news)

www.realfood.org.uk (vegan campaign group)

www.veganbuddies.org.uk

www.veggievision.com (internet TV station)

Lists of veggie restaurants & cafés

www.happycow.net (worldwide)

www.vegdining.com (worldwide)

www.veggieheaven.com (UK)

www.vegetarianvisitor.co.uk (UK)

www.vegout.info (UK)

Veggie/vegan accommodation

www.vegcom.org.uk (UK)

www.vegetariansabroad.com

Vegan products guides

www.isitvegan.info (vegan foods/drinks)

www.isitveggie.com (vegan foods/drinks)

Vegan online shopping

www.viva.org.uk

www.animalaid.org.uk

www.veganstore.co.uk

www.octoberbooks.org/veg (vegan books)

Vegan-run business lists

Artists, accountants, translators...

www.veggies.org.uk/vbc.htm

www.veganvillage.co.uk/services.htm

Vegetarian information

www.vegsoc.org (UK vegetarian Society)

www.ivu.org (International Vegetarian Union)

www.planetveggie.co.uk (Planet Veggie)

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

Vegan Organic Network

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.

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

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

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

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

VEG-London Social group covering London + South East. Web: 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.

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

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

Bournemouth Vegetarians & Vegans Tel. 01202 824783. Web: www.solentveg.org.uk/bvv.

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

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

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

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

Andover Veggies and Vegans, for all vegetarians and vegans who live near Andover in Hampshire, also welcome all able to travel to Andover for meetings. email: 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 for a list.

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

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.

MIDLANDS

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

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

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

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

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

NORTH

Doncaster & Area Vegans & Vegetarians meet about once a month for socialising in various ways (e.g. walks, picnics, meals out, yoga). Ring Vivien on 01405 769730. East Riding Vegans meet once a month for socialising. New members welcome. Mark, 140 Victoria Avenue, Hull, HU5 3DT. Web: www.merrydowncontrolware.co.uk/ervegans. Tel: 01482 471119.

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

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

Leeds Vegetarian & Vegan Society Meet twice a month for various social events and activities, fantastic pot luck lunches, newsletter every few months. For a programme and/or newsletter ring Natalie on 0113 2484044. Web: www.leedsveg.co.uk.

North Riding Vegetarians & Vegans Meals, walks, theatre etc. Patricia, tel/fax 01677 450176. Email: patricia*AT*p-m-t.freeseve.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

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

Vegan Organisations

The Vegan Society If you would like more information on Veganism send two 1st class stamps for an information pack to The Vegan Society at Donald Watson House, 21 Hylton Street, Hockley, Birmingham. B18 6HJ. Tel: 0121 523 1730. Local rate: 0845 458 8244. Web: www.vegansociety.com. The Vegan Society publishes *The Vegan*, a quarterly magazine which members receive. Also available from a few shops.



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

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

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

Vegan Organic Network encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green International* to spread knowledge, and reports from vegan organic growers worldwide. Contact VON, 80 Annable Road, Lower Bredbury, Stockport SK6 2DF. Email info*AT*veganorganic.net. Membership and enquiries 0845 223 5232 (local rate). www.veganorganic.net.

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

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

Advertisements

B&Bs & ACCOMMODATION

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

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

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

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

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

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

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

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

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

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

Free Holiday. Non-smoking. Caravan on leafy acre (2 miles tourist village) in return for occasional help with mowing lawns & light jobs. Middle-aged vegan male artist in old cottage. Details: Jamie Coglan, Edenavow, Drumshanbo, Ireland

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.

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.

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. Distributed in UK by Gardners and in USA by Ingram and Barnes and Noble. www.spicyvegan.co.uk.

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

Sunshine and Shadow by Wilfred Crone. Autobiography of well-known vegan & fruitarian. £7.50 inc. p&p: Harry Mather, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB

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

Book by Dr Gina Shaw 'Nutrition and Emotions: How to Transform your Life Through Optimum Nutrition'. Price £7.99 including P+P (cheques to be made payable to GLS Publications). Please send orders to GLS Publications, 22 Webber Close, Ogwell, Devon, TQ12 6YL.

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

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

CAFÉS & RESTAURANTS

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

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

Wessex Tales wholefood vegan restaurant. Licensed organic drinks. 20 Ashley Road, Boscombe, Bournemouth (opposite Boscombe bus station & Sovereign Centre car park). Tel: 01202 309869. Lunch: Tuesday - Saturday 11.30 - 2.30. Dinner: Friday & Saturday 7 - 10. Web: www.geocities.com/vegetarian_restaurant.

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

The Art House, 81a Bedford Place (entrance on Henstead Road), Southampton, SO15 2DF. 023 80238582. Fully veggie. café. 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, or call Emma on 07786 262 864 for more info.

GENERAL

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

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

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

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.

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

The Shellfish Network works to end the cruelty involved in, and eventually end the slaughter of shellfish for human consumption. Parkside

House, Elmbridge Lane, Woking, Surrey GU22 9AE.

Meat-Free Cats Supplements for home made recipes. In use since 1986. Send to Vegetat, The Vegan Society, 21 Hylton Street, Hockley, Birmingham BH18 6HJ. Tel: 0121 523 1730.

Translations into English from French, German, Italian & Spanish (personal, commercial, legal, technical), over 30 years' experience, big discount for VV readers, no VAT. Patricia Tricker MCIL Cert Ed (FE) Cert HE. Tel/Fax 01677 450176. Email: 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 anticommeriser, vegan diggers and have land to create an alternative renewable sharing forest garden community. We are seeking holiday members and full-time members. Tel: Vic 01490 420074 or Tel/txt: Frank 07980 158661.

Vegetarian Web Designer Websites for the vegetarian and vegan community by VegDesign. For more info, rates and portfolio see www.vegdesign.com. Tel: 07742 336858.

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

Meat is Murder Self-Inking Rubber Stamps £8-50. Vernon Stuttard, 15 Millbrook, Fence-in-Pendle, Lancs BB12 9PE. Also T-shirts printed with Meat is Murder front and back, black on grey. Sizes M or XL £9. **Campaign tee-shirts, toys** send stamp for list or see e-bay shop A11 LOVe. Vernon, 15 Millbrook, Fence in Pendle, Lancs BB12 9PE. Email: allovandlib*AT*onetel.com.

www.vegansrock.net I run a vegan forum network on line at www.vegansrock.co.uk. Many topics other than veganism are discussed in a pleasant, friendly atmosphere, from permaculture, environmental sustainability or 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

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

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

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 (search under North Wakefield) or call 01924 872626

HEALTH

Homeopathy for Holistic Healing Vegan practitioner in North East England Area offering 100% discount to fellow vegans. 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. See it work before you buy. Kind to humans and animals!. Discount code: [vegan](http://www.skinvac.com). Available from ebay.co.uk & www.skinvac.com. Listed on Peta.org.

EnergiseYourLife.com was founded in order to promote optimum health through the sale of high quality juicers, blenders, dehydrators, soya milk makers, water filters and other health related products. Great selection. Top Brands. Low prices. Vegan owner. Tel. 020 7243 2372. www.EnergiseYourLife.com

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

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

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

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

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. 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

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 MIGHT. 023 8023 1770 or 07790 461937. www.stardust-therapies.co.uk.

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

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

PERSONAL

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

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

VeggieRomance.com is a lively, friendly, community offering free registration and searches, a free (very active) forum, free replies to contacts from other members and free blogs (online journals) for all members. Go to www.veggieromance.com create a profile then Email info*AT*veggieromance.com with the promotional code VEGANVIEWS in the subject line.

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 with 'vegan views personal ad' in the subject header. Thank You.

SHOES

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

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

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

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

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

GLOBAL WARMING can be checked and people better supplied with food and other necessities if we use land for trees that absorb CO₂

Not for livestock that emit methane a much more powerful green house gas.

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

www.mclveganway.org.uk

Turning the Page on 2008

Ring out the Old. Ring in the New wrote poet Alfred Tennyson

2008 has been a year full of crises - An indication that our present way of living cannot be sustained. So we must look to new patterns of behaviour.

We have seen dramatic rises in the prices of grains which are the basis of subsistence for the great masses of the poorest in the world.

Also rocketing oil prices have threatened the future availability of the energy supply on which our production depends, as well as increasing transport costs.

Now we face a banking and financial crisis that threatens to undermine economies worldwide and create a long recession such as was experienced in the 1930s.

These crises have overshadowed the even more serious longstanding crisis of the earth's whole environment due to human activities. Global warming and Climate Change threaten our actual life support system.

Veganism will not solve all of these problems, but would bring a great improvement in food availability and help combat climate change.

Changing to a vegan diet releases more land for the production of grains and other basic crops for human nutrition, because animal farming requires much more land (and water - another scarce resource) than a vegan diet does. If animals ceased to be grazed on the regions bordering the Sahara and trees were planted - trees bearing nuts, oils, medicines and profitable things, the desert could be reclaimed. This is being done with the help of non-profit organisations and proving a huge benefit to the local people.

Ruminant animals release methane gas which is highly destructive of the ozone layer that protects us against global warming. Planting trees helps store CO₂ which also reduces the ozone layer.

A change to a vegan diet may not be the only change we need to make in the coming years in order for the human race to reverse its destructive lifestyle, but it would be a huge step forward to the realisation of that happy outcome and make the world a wonderful place to live in. It is a step that anyone can easily and simply take. It seems a drastic, even frightening, change for some people, perhaps for most people. Most vegans, however find it a joyous and liberating experience.

Just eat more pasta or rice dishes and you will be doing the world and its inhabitants a favour.

Come and join the fun. You will save the planet as a side effect.

Harry Mather

How Many Cows are there in China?

In September 2008 there was a scandal about polluted cow's milk making thousands of Chinese babies severely ill. About four of them dying. It was said that melamine had been added to the milk to enhance its protein content. Melamine is used in the production of plastics and of fertilisers. It may also have found its way into eggs and some animal feeds. Although there are regulations against its use in China, the drive for maximising production means that regulations are not always strictly enforced. Some of this contaminated milk has even found its way into exported foodstuffs.

But why oh why were Chinese babies being given cow's milk? Cows used to be unknown in China. Presumably babies were nourished on human milk, as is perfectly natural. Chinese people have even been known, when pressed, to comment on how odd it seemed to them to consider cow's milk as part of a human diet. We can only assume that the modern Chinese, who are increasing their meat consumption in imitation of what they consider to be part of the affluent Western lifestyle that they aspire to, are also taking milk products to be a sign of affluence. For about five thousand years the Chinese have used soya beans, mostly fermented as Tofu as a rich source of protein. It would be a shame if they switched over to animal farming, especially in view of the negative impact this would have on the environment, such as inefficient use of land and emission of methane gases.

HM