

VEGAN VIEWS

A Forum for Vegan Opinion
Quarterly

No. 94

AUTUMN 2002

£1



In this issue: Interview with Vegan Organic Network;
Letters; Recipes; Books; Cartoon.

VEGAN VIEWS
Flat A15
20 Dean Park Road
Bournemouth
BH1 1JB UK

Web: www.veganviews.org.uk

SUBSCRIPTIONS

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

UK four issues for £4, or single copy for £1. Postage is included.

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

Airmail outside Europe four issues for £7 including postage.

VEGAN VIEWS ON THE INTERNET

The Vegan Views website (www.veganviews.org.uk) features highlights from the latest issue and from recent back issues – going back at present to about 1994. From VV93 onwards, the entire magazine can be downloaded.

Email: info@veganviews.org.uk, but only for website comments/queries. To reach the magazine directly please use the postal address.

COPIES IN BULK

If you order a minimum of five copies, we will sell to you at 65p each (sale or return), for sale at bazaars or local shops.

BACK ISSUES

Many back issues are still available for 50p each. Eight for £3 including postage. Topics covered include:

VV93 Nutritional Supplements

VV92 Veggie Pride

VV91 How and why vegan

VV90 Porton Down

VV89 Feeding the world

VV88 Farming crisis

VV87 Meat in crisis

VV86 Hard choices

VV85 Sprouting seeds

VV84 Leah Leneman: in memory

VV37 Arthur Ling interview

VV34 Leah Leneman interview

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 welcome all letters, articles, news, events, and constructive criticism – and try to print all that is relevant and of interest in the magazine. We welcome drawings too (black on white please).

We rely on readers' contributions. Small ads are free to subscribers. 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.

SUBSCRIPTION RENEWALS

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

COPYRIGHT

If quoting from this magazine, please acknowledge the source and do not distort the sense.

The sign © shows that the author reserves copyright on that article.

□□□ CONTENTS □□□

- 4 Vegan Shakers
- 6 Community News
- 7 More Vegan Awareness
- 8 How and Why Vegan
- 10 Cartoon
- 11 Poem / Viva demo report
- 12 Letters
- 14 Vegans have Healthy Colons?
- 15 Nutritional Supplements
- 16 Books
- 17 Recipes

Produced by Harry Mather, with assistance from John Curtis, Hilary and Wesley. Front cover: Ruth Lewis.

Printed by JR Print, 109a Nortoft Road, Bournemouth, Dorset.

From the editor....

The world is still full of violence, terrorism, anti-terrorism, murders, threats of war. If humans hold human life so cheap, how can we persuade them to have more regard and compassion for animals?

Yet, if we can think of animals as expendable and that their only reason for existence is at the wishes and whims of humans, it is only a step to look on other humans as of small consequence and low worth.

If we think the world was created just for the benefit of humans, it is not difficult to think that some human groups or individuals are inferior and that their lives also are of little account.

Following our lower instincts leads to the horrors persisting around us. Following our nobler ideals is the only way to counter the horrors that confront us daily in the media.

Humankind needs to understand that it cannot just exploit the planet for its own narrow purposes, and that it needs to see itself as part of a great whole and play its part in beautifying the planet. We must work in harmony with the whole of creation in order ourselves to find the peace and joy for which all humans long.

Understanding that animals are not here just to be exploited by humans, will also bring the realisation that humans, whoever they are, need to be viewed as part of the whole creation and treated with respect and compassion.

Autumn is the season when the fruits that have been developing all summer are gathered in. There is an abundance of produce from the vegetable kingdom to satisfy all our needs. We can be thankful for the food provided and that we have learned we can live healthily without having to kill for our food. As our ideas spread around the world, there will be more peace and contentment in the world.

Our bloodless meals are a blessing for the whole planet.

Harry Mather

EVENTS

29 Sep National Vegan Festival

10am - 5pm. Conway Hall, 25 Red Lion Square, Holborn, London WC1 4RL (nearest tube: Holborn). £1 entry (under 16 free). Campaigning stalls, tasty vegan food and drinks, speakers, wide range of vegan products for sale. Web: www.veganfestival.freeserve.co.uk.

2 Oct World Farm Animals Day

(Gandhi's Birthday) Farmed Animals Action are asking groups and people to mark the day with things like: free veggie tastings, veggie pledges, demos and leafleting. Please tell them about your event. Contact 0845 4560284. Email: wfad@farmedanimalaction.co.uk. Web: www.farmedanimalaction.co.uk

27 Oct - 3 Nov UK Vegan Week

From the UK Vegan Society's Autumn 2002 magazine...
"This year's theme is wider availability of vegan food for everyone to enjoy in restaurants, hotels, pubs, hospitals, schools and cafes. A new guide will help caterers cope with the increased demand for dairy-free egg-free, animal-free catering, with details of alternative ingredients, advice from catering professionals such as the manager of the NHS Better Hospital Food project and marketing tips on how to tap into the new demand." The week is coordinated by the UK Vegan Society. Web: www.vegansociety.com

1 Nov World Vegan Day



The Vegan Society was founded in November 1944. Celebrate being vegan. Talk about it. Talk to caterers. Contact the Media. Write to your local paper. This year's theme is: 'Food Suitable for Everyone'. Web: www.vegansociety.com.

1 Dec Christmas Without Cruelty Fayre

Probably the biggest UK Fayre devoted to Vegetarianism, Veganism and Animal Welfare/Rights. It's at Kensington Town Hall, Hornton Street, London W8. 10am - 5pm. Stalls, vegan food, and celebrity auction. A good place to do your Xmas shopping! Organised by Animal Aid. Web: www.animalaid.org.uk.

PLANTS FOR A FUTURE COURSES...

Further details: 01208 872 963 or 0845 458 4719

20 - 23 Sep Shaping The Future of PFAF - 2

Four-day gathering aimed at bringing people, information, skills, ideas, and knowledge together with a focus on PFAF's future.

5 - 6 and 26 - 27 Oct Woodland Gardening Courses

with Stephen Nutt. Both courses centre around the construction of the Garden of Love, a woodland garden in an existing 1 acre woodland dedicated to Robert Hart.

19 - 20 Oct Green Woodworking

With Anthony Waters of West Country Woodsmen. Harvest wood from PFAF then create chairs, stools, benches, coffee tables etc using pole lathe. £75 (concessions available).

LIVE EXPORTS PROTESTS

Now that Britain has been declared free from Foot and Mouth disease, Live Animal Exports have been resumed from the port of Dover. Compassion in World Farming have renewed their campaign to stop this trade. To be included on their emergency list to attend short-notice protests at Dover, call their Live Exports Hotline on 01730 237 379.

VV93 FRONT COVER

A reader noticed that over the cover picture of VV93 were some latin words and asked for a translation.

Homo Veganus non capit muscas translates as 'A Vegan Person does not catch flies' Jamie who wrote it said the original latin was 'an eagle does not catch flies' and he interprets that as meaning 'an eagle has better things to do than catch flies'. What Jamie was expressing was Homo Veganus does not kill, but looks to higher things. The aim being to differentiate between the ordinary gardener who might use blood and bone meal and a veganic one.

WWW.VEGANVIEWS.ORG.UK

Vegan Views magazine is now available free as an 'Acrobat download' from our website at www.veganviews.org.uk. If you're not clued up on computers, this means that people can get the magazine from the internet onto their computer screens, and it looks exactly like the paper version that subscribers get. They can also print it if they want it on paper. Back issues of the entire magazine before VV93 will not be available on our website since they were not produced on a computer and are too difficult to convert. But there's still plenty of selected articles from many of these old magazines on our website.

Originally, we thought about having an email-only subscription category. We were advised that we'd end up spending a lot of time emailing, maintaining email lists and chasing up subscription renewals. Making it completely free as a download from our website means that we don't have to do anything (people can download it by themselves) and far more people are likely to download and read it - people love freebies. Making it free was not an easy decision; would lots of current subscribers stop subscribing, which could eventually undermine the paper magazine? If you currently subscribe but want to switch to the downloadable version, please consider sending a yearly donation to VV to guarantee the future of the paper magazine. We have an appeal on our website for donations. In the July and August, there were nearly 200 downloads of the magazine from our website, and someone sent us a £10 donation. The website costs VV nothing but is generating income, unlike most dot-com companies!

VEGAN SHAKERS

Part 1: VON (Vegan Organic Network)

This is the first in what we hope will be a regular series of articles where we interview people who are making a very positive impact for veganism. For this article, we spoke to several of the people involved in VON. We asked them why they are vegan, how they got involved in VON, what their role is in VON, and what they've got planned for VON. Interviews by John Curtis.

David Graham...

I was seven at the beginning of the Second World War in 1939, and was evacuated from London to a farm in Cambridgeshire. It was a mixed farm, with animals, fruit and horticulture. The farm manager encouraged me to go to agricultural college when I was older. I followed his advice and later studied at the Writtle Institute of Agriculture. Still later I obtained a degree in social science at Manchester University where I taught for some time.

There was conscription in the UK until 1959, and in 1955 I became a conscientious objector. For this I was sent to prison for a year. I thought that if war is wrong, then non-violence should be extended to all life, so I became a vegetarian at this time. My mother was already vegetarian and there were strong political and trade union beliefs in the family. After reading about Vinoba Bhave's Land Reform movement in prison, I hitch-hiked to India in 1956 and worked with him and the Gandhian movement. I was also involved with the Direct Action Committee and Committee of 100, who were opposed to nuclear war. For this I spent a considerable time once again as a guest of Her Majesty.

Back in Britain, my wife Jane and I started a family, and when the children were growing up we decided to grow our own food vegan organically. We had a big garden at our home in Manchester so we dug it up. We have five children and eight grandchildren, all either vegetarian or vegan.

My wife and I became vegan about 30 years ago because of the ethical inconsistency of vegetarianism with its dependence on animal by-products. I don't wish to sound critical of vegetarians since they are, hopefully, taking a first step as we did. Veganism was, for me, only a part of an holistic outlook which embraces ecology, non-violence, and respect for all beings.

In 1996, after many years of being involved in the direct action movement, Free Schools, the Campaign Against Corporal Punishment, anti-racist and other forms of community activity, I felt that we should try to organise a serious movement and publication that methodically and systematically promoted vegan organics. So in 1996

I, my wife Jane, and David Stringer – an experienced horticulturist – started VON.

Our aim is to get farmers to grow food without animal products and chemicals. We discovered that there were already some vegan organic commercial farms - Dave of Darlington and Iain Tolhurst, for instance, who are now both active VON supporters. We've made enormous strides since then.

VON's next step is to establish an education, research and demonstration centre to put stockfree farming more prominently in the public domain. Only when we have a centre with fulltime workers, with regular training and education courses, with demonstration grounds and a commercial box scheme will we be able to make a significant impact on the structure and ethics of food production. Many farmers because of Foot and Mouth Disease, BSE etc. will be considering converting to organic growing. We want them to know there is another option – vegan – organics. Stockfree, disease free and cruelty free.

I've always seen VON as international. We have members in most of the continents. We helped to finance and set up Regenwurm, the Austrian VON. They recently had a 3-day conference in Germany which 300 people attended. We have contact centres – vegan farms – in the US, Greece, Australia, New Zealand, Ireland, Wales, with others in the pipeline.

The priority now for VON is to acquire a centre. The Movement For Compassionate Living has given us an enormous boost by passing on a legacy of £70,000 for this purpose. We need to raise a further £300,000. You can help us to do this, and stop the obscene slaughter of the one thousand million animals, that are killed each year in this country alone, for food.

Jenny Hall...

I've always been concerned about animals. My grandparents were farmers, and when I was five I used to let the hens get out - I suppose my empathy with animals started there. From the age of twelve I helped out at the RSPCA kennels.

I became vegetarian eleven years ago, at eighteen, because I did not want to eat animals. Three years later I became vegan because of the inconsistency of vegetarianism – I was effectively paying livestock farmers by buying eggs and dairy, and I was also aware of the cruelty involved in milk production. The thing that has helped me to remain vegan is my interest in farming and an awareness of the very inefficient resource use of feeding grains to animals, and grasslands which could be growing trees instead – far more sustainable. The GM soya issue, is to me about raising feed grain yields to feed more people, especially in the developing countries, more animal based unhealthy diets. There's also the unfairness of the triple subsidies which are propping up the livestock industry:

(1) feedgrains, (2) meat, dairy, (3) the tax payer ends up picking up the bill for the health scares and the water consumer pays for all the pollution incidents with slurry. Horticulture gets no subsidies at all even though it is very labour intensive and provides people with jobs.

Four years ago I was doing a Masters degree and my funding ran out so I needed to find some work. By chance, I got a job on an organic farm. This boosted my enthusiasm for horticulture. My MSc was in Environmental policy, and I chose my dissertation to be 'Environmental Auditing of Organic Farming' where I began to appreciate just how much fossil fuel goes into the keeping of livestock, particularly cattle.

I was awkward about using animal manures when working on the organic farm. I saw VON (Vegan Organic Network) listed in the Animal-Free Shopper and made enquiries. I ended up having a two-hour phone conversation with David Graham, one of the organisers! I'm now an active supporter of VON.

As well as my voluntary work for VON, I'm the Community Food Projects Officer at the Lancashire Wildlife Trust. The aim is to make biodiversity relevant to ordinary people, by training and supporting community groups to do their own composting and food growing. I like self help initiatives – it is no good waiting for someone else to make things better.

The main aim of VON is to promote the uptake of vegan-organic, also known as stockfree-organic farming, amongst farmers. We are currently involved in writing standards. In the same way that the Soil Association have standards that have to be met before farmers and product makers can use the Soil Association symbol, we are soon to achieve a similar certification for Stockfree Organic produce.

Exciting times are afoot. VON has just received a substantial grant to write the world's first "Stockfree-organic resource book" giving practical advice to gardeners, allotment holders, market gardeners and farmers as to how they can grow without GM, chemicals or animal inputs. There's lots of information around on organic growing, but the vast majority promotes the use of animal manures and slaughter house by-products. This manual will be very practical and will show clearly how to grow fruit and vegetables, and will also cover growing green manures, a subject often discussed with very little practical advice on how to use. It will include lots of photos. Other countries will hopefully write their own editions relevant to the different growing conditions that they have.

Interest in growing organically without using animal manures and by-products is increasing. Supermarkets are not keen on the use of manures for organic produce because of bacterial contamination problems. VON holds up the Tolhurst box scheme in Reading and the Growing Green box scheme in Darlington as examples as to how vegan farming should progress.

Peter White...

My wife Diana and I went vegetarian in 1970 out of compassion for other creatures and for the health benefits. While vegetarian, we cut down on eggs and milk, but still ate a reasonable amount of cheese. It was more difficult being vegetarian in the 1970s than it is being vegan today. People would ask daft questions such as how can we get enough protein, and they found it all rather strange! We later became more aware of the environmental benefits of veganism, and became vegan 10 years ago. We had tried to be vegan before, but we found the practicalities very difficult then. It's so much easier now. Back in the 70s you even had to go to a healthfood shop to buy wholemeal bread. Supermarkets and other shops didn't sell it. About the only things supermarkets sold for us were lentils and dried peas.

Our awareness of the environmental benefits increased when we joined VON (or VOHAN as it was called at the time.) We were on holiday staying at the self-catering accommodation at Vegfam in Devon and were given a VOHAN leaflet there. We had already had an allotment for over four years where we had been growing vegan-organically – we didn't want to use animal manures, Blood, Fish & Bone, etc. We joined VON in September 1998 and got in touch with the organiser, David Graham, who happened to live nearby. Our involvement has grown ever since. To begin with we took the VON magazine to healthfood shops to see if they would sell it, then we started writing articles for the magazine. We then helped to set up the Vegan Organic Trust (VOT) – the charity arm of VON. We are both trustees. Because we want a demonstration and education centre, it makes sense to become a charity, otherwise the property would be in the name of a private individual, which causes problems when that individual dies. There are also tax advantages – we can claim the tax back from the Inland Revenue on the amount that many donors give us.

Two years ago we bought a PC, and I now help produce the organisation's magazine, *Growing Green International*. I also look after the website in conjunction with Ecocities (www.ecocities.net) the vegan web designers. I also look after the account books and other admin for the charity, but this is done on paper – I don't trust computers for that! Diana is writing a cookery book '*Vegan Rustic Cooking*' which VOT will publish shortly and which will hopefully bring in some money for the charity. Before I retired, my career was in Personnel management. Now, my involvement in VOT sometimes feels like a full-time job!

The demonstration centre we are all trying to set up for VOT will comprise at least 10 acres of land with buildings and planning permission. Recently, the Movement for Compassionate Living received a legacy of £80,000, and they've generously agreed to donate £70,000 to the VOT centre project, subject to some conditions. The idea of a centre for vegans and vegan-

organics is a tremendously worthwhile project which will need more money to buy what is needed in the North West (where many of us are based), so we plan to do some fundraising and appeals for funds to add to what has already been raised. We have now obtained a very welcome grant towards the cost of publishing the Vegan-Organic Growers Resource Handbook from the Cyril Cordon Trust Fund, of which Harold Bland is a Trustee.

For information about VON and the centre project contact Sue Fox, Membership Secretary: 30 Helvellyn Road, Wigan, Lancs WN5 9UR. Tel: 01942 214 660. Email: nicsuefox@btopenworld.com. VON is also listed on p 20. Send MOSS centre donations to Sue Fox (address above). Cheques/POs payable to 'Vegan Organic Trust'.

COMMUNITY NEWS FROM BRYNDERWEN

Three months after moving into Brynderwen (a spacious house on the outskirts of Swansea), we're beginning to make some progress in setting up a vegan community.

Cerys has joined (thanks to Vegan Views!), and there are now four of us directly involved in the project. We have a medium-term plan of trying to get a dozen people involved within 2 to 5 years. This might (just as an example) consist of four living here at Brynderwen, four in a second property to be purchased later, and four living independently nearby. A group of twelve would hopefully contain people with a variety of talents such as gardening and growing, cooking, crafts, computers, or DIY skills - making it easier for us to start one or more businesses.

We've made friendly contact with the New Education Housing Co-op, a small vegan community some 15 mile north of us towards the Brecon Beacons. They run a small organic wholefoods and fruit & vegetable co-op, and like us they're looking to expand. They have space in their 4 bedroom house for a further person

We've also met people from vegan and vegetarian groups in Swansea and Carmarthen, including Neville Fowler, the founder of HIPPO. In August we held a social here attended by some 25 people including a few children.

We haven't yet acquired the two acres of neglected and wild land adjoining Brynderwen. Hopefully, we will soon! The land is unregistered and it's not clear who owns part of it, and it's this that has held us up.

Visitors are welcome (but ring first). And of course we'd like more people to get involved. For a newsletter with more details send an SAE to Malcolm Horne at Brynderwyn, Crymlyn Road, Llansamlet, Swansea SA7 9XT (or ring 01792 792442)

Malcolm Horne

APPEAL FOR JAMAICA

Isolated in the Cockpit Country of Jamaica and surrounded by green valleys and mountains, lies the small town of Accompong, home of the Maroons of Jamaica. This small community consists of about 500 residents, the direct descendants of the first runaway slaves, who received their independence in 1739. Today, the historic treaty is still honored and the Maroons own 1500 acres of land and a degree of autonomy from the Jamaica government. The community is pacifist, has no police and has had only one capital crime in 264 years requiring the intervention of the Jamaica judicial system.

The Maroon community is a very low-income community with very few jobs available locally. Many depend on their farms to make a living. In their intent to raise their incomes, Accompong farmers have been for the last 10 years using monoculture and chemical fertilizers. However, the increase of production hardly paid off their investment in chemical fertilizers and some members of the community are concerned about the degradation of the land and water contamination.

Starting August 2002, with the help of Will Bonsall, as our technical advisor, we want to show Accompong farmers how to use Veganic Farming and help them implement these techniques to improve their product, protect their land, and increase the value of their product on the International Market, without any loss in incomes for chemical or animal-based fertilizers. Will Bonsall has been successfully cultivating his farm veganically in Maine, USA, for over 25 years, and is today one of the top experts in Veganic Farming in the USA. This project is about helping the Jamaican Maroons and also showing the world that Veganic farming is not only an option for Vegetarians and Vegans, but also the only reliable answer for all communities, especially those who cannot afford fertilizer (chemical or animal based).

You can help. Information is without any doubt your best gift to us at this time. If you are a member of a Veganic Farming community, an expert in Veganic Farming and Veganic Composting, please share your knowledge with us. Tell us as much as possible. Give us tips. Donate a few books on Veganic Farming and Veganic Composting. Help us produce the best compost and green manure with no tools or very affordable tools. Maroons are very creative people and can often build their own tools if necessary. However, we would gladly accept any other type of help. We don't need much at this point, mainly a few tools to collect hay and leaves and prepare veganic composts. We invite anyone interested in this project to visit our web site at www.timeismine.com/vegan or write to us at veganstep@yahoo.com.

Fabrice Menoyot, on behalf of the Accompong Community of Jamaica. Email: fm@petrene.com or veganstep@yahoo.com.

MORE VEGAN AWARENESS

On November 18th 1992, a large group of the world's leading scientists issued a statement voicing their concerns about the human mismanagement of the earth. Seventeen hundred scientists including most of the living Nobel Prize winners in Science, put their names to the document. It reads as follows:

"Human beings and the natural world are on a collision course. Human activities inflict harsh and sometimes irreversible damage on the environment and on critical resources. If not checked, many of our current practices put at serious risk the future that we wish for human society and the plant and animal kingdoms, and may so alter the living world that it will be unable to sustain life in the manner that we know. Fundamental changes are urgent if we are to avoid the collision our present course will bring about. The environment is suffering critical stress."

The statement opens with a clear, apocalyptic warning: if we don't change our ways, life will be unsustainable. Stratospheric ozone depletion threatens us with enhanced ultraviolet radiation at the earth's surface, which can be damaging or lethal to many life forms. Air pollution near ground level, and acid precipitation, are already causing widespread injury to humans, forests and crops. Needless exploitation of depletable ground water supplies endangers food production and other essential human systems. Heavy demands on the world's surface waters have resulted in serious shortages in some 80 countries, containing 40% of the world's population. Pollution of lakes and ground water further limits the supply.

On the subject of diet, the following may be of interest:

"There is compelling evidence now published in top scientific journals and some of which is decades old, showing that cow's milk is associated, possibly even causally, with a wide variety of serious human ailments including various cancers, cardiovascular diseases, diabetes and an array of allergy-related diseases. And this food contains no nutrients that cannot be better obtained from any far more nutritious and tasty foods." (Dr. Colin Campbell)

"Inclusion of milk will only reduce your diet's nutritional value and safety. Most of the people on the planet live very healthfully without cow's milk. You can too" (Robert M. Kradjian M.D.)

"I no longer recommend dairy products...there was a time when cow's milk was considered very desirable. But research along with clinical experience has forced doctors and nutritionists to rethink this recommendation." (Dr. Benjamin Spock).

Life is about seeking knowledge if we wish to progress. There is a problem still which threatens both humans and animals, and that is ignorance. It lies as the root

cause of the needless cruelty continuing today. We will enhance the spiritual side of our mind by respecting the rights of living things.

Ahimsa is the Hindu, Buddhist and Jain principle on non-violence that encourages respect for all living things. The Jains revere ahimsa as the root virtue. Jainism, a sect of Buddhism, was widely spread in the 6th century BC by Mahavira ("great hero"), a contemporary of Buddha. Ahimsa means "non harming" and abstinence from injury of any living creature through thought, word, or deed.

Humans can choose truth and right actions, or falsehood and wrong actions. Animals must be helped in their present plight. They deserve it from us. So often humans alone are the centre of attention while animals are pushed out. They must be given the respect they deserve as God's creatures.

We need to live together with our animal friends in peace and harmony. Evil will be diminished when animals are looked after and cared for by ourselves. This is a sound ethical basis. Everything in this life is on loan to us. Everything we are given to look after is a responsibility. True responsibility is the ability to respond to the needs of everything around us, from flowers to trees, animals, humans, and the world.

David Langby.

NEW FOREST PONIES

A public enquiry is to be held for hearing objections to the New Forest National Park (Designation) Order 2002.

The 'Strategy For The New Forest' sets out policies and actions needed to conserve the special character of the New Forest (in Hampshire). This covers nature conservation, recreation, sustainable transport and commoning. 'Commoning' allows a small number of local people to exploit ponies which have lived in the wild, for whose welfare they mostly show no concern and many of whom end up in the meat trade. Wild ranging ponies also result in road accidents.

V.V. reader Philip Davis is calling for an end to commoning and for ponies to be state owned, kept in pet style enclosures under veterinary supervision.

The Draft Strategy for the New Forest can be viewed in libraries and council offices of the New Forest area also on www.newforestcommittee.org.uk.

Comments should be made to the New Forest Committee, 4 High Street, Lyndhurst, Hampshire SO43 7BD by 16th September 2002.

The enquiry will open at 10 am on 8th October 2002 at the Forest Suite, Lyndhurst Park Hotel, Lyndhurst Hampshire

HOW AND WHY I BECAME VEGAN (Part 3)

We've received two more submissions - keep sending them in!

David Edwards...

Most of my childhood and adolescent years was spent on a Dorset farm, so I was surrounded by the sights, smells and behaviour of animals from an early age. My father was the poultry keeper, at one time looking after thousands of birds, and, as a small boy, I used to be out "helping" him. From the innocent stage of boyish fun of chasing the poor chicken around their pens I graduated to a more mature attitude of questioning the reason for keeping so many fowls. I remember being quite upset when the "deep litter system" was introduced and feeling sorry for the hens being confined in a dark, hot and smelly atmosphere and denied the freedom of the open air. Also, I could no longer be present when my father killed the capons and turkeys by wringing their necks and then plucking them ready for our or someone else's Sunday dinner. I have the vivid recollection of the day when the pigs were slaughtered and hearing their pitiful squeals before their throats were cut.

These and other memories come flooding back, and I often think the early experiences of farm life played a significant part in my becoming vegetarian. But it was many years before this happened, during which time I went on quite enjoying meat - especially bacon!

Things changed several years into my first marriage. My wife never ate red meat - just trying to chew it turned her stomach. We always had a full Sunday roast, she eating hers without the meat. One Sunday she said "I'm never cooking meat again". I didn't protest too much as by then I was beginning to hate the stuff. So that was that - we turned to a vegetarian diet, although still succumbed to the occasional fish 'n chips!

I used to regularly buy my joint of meat from a small friendly butcher. How was I going to inform him I would no longer be entering his shop? My apprehension was unfounded: "Don't worry," he said with a smile, "my son is a vegetarian too!"

I then started to entertain the idea of going vegan, though not seriously, as I was put off by the thought of having to digest bland meals of beans, pulses and salads! This changed after staying overnight at the guest house then run by Margaret Lawson, during a touring holiday in Scotland. Not only did she serve some delicious and tasty dishes, but also introduced me to the spiritual and environmental aspects of veganism - things which until then I had not really considered. Through literature I became more aware of the cruelty associated with the dairy industry and, reinforced with memories of my childhood of the pitiful state of the cows being herded up to be milked twice a day. I resolved to refrain

from dairy products as much as possible; admittedly, partly for health reasons. My son has been a vegetarian virtually from day one, and my present wife and her family are likewise. So there has never been any problems over meat-eaters and veggies.

My veganism took a long time to manifest itself, but eventually it happened overnight. I still liked a bit of cheese occasionally and one day at our favourite wholefood restaurant I was tempted by a cheese and egg flan. I don't remember finishing it, as I developed a violent headache and felt really ill for the rest of the day. That was the point at which I said "I'm going vegan". Twelve years on and I've never regretted taking that final step - and not even wishing for a piece of Stilton!

Vivi...

Through my mouth the soul of the fish cried his indignation. I was three years old (1923) in this step upon the road of the infinite when I saw for the first time the long and big corpse of a fish.

My sister had bought it in the market. When I saw it, I was horrified. The eyes of this fish were infected with blood, his mouth open wide: his statement was terror. Further, he gave off an infected smell. My old sister, who was twelve years older than I, did not notice. She was not conscious, but I was. So, I cried and cried...

This happened in the Athis-Mons market in France, two kilometres from our house. During the long walk back upon the road, I cried my indignation. Many people along the way asked why I was crying. My sister replied by showing her bag of goods, "It is because I bought this fish."

Nobody understood why this made me cry because none of them were conscious of the deeper truths. A woman stopped and said to me: "Look my little girl, you do not have to be afraid. This fish has died and you will be happy to eat it." At the thought that someone was capable of eating this fish, I screamed even louder and deeper.

When we arrived at home my mother was scared to see me in this state. She demanded my sister to explain what happened. Opening her sack, she showed the fish and replied: "It's because I bought this fish." So, my mother sighed with exasperation and said: "Oh, it is because of this. It is nothing, she will get used to it." Then she took the fish and scraped it's scales. I vomited. I was sick every time I smelled the dead fish.

At five years old I learned that people eat animals. And, I was also. One day, I was eating a substance that I thought was celery since it was finely chopped with oil, vinegar and mustard. My sister approached me and asked me if I knew what I was eating. I replied, "Yes, I think it is celery." She replied to me, "No, it is a cow." A cow! I can not believe a horror like this. But, my sister explained that my mother bought and cooked this

cow meat. Horrified to learn this, I grabbed my plate and threw it on the cement floor and I ran out crying. At home there was no cow, but on the other side of the road there was a vast field where there were cows that I loved. I wanted to see them and take their heads into my arms, to embrace them, as I had done many times. But, the gate was closed. Holding this gate, I cried a long time and I even fell asleep. Someone took me back to my bed. I dreamed, or more exactly, someone from another planet said to me, "Yes, on this earth it is like this, people kill animals to eat, it is horrible. The animals are suffering and dying but their souls survive and are reborn." I understood it is the same for all beings.

So, my father said to me: "If you do not accept eating meat, you will fall sick and you will not live until you are twenty years. You will be in the grave a long time." At this I replied spontaneously, "It does not matter, I will be born in another family!" So, this is how I became a vegetarian. Much later, ten years ago, I became vegan. Sylvain and Bleurette also. We buy milk on a farm where the owner said he is also vegetarian, but we found out it was not true. Therefore, we stopped buying milk. We did not want to participate in exploiting cows. This is how we became vegan.

Vivi lives at Douceur et Harmonie in the French Pyrenees. See advert p 18 for accommodation.

A GOAT FOR CHRISTMAS?

In the February-March issue of 'Plain Truth' magazine, the first letter in the letters column says: Having read 'How about a goat for Christmas?' in your December-January issue, we wondered if you would be interested in the enclosed 'Send a Cow' catalogue? As ex-goat-keepers (now retired) we are giving goats this year!

The Editor adds: Thanks MD of Worcester. We had quite a response to this article and it looks like several more families in places like Africa will be receiving goats this year. As well as cows, the catalogue you kindly sent also provides bees, chickens, fruit trees, goats and you can even sponsor a whole farmyard of animals! Web: www.sendacow.org.uk. Tel: 01225 447041.

The article referred to was a two page feature under the title "How About A Goat For Christmas?" The first half of the article was a good account of the 'Fraitrade' organisation but then came the section headed "Something really different" extolling the virtues of World Vision whose catalogue advertises such ways of 'helping'. "A herd of goats for East Africa costs £95". There are other organisations of course doing similar things: Farm Africa for example who are actually sending animals to the Afars in Ethiopia, whom I lived amongst for 18 months! In the USA there is the Heifer Project International based in Little Rock, Arizona

(www.heifer.org) who say that they supply "more than 20 types of food-and-income-producing animals" My son Mark has just sent me some leaflets of theirs he picked up in Tanzania recently. They are now advertising "Send a Chick to Afghanistan" - and other animals of course. It is all really quite insane. Not to speak of cruel. It is not the first time Plain Truth has pushed this and last June I wrote a polite letter to the editor but it was not printed. I thought perhaps if a number of people were to write they might take more notice. All that needs to be said is that sending more animals to poor countries, animals that consume food and take up land that could be used for feeding people directly, is not necessarily the best way to eliminate hunger and malnutrition and/or it is not fair or humane to treat animals this way. You could also point out that, for readers who want to help people in Africa or other poor areas of the world, without adding to the exploitation of animals there are alternative charities (such as Help International Plant Protein Organisation if you want to be specific)

They do say "we invite our readers to comment on our articles or letters". Details: The Plain Truth, PO Box 111, Borehamwood, Hertfordshire WD6 1LU UK Tel. 0208 207 2811 Fax 0208 207 1216 Email: plain.truth.uk@wvg.org.uk.

Neville Fowler

THE VICTIMS

A brief silence...
Two shots die on the now still air
The flock screams skywards
Save two
Left to lie with shrills of black despair
Midst scattered feathers and freckles of blood
To rue
The unhappy choice of their final lair.

Stephen Grace

<p>The Overseas Aid Charity for Vegetarians & Vegans is VEGFAM (British Registered Charity No. 232208, Inland Revenue Ref XN8555) FEEDS THE HUNGRY WITHOUT EXPLOITING ANIMALS The Fragile Environment of Developing Countries cannot support TWO populations <i>Humans and their Food Animals.</i></p> <p>For over 30 years VEGFAM has provided short and long-term Relief to People who have been the victims of Drought, Flood, Cyclone or War in over 40 countries. Our Supporters control how much of their Donation goes on Administration since VEGFAM operates three separate Funds for the use of Donors/Testators the particulars of which are:</p> <p>GENERAL DONATIONS paid into a/c No 65023307 00 will be apportioned (by % shown) between PROJECTS (91%) a/c No 65023323 00 Administration Expenses (7%) a/c No 65023310 00 Office Building Fund (2%) a/c No 65023336 53</p> <p>Accounts are at The Co-operative Bank plc, 242 High Street, EXETER, Devon, EX4 3QB, Sort Code 08-92-90. (Midland Banks a/cs retained for use by existing Donors). Postal cheques, IMO's, MO's and PO's to Lydford address, please.</p> <p>SUPPORTERS ARE INVITED TO PAY DONATIONS DIRECT TO ANY OF THESE ACCOUNTS</p> <p>Tel/Fax Lydford (01822) 820203 or (01550) 721197 for more details - Covenant Forms/Bankers Order Forms etc (& self catering visitors accommodation) or write (SAE appreciated) to: VEGFAM, "The Sanctuary", Nr Lydford, Okehampton, Devon, EX20 4AL, Website: www.veganvillage.co.uk/vegfam. Email: vegfam@veganvillage.co.uk.</p> <p>THANK YOU FOR YOUR SUPPORT</p>
--



VEGGIE TV ZAKO 2002 THE CARTOON THAT BRINGS YOU..THE LATEST VEGGIE NEWS..S

CANT GO VEGGIE

HELLO! MY NAMES CAROL VEGO, AND YOU'RE WATCHING.. CANT GO VEGGIE WON'T GO VEGGIE THIS WEEK WE EXAMINE THE MOST COMMON EXCUSES THAT PEOPLE USE FOR NOT BECOMING A VEGGIE.. OR A VEGAN...

THE HIGH-SPEED EXCUSE!! PUFF PANT TAXI TAXI!

I'M TOO BUSY WITH MY FAST PACED LIFESTYLE! I HAVE NO TIME FOR COMPLEX DIETARY CHANGES. I LIVE ON TAKE-AWAYS !!! HEY CHILL OUT!! MOST SUPERMARKETS STOCK VEGGIE TAKE AWAYS.. GO FOR IT

MARRIAGE BLISS??! MY HUSBAND DEMANDS THAT I MAKE MEAT MEALS FOR HIM. I END UP EATING THEM MYSELF. I'VE TRIED TALKING TO HIM BUT HE WON'T LISTEN.

THAT'S NOT FISH PASTE AGAIN!!! I WANT SOME REAL MEAT, WOMAN!! NOW!!

THAT'S A COP-OUT! THERE ARE MANY MEAT LOOK-ALIKES! GIVE HIM SOME AND HE WON'T BE ABLE TO TELL THE DIFFERENCE. SHOW BY YOUR EXAMPLE. AND REMEMBER! YOU'RE NOT HIS SLAVE.

WHAT CAN YOU SAY TO THESE ONES?! I DON'T EAT ANYTHING!! I AM SOLAR POWERED I'M OVER A HUNDRED LIGHT YEARS AWAY FROM THE NEAREST VEGGIE SHOP

I'LL LOSE MY SUPER POWER I NEED A HIGH ANIMAL PROTEIN DIET!!

NOT SO!! TRY TELLING A GORILLA THAT!! CHECK OUT THE VEGAN BODY BUILDERS DIET!! IT WILL ALSO SAVE YOUR HEART AND KIDNEYS FROM OVER-LOADING.

A MOST INDIVIDUAL EXCUSE??! IF I BECOME A VEGGIE I'LL LOSE MY STREET CRED, I DON'T WANT TO BE THE ODD ONE OUT...

IT'S NOT COOL TO BLEND IN DUDE! SHOW BY EXAMPLE BE A LEADER NOT A FOLLOWER. LOOK AT SOME OF THE GREAT VEGGIE LEADERS EG: GANDHI. OR VEGGIE ARTISTS LEONARDO DA VINCI DON'T BE A CHAMELEON!!

BALANCED DIET FISH OILS EGGS PROTEIN

VIZZOUT THE FISH OIL YOU VILL NOT GET ZE EZZENTIAL FATS AND OILS THAT YOU NEED FOR ZEE PROPER BRAIN DEVELOPMENT YOU'LL BE DEFFICIENT.

INCORRECT. FLAX SEED PROVIDES THIS WITHOUT THE RISK OF POISONING FROM POLLUTED OCEANS AND RIVERS. SEAWEEDS (KELP) ARE A GREAT SOURCE OF TRACE ELEMENTS AS WELL!!

SO THERE YOU HAVE IT THERE IS NO EXCUSE FOR NOT MAKING THE CHANGE SO... GO FOR IT BECOME A VEGGIE OR VEGAN TODAY

IF IT SHOULD BE

Ruth Goldberg has sent the following poem which she found relevant to the recent correspondence on euthanasia.

The first six verses were given to her by someone who found it in a magazine and was anonymous. The last four verses can also be regarded as anonymous.

If it should be that I grow weak;
And pain should keep me from my sleep;
Then you must do what must be done.
For this last battle can't be won.

You will be sad I understand;
Don't let your grief then stay your hand.
For this day more than all the rest;
Your love for me must stay the test.

We've had so many happy years;
What is to come can hold no fears.
You'd not want me to suffer, so;
The time has come please let me go.

Take me where my needs they will tend,
And please stay with me to the end.
Hold me firm and speak to me;
Until my eyes no longer see.

I know that in time you will see
The kindness that you did to me.
Although my tail its last has waved,
From pain and suffering, I've been saved.

Please do not grieve, it must be you
Who has this painful thing to do.
We've been so close, we two, these years;
Don't let your heart hold back the tears.

.....
When you let go, and when I left
In each our way, we were bereft.
I found I'd drifted to a height
And entered into a golden light!

But then, what wonders did I see
With beings ranged around by me
Remember Jess, the small grey cat
And Jonathan, the big white rat?

Your mother too introduced herself
In this realm of spiritual wealth
I know these were my family
And linked by love to you and me.

And one day when the time is right,
We'll meet again, in the Golden Light.

VIVA!'S "END FACTORY FARMING" RALLY

Woke up to a damp dull morning and prepared myself for the possibility of a wet day, but an hour or so later the sun broke and a beautiful sky came through along with the welcomed sunshine. It was then that I knew today was going to be special.

A group of us (six) met up at the train station to head for London. We then tackled the underground and found our way to Kennington Park. By this time it was beginning to get hot. People started to gather. We heard Paul McCartney's voice as we made our way over to the people and thought that he was there in person, but he was on screen as Viva! had made a video especially for the rally in which celebs talked about why factory farming was unacceptable. I bought a copy of this video 'No In My Name'. We sat down and took in the brilliant atmosphere and I took a look round the various stalls, while doing so I spotted Wendy Turner Webster and Jerome Flynn talking to what seemed to be the media.

Tony Wardle started off proceedings and apologised that Juliet Gellatley wasn't there as she had gone into labour with twins. After his rousing speech, he made way for Jerome Flynn to take the stage. His speech involved some inspirational things and also encouraged us (Veggies and Vegans) to stand up for what we know is wrong and not to worry about being ridiculed by family and friends just for being compassionate and caring about all life. Wendy Webster Turner came next and said how us humans have it so cushy, we moan if we have to sleep on an uncomfortable bed when a pig has to live on a concrete floor, how us humans moan when we step in dog muck when chickens have to live in muck. It all made sense. Other celebs that spoke were Michael Mansfield QC, Dr Caroline Lucas MEP (Green Party), Joyce d'Silva (Compassion in World Farming) and Anneska Svenska. The speeches made by youngsters were very moving. They cared about the terrible abuse that is going on in factory farms and how needless it all is. They have a vision for the future where we can become a compassionate society and respect all living creatures. The end of their speeches were met with a huge round of applause.

Finally the march began. It was noisy, colourful, and good spirited and I'm sure that we educated a lot of the public to what goes on behind the closed doors of the factory farms. The estimated number of people on the rally was thought to be around 2000/5000.

A good day was had by all. The weather was on our side, we had samba bands on the march, the atmosphere was great and it was amazing to be around so many like minded people. On Saturday 13th July, the farm animals did have a voice and we made sure everybody heard it.

Tina Canham

Letters

EUTHANASIA OF ANIMALS

Dear Vegan Views,

Thank you to all who replied to our letter in V.V.92. There are a number of things I would like to clarify though. The first is that when I said that animals are not given painkillers in the way humans are, I was referring to the situation when an animal is euthanased but a person is given a pain killer such as morphine, rather than generally, when of course animals are prescribed pain killers. I was making the point that a person in incurable pain is given a pain killer, an animal is 'put to sleep'.

As regards arthritis, Rory actually had muscle degeneration and was not actually in pain, but had difficulty walking. The vet recommended euthanasia only because the RSPCA were involved. He was also very angry about it as we are known for the large amounts of money we spend at the vet's on our animals (£200 in the last month on 2 guinea pigs and a rabbit, both of which died anyway). Arthritis is very painful, and I (Tim) know this well as at 41 I suffer from psoriatic arthritis. The pain is sometimes so severe that I can only walk with a stick and sitting, lying or standing are all excruciatingly painful. However, even should my health deteriorate, I would not want to be killed for it! I wish Cindy Bartels good luck and hope she is spared the anguish we have been put through in all this

Love and Peace to all Life,

Tim and Julia Wood

Dear Vegan Views,

Harry Mather mentioned two important topics in his editorial in the Spring issue: the economics of cheap food, and prevention of disease being better than cure. Coincidentally, I have been reading John Humphrys' excellent book *The Great Food Scandal* [see our review in VV 93 page 16], which describes clearly the false economy of so-called cheap mass-produced food and the disease and devastation caused thereby. Damage to the environment alone has been catastrophic particularly with regard to the health of the soil on which we all depend.

I have also been interested to read Dr. Peter Mansfield's article "The Cancer Industry" in *The Ecologist* of April 2002, in which he states that food rich in anti-oxidants could "over the years, put a safe distance between all of us and most forms of illness – not just cancer". It is a message slow in being received. Many doctors show no interest in diet, yet when I take an animal to the vet, almost the first question is "what is he/she eating?"

As for Julia and Tim Wood's concern about euthanasia, I also have had many rescue animals and over the years many have had to be euthanased. My feeling is to be guided by the vet who has, I think, a better idea than I have, especially where cats are concerned, how much pain or distress the animal is suffering. Cats are often very stoical but I do not think one should let them go on suffering because of this.

Yours sincerely,

Elsa Beckett

ENJOYING SIMPLE FOOD

Dear Vegan Views,

I enjoy reading the "V.V.", it has a different slant from "The Vegan" (which I also enjoy).

I have been vegan for about 16 years and vegetarian before that since I was about 23. But I always ate more fruit and veg than meat, much to the despair of my Mum.

I have no trouble cooking nourishing vegan fare, but I like simple food and I have good taste buds. I don't "eat out" very often as I hate garlic and chillies and am allergic to the onion family. Why do all the cafés imagine that they have to "spice up" the food to make up for meat?

Keep up the good work,

Yours truly,

Barbara Taylor

CHANGING THE WORLD

So can we change the world?

After a particularly frustrating time watching the politicians shilly shally around the hunting issue in parliament again, I began to question whether or not I could actually make a difference. The Government's procrastination despite the overwhelming public opinion against hunting began to demoralise me.

Looking back over the mountain of correspondence with MPs, MEPs, company directors etc. etc. that resides in the corner of the spare room, I began to wonder if all the effort had actually produced any results.

Then I started to look back on how hard it was for me when I first became veggie, let alone vegan. There were no veggie meals. If you ate out it was green salad and chips, no veggie cosmetics, people would look as if I had gone mad when I said I was veggie, and the trials and tribulations I went through as a shoe addict trying to find non leather shoes!

Now even carvery restaurants offer a veggie option, most restaurants also cope well with vegan. The

plethora of soaps and lotions keep even me happy, and believe it or not there are even vegan TV dinners available.

Unfortunately, I realise that it is not me that has accomplished any of this but the contents of my purse. Whilst I realise that lobbying of politicians is a valuable tool in our armament, purchasing power is a much bigger weapon. Correctly applied, as in the case of cruelty free cosmetics, our purses and wallets can change how a whole industry works simply by threatening not to use our wallets or purses with that company.

Purchasing power has led to the wider availability of soya products, veggie foods, non leather shoes (very important that one), cruelty free cosmetics and organic produce. So next time I am asking the question *can I change the world?*, I shall answer, yes, probably, but I know my purse bloody well can!

Kaye Axon

THAT VEGANIC FEELING

Dear Harry,

I wish to thank and praise all those people who have chosen to practise veganism.

22 years ago I evolved vegan. Little, then, was understood of this way of being! Still a tiny minority, this approach to life offers a challenge and puzzle to the moral majority! Why break with tradition, thus causing upset, confusion and unemployment – just to prevent animal exploitation! This worldwide system of animal abuse has developed enormous momentum and is seen as natural and a human privilege. The spectrum is vast: from monkeys in space, cosmetics testing, hunting and on and on, all the way to the pink, shrink-wrapped supermarket product that's nothing like its previous owner.

Rather than Vegan, I feel 'Veganic' – a process beyond what one eats. Simply put: a desire to include all of earth's inhabitants, to recognise the right for all life to exist and thrive, to embrace sustainability as an aim to reattain. Let's phase out dangers like nuclear energy, microwave proliferation, fossil fuel transport and lots more, to write letters not email, to promote windfarms and happy people at home on the land.

All physical beings need to eat, rest, and shelter. That is their right, not to be harassed to extinction by the human species that acts as if it's the pinnacle of evolution rather than just part of it.

So, if humans are superior to Animals, Fish, etc., is there a knock on effect that produces competition as in – white against blackskin, confederates against unionists, protestants against catholic, high income v. low income, Indians v. Pakistani. Another list of superior than thou

situations where every one is a mother's son or daughter going to war with guns or chemicals or even nuclear.

Ask people to abuse or eat their favourite pet, or barbecue pieces of other human – watch out! This contradictory thinking and mass acts of aggressive superiority may be the very seeds of our madness.

This is a long way from just not eating meat, but we become what we eat and think and breathe, so the web of life joins us all. Ant to Scientists. So please tread carefully and cherish all creatures.

I don't want to be GMO, castrated bovine with extra irradiation.

I want to be all vegetable!!

Vincent

VEGAN GOODS

Dear Harry,

I was browsing through a copy of the Ethical Consumer (www.ethicalconsumer.org) Aug/Sep 2002, the other day, when I came across two articles which may be of interest to Vegan View readers.

One was a two page report on running shoes. All the companies looked at make accelerating use of 'sweatshop' labour overseas, except Vegetarian Shoes. The second best buy are New Balance products. This is because they have a factory in the UK, and also most of their athletic shoes comprise of non-leather uppers.

In the 'corporate watch' report, entitled "Listeria and Lingerie" they examine Sara Lee, the world's largest packaged meats company. Obviously vegans will avoid their non-plant products. Yet this company owns, amongst other businesses, clothing industries including Playtex, Pretty Polly, Wonderbra, Gossard, Bali and Hanes. It is extremely unethical indeed, and its main brands in these islands are: Radox, Brylcreem, Douwe Egberts coffee, Badedas, Ambi-Pur air fresheners; Bras: Gossard, Wonderbra, Playtex; Tights: Pretty Polly, Aristoc.

Now the Ethical Consumer is not a vegan magazine but what I find fascinating is that meat and leather conglomerates seem almost ipso facto to be the most unethical and environmentally detrimental. I would recommend readers to read the full reports. We need to watch these companies, be fully informed, and boycott their products, so that they receive no support.

I am thinking of subscribing to this magazine as it seems there is this link between degradation and non-plant product companies.

May Vegan Views go on from strength to strength.

Yours sincerely,

Cerys Brangwyn

DO VEGANS HAVE HEALTHY COLONS?

You have all felt by now many improvements in your lives as a result of the transition to a Vegan diet. However, do you understand how this has affected your health?

The health of our body is closely connected to the healthy functioning of our major digestion and eliminatory channel - namely, the Intestine. The small intestine with its larger counterpart, called the Colon, perform the essential task of breaking down food into assimilable components. A healthy system is inhabited by 'friendly' bacteria, which produce many useful by-products called nutrients in a process called 'digestion'. An unhealthy system is inhabited by unfriendly bacteria, which break up our food in processes called 'putrefaction' and 'fermentation', into smaller units for which our body has no use (hence, toxins). The body must put much energy into utilising the immune system to dispose of the toxins, sometimes immediately!

Did you know that the food we eat affects the balance of useful and harmful bacteria? Do you know which foods are the harmful ones' favourites?

Yes, you might have guessed...you already know it intuitively, animal products, namely meat and dairy, are the most putrefactive and fermentative of all foods! Anatomically we are a plant eating animal, with long intestines to prove it, in comparison with carnivores, who have big stomachs for protein digestion and short intestines to get the residue out more quickly before it harms them!

Yet, even vegetarian and vegan foods, if improperly combined, refined or heavily cooked, may result in a sluggish and constipated digestive system, that instead of nourishing us, will auto-intoxicate us - creating more toxins than nutrients and pouring these back into the body instead of flushing them out!

Our dietary history leaves its residue impacted upon the sensitive linings of the intestines. Mucous is produced by the body to defend itself against the putrefaction of foods on their way through the long bowel. The continuous consumption of foods that produce mucous creates a build up of old and hardened mucous. This build up continues to breed the same bacteria that caused it, and leaks toxins into the blood stream, causing the multitude of ailments that our army of Doctors, Surgeons and Hospitals have yet to solve.

These accumulations alone are the home of intestinal parasites and aggressive bacteria that put stress and strain upon the rest of the body. This can result in intestinal toxemia, which indirectly aids the formation of many chronic conditions such as Eczema, Asthma, Psoriasis, as well as the common colds and headaches, body odour, infections and more. Our society is literally

plagued by a multitude of bowel problems, such as constipation, diarrhoea, I.B.S., gas, indigestion, heartburn, acidity, etc. for which we often seek relief in over the counter medication. This simply suppresses the symptoms, leaving the root cause unaddressed. In addition, many of our other less obvious complaints have been connected to auto-intoxication of the bowel; back pain, depression, forgetfulness, drowsiness, visual disturbances, muscle pains, inflammations, irritability, insomnia and even delirium and dementia, to name but a few! All of these conditions have responded to therapies that treat intestinal toxemia, meaning all have been relieved by cleansing the colon.

Unfortunately, we are all in this situation to some extent, through our cultural habit of cooking tasty meals that are fibre-poor and often ill-combined. What the mucousy intestine needs to sweep itself clean is a high-fibre, enzyme-rich meal often enough to feed the healthy bacteria, and clear it of the last mucoid invasion (not to mention all the ones before that). A salad per day, or a breakfast of just fruit is the simplest way to start shedding your diet history, layer by layer.

This is the best way to ensure vibrant health, by aiding the body to heal itself. It will, if given the chance.

No other animal has as many health problems as humans, and though vegans enjoy better health than the general population, we are still, by far, the sickest species on the planet. Modern diet is a major contributor to this fact - even without the animal products.

Veganism is most definitely a big step in the right direction, and one that is inevitable for anyone who starts vegetarianism from either an ethical or health standpoint. However, it is one of many necessary steps on the path to healthier people and planet.

Shoshana and Dao

Dao and Shoshana run nutritional cleansing programs and Colonic training courses in Southern Spain, and offer nutritional consultations by email or phone.

Contact them for further information at Tel: (0034) 678 014 534. Web: www.home-colonics.com. Email: shodaon@e-milio.com.

□□□□□□□□□□

**GLOBAL WARMING CAN BE CHECKED
AND PEOPLE BETTER SUPPLIED WITH
FOOD AND OTHER NECESSITIES IF
WE USE LAND FOR TREES
THAT ABSORB CO₂ NOT TO
LIVESTOCK THAT EMIT METHANE
A MUCH MORE POWERFUL GREEN HOUSE
GAS. DETAILS M.C.L.
Burrow Farm, Highampton, Devon EX21 5JQ.
www.MCLveganway.org.uk**

TAKING NUTRITIONAL SUPPLEMENTS A STAGE FURTHER

I was so pleased to see my good friend and fellow, therapist Kath Clements in print once again - VV 93 article 'Nutritional Supplements, a Dissenter's View'.

This is a brilliant article and invites comments from professional and lay people alike, and so, after speaking with Kat, I decided to share my views on this topic with you all.

I expect that differing opinions will be offered by other vegans over the next few issues. I, for one, will look forward to these comments. Because of the work that I do, perhaps I am in an enviable position to debunk a few myths! The upcoming European legislation, will, no doubt, hit supplement users hard. This is very sad as it complicates freedom of choice. You will soon be able to indulge - if you so desire - in recreational drug abuse - yet not be able to secure a few basic macro/micro nutrients! - at least not in any quantities worth implementing!

Perhaps the 'only' way to obtain improved, long-term health is through addressing what the body requires for fuelling its resistance to disease and to harness its natural healing powers. One of these requirements is actually called food! I absolutely agree the necessary nutrients that assist the body to live a long and productive life should come from whatever style of eating which we choose to avail ourselves of.

However, although the food we ate fifty plus years ago did indeed sustain us - we now populate an entirely different world as far as the way food is manufactured for us. Manufacturers give us what we want, they say - fast food that fits into our now fast-paced lifestyle. Mostly people are thankful for this 'convenience'. This will always be to the detriment of providing us with much needed minerals and vitamins.

I am a practitioner of nutritional medicine about whom Kath Clements was NOT referring to in her article! I actually manipulate patients' food intake to achieve the desired effects and almost always never use supplements in the beginning, and maybe not at all.

Quite frankly, I feel they cloud the issue and it then becomes difficult to ascertain exactly what is happening in the digestive tract. Nowadays therapeutic supplement companies produce excellent bio-available nutrients, some of which are 'grown' on a food substrate, enabling the body to absorb them more easily.

I see many people who have compromised their digestive systems and others who are just plain deficient in vitally important nutrients. Many people have food sensitivities nowadays and malabsorption is widespread. I then look at digestive enzymes, which allow the

patient to better absorb food and any required supplementation. In general, the supplements I may use are from so-called 'super foods', such as wheat-grass juice, spirulina, green barley grass, etc. whilst the adjusted food intake is taking effect.

I favour the use of sub-lingual supplementation, as the digestive system can easily avoid utilising synthetically produced nutrients. Building up a person's enzymes on a long-term basis is effected through the use of raw live foods and sprouts which provide a broader range of active nutrients and enzymes than any other way of eating.

There is a place for the correct use of nutritional supplements in today's fast-paced world. Even relying 100% on organic foods, as I do - depending upon the health status, an increased amount of certain nutrients can be required. For instance, when my cancer is not in remission - much higher supplementation is required. Digestive function/absorption laboratory testing will always highlight this.

Apart from the incessant spraying of non-organic produce, the long storage and ANY cooking technique applied - the high atmospheric pollution renders today's food less usable by the body.

However, beyond the use of a well thought out multivitamin or anti-oxidant, I believe that self-administration should not be undertaken without professional advice. You can artificially higher the body's requirement of certain nutrients over time, incurring an unnecessary rebound effect upon cessation. With professional advice you can ascertain exactly what YOUR body requires and , if necessary, have access to supplements which actually work!

Pat Reeves, practitioner of nutritional and functional medicine. Email: pat.reeves@blueyonder.co.uk. Web: www.livingfoods.pwp.blueyonder.co.uk. Tel: 01384 270270.

DID YOU HEAR THAT?

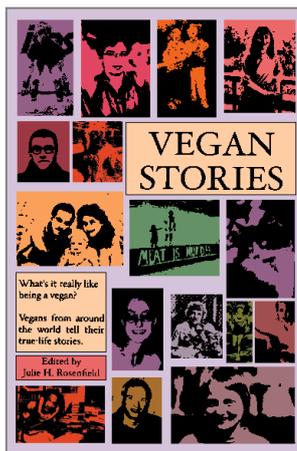
In a scientific programme on Radio 4 they said that during digestion, hydrogen sulphates can be turned by bacterial action into hydrogen sulphides. The latter are highly toxic and destroy cells in the intestine.

This harmful action occurs with a diet high in sulphur. Meat, beer and wine are high in sulphur, vegetables are low in sulphur. But vegetarians should take note that sulphur is often used as a preservative in foods.

LOOKING FOR CONTRIBUTORS

Looking for art work, poetry, essays etc. on views against vivisection, with the idea of putting a booklet together. Send to: Tina Canham, 32, Palmerston Road, Ipswich, Suffolk.

BOOKS



VEGAN STORIES

Collected and edited by Julie Rosenfield £7-99 US\$12-95 ISBN 0 907 33724 4. Published by The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. info@vegansociety.com.

In our Summer edition of 2000 (VV85) we carried a short article by Julie Rosenfield about a projected book aiming to increase awareness of veganism and

also to raise money for The Vegan Society. The idea was for vegans to contribute their story of how they became vegan or just any story about their experiences as a vegan, maybe sad, maybe amusing. It seemed a great idea that was sure to be of interest not only to vegans but also to non vegans who wonder what it's all about.

Over 80 stories from around the world together with poems and drawings have been garnered and grouped under various headings. The result is as entertaining as it is educational.

All the stories are interesting and some are outstanding, such as: Kathleen Keleny Williams, a 92 year old life vegan whose father, (a pioneer of Health Food Stores) brought her up as a vegan before the name was coined and is still physically and mentally active, doing yoga every day; Ruth Heidrich who has been named as one of the Fittest Women in America turned vegan aged 47 to combat her breast cancer. She has completed the Ironman Triathlon (done it 6 times). Now aged 65 (nobody can believe her age) she still averages 50 races a year. Pat Reeves (regular contributor to VV on health) also has her cancer under remission, is still competing in Weightlifting and again won the British Masters Championship.

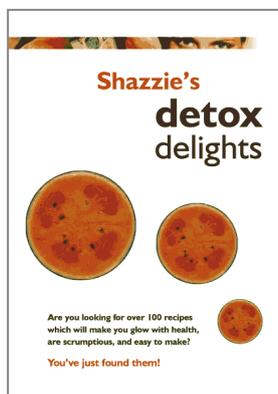
There are many cases of people who as children felt a sympathy for animals and thought that it must be wrong to kill them for food, but their parents were fixated on a meat-eating culture and thought they would not grow big and strong unless they ate meat. Often there is a struggle with the parents and often the child itself has doubts, but the idea does not go away and someday they hesitantly take up a vegetarian, later a vegan diet - surprised that they can stay healthy this way and, with relief and joy, feeling they have found the real meaning of life, sure that all humankind should live this way.

Confidence that veganism is the way forward is clearly expressed by Maru Vigo who comes from Peru: "what

is meant to change will always change when the time is right".

We can thank Julie Rosenfield not only for the original idea but also for the excellent way she has presented these stories.

H. Mather



SHAZZIE'S DETOX DELIGHTS

This is available worldwide by email: info@rawcreation.com. Also at www.shazzie.com/products £4-99 + £1 p&p. A 54 page book full of healthy yet mouthwatering recipes and tips to help you detox at your own pace and feel good about your food choices. Recipes are carefully formulated to be low

in toxins and allow the body to cleanse itself. See some of Shazzie's recipes on page 17.

VEGAN RUSTIC COOKING FOR ALL SEASONS

A new cookbook combining good nutrition, flavour and energy without putting on the pounds. Over 100 large pages. All profits to Vegan Organic Trust. £6.99 incl. P&P. Payment to VOT at 10 Charter Rd, Altrincham, Cheshire WA15 9RL.

VEGETARIAN GUIDES publishes many guides to help vegetarians and vegans on their travels, including guides to Europe £9-99, France £6-99, London £5-99. The Guide to Britain and Ireland (being revised, currently at the printers) will be £7.95. They sell many other guides and an Animal Rights video - see their website for details. Postage is £1-50 for one book and £1 extra for each additional book. Vegetarian Guides Ltd. PO Box 2284 London W1A 5UA. Fax 0870 121 4721. Web www.vegetarianguides.com.

HEALTHY VEGAN INFANTS/CHILDREN gives individual case histories of children being brought up as vegans and also professional advice. £2 from: Plamil Foods, Bowles Well Gardens, Folkestone, Kent CT19 6PQ. Web: www.veganvillage.co.uk/plamil. Tel: 01303 850588.

VEGAN SHOPPER 5th Edition £3-99 (reduced from £5.95 - 6th edition out soon) + £1-50 P&P from The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Web: www.vegansociety.com. Also **NUTRITION FOR OPTIMAL HEALTH** Video (46 minutes) by Dr. Michael Klaper. £8-95 + £1-50 p+p from address above.

RECIPES

The first four recipes are taken from **SHAZZIE'S DETOX DELIGHTS** (see p 16 for details of this book)

ITALIAN SOUP

Simple but really tasty. You can add other flavours to give variety.

4 tomatoes
A handful of basil
¼ cup of cold pressed olive oil

Blend all ingredients. If too thick, add freshly made tomato or cucumber juice.

WARM FEELING INSIDE SALAD

So comforting it will make you glow

1 lettuce
1 or 2 fennel bulbs (depending on size)
1 red onion
1 clove garlic
1 red pepper (de-seeded)
1 orange pepper (de-seeded)
6 tomatoes
1 cup pumpkin sprouts or "soaked seeds"
4 sticks of celery
2 avocados, peeled and stoned
10 macadamias
1 cup watercress
4 dates, stoned

Prepare the lettuce in your favourite way. Chop the fennel, onion, peppers, tomatoes, watercress and celery.

Finely chop the garlic and dates and slice the avocado.

Toss all ingredients except macadamia - you need to throw these on top from a great height.

SUNSET PUDDING

2 bananas, peeled
1 mango, skinned and stoned
10 strawberries
2 dates, stoned (optional because it is very sweet)

Chop the dates

Put everything in a food processor and blend until it looks like a pudding

SWEET SPREAD

1 avocado, peeled and stoned
1 banana, peeled
1 clove garlic

Chop the garlic and blend all ingredients in a food processor.

Serve on romaine lettuce leaves with basil on top and eat it like an open sandwich.

WALNUTS...

Can be used in a variety of recipes, and as they are softer than most nuts, can usually be chopped instead of ground.

Here are some recipes taken from an old magazine.

POTATO AND WALNUT TART

1lb creamed potatoes
4oz walnuts
6oz tomatoes
3oz onions

Line a deep tart dish with half the potatoes. Put in layers of sliced onions, tomatoes and roughly chopped walnuts. Cover with the rest of the potatoes. Bake 45 minutes at 180C/350F or until potato is brown and crisp.

NUT CROQUETTES

3oz walnuts
3oz potatoes
Seasoning and herbs to taste

Chop nuts fairly small and stir well into the well mashed potatoes. Shape into 4 croquettes and cook in hot oven or oiled frying pan.

WALNUT CAKE

8oz wholemeal flour
8oz seeded raisins
4oz chopped walnuts
3 teaspoons baking powder
3oz oil
7oz water

Soak raisins in water until soft

Mix flour, baking powder, walnuts and half of raisins. Whizz rest of raisins, oil and water in blender and mix well with flour. Bake 30 - 40 minutes at 180C/350C.

Let cool a little and turn out.

□□□□□□□□□□□□

*Be kind to animals
by not eating them*

B&Bs & ACCOMMODATION

Cumbria Pumpkin House Vegetarian B&B welcomes vegans. A short walk from award winning veg. restaurant Quince and Medlar. Gill & Dave Harris, 3 Challoner St, Cockermouth, Cumbria CA13 9QS. Tel: 01900 828269. Web: www.lakesnw.co.uk/pumpkinhouse

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 £20. Dinner £8. Packed lunch £4. Karen, Ranworth Guesthouse, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Tel: 01723 870366.

B&B North Wales Borderlands Fraser Cottage, High Street, Bangor-on-Dee, Wrexham LL13 0AU: Phone/fax 01978 781068. Picturesque rural village. Non-smoking. Fresh organic ingredients. Dogs welcome. Tasty and healthy vegan breakfast. Email: helen@frasercottage.com. Web: www.frasercottage.com.

Brambles Vegan B&B. Packed lunch and evening meal on request. Regret no pets. Well behaved children welcome. Smoke free. Brochure from: John and Mary Anderson, 10 Clarence Road, Shanklin, Isle of Wight PO37 7BH. Tel: 01983 862507. Fax: 01983 862326. Email: brambles.vegan@virgin.net. Web: freespace.virgin.net/brambles.vegan.

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

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. Email: veg@ferntor.co.uk. Web: www.ferntor.co.uk.

Making Waves Vegan Guesthouse in picturesque St. Ives, Cornwall. Food 100% animal free, organic. Special diets catered for. Children welcome. Voted best guesthouse 1999/2000. From £19 per night. Tel: 01736 793895. Web: www.making-waves.co.uk. Email: simon@making-waves.co.uk.

Cornwall Vegetarian & Vegan B&B. Dinner on request. Lizard Peninsular 1½ miles from sea. 3 miles Falmouth. Good walking. Not for children or pets. Non-smoking. Derek and Lynne Smith, Treneere, Penwarne, Mawnan Smith, Cornwall TR11 5PG. Tel. 01326 250297.

Low Cost Holidays Want to get out of the rat race? Interested in sustainable living? Vegan Organic farm near Snowdonia set in forest clearing near scenic reservoirs. £10 per night. Own room, shared facilities. Extra low rates if you volunteer a little of your time helping out. Details Vic or Jackie: 01244 819088.

Small Vegan/Organic Community in reclusive scenic Pyrenees (France) Offers accommodation in rustic homestead and chapel over 250 years old and beautiful home cooking. Contact Bleurette: Email enthousiasme@wanadoo.fr. Web: www.douceur-harmonie.org. Phone 0033 4 68 39 62 56. Douceur et harmonie, 'el Faitg', 66230 Serralongue, France.

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

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

ads free to subscribers

Meat is Murder

Self-Inking Stamps £7-50. Vernon Stuttard, 15 Millbrook, Fence-in-Pendle, Lancs BB12 9PE.

BOOKS

Vegetarian Visitor 2002 lists 130+ guest houses, hotels and B&Bs plus nearly 200 cafés, restaurants and pubs. Coded for vegans. Fully revised. £2.50 paperback. Jon Carpenter Publishing: 01689 870437.

CAFÉS & RESTAURANTS

Earthwise Vegetarian Café Commercial House, 19 b Station Road, Bognor Regis PO21 1QD. Tel/Fax: 01243 828246. Vegan alternatives. Eat or take away. Phoned orders welcome.

Hollyhocks Vegetarian and Vegan restaurant. Imaginative world vegetarian food. No Smoking. 10 Knights Hill, West Norwood, London SE27 0HY. Tel: 020 8766 8796.

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

Heaven And Earth Organic Vegetarian café and bakery. 37e Robertson Street, Hastings. Tel. 01424 712206.

Berli's 14 Ox Row, Market Square, Salisbury, SP1 1EU. Tel: 01722 328923. Email: veggie_debbie@hotmail.com. A fully vegan restaurant. Open Tuesday to Saturday 10.30 a.m. – 3 p.m., and also after 6.30 p.m. on Fridays and Saturdays. Wide variety of vegan drinks and beverages - many organic.

GENERAL

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

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

Amplifaire A new and most efficient system for heating home and water. Also Amplifaire flue pipe to make AGA or Rayburn more efficient. Send a large SAE (44p 2nd class) to Frieden Howard at The Sanctuary, Nr Lydford, Okehampton, Devon EX20 4AL.

Translations into English from French, German, Spanish (personal, commercial, legal, technical) 30 years' experience. Half normal rates for VV readers (no VAT). Also Private language tuition in Bedale-Richmond-Leyburn area. Patricia Tricker MIL AITI Cert Ed (FE). Tel/Fax/Modem 01677 450176.

Chipke Natural toiletries. Wide range. Suitable for vegans (with exception of honey soap and lip salve). Products sourced locally or internationally to avoid exploitation of people or environment. Animal testing is unnecessary and unacceptable. Send for brochure to: Chipke, 6 Wyle Cop, Shrewsbury, Shropshire SY1 1UT Tel. 01743 244466. Email chipke@hotmail.com.

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

PERSONAL

Vegan Gentle Man (raw food bias) seeks a lady for friendship and relationship. OHAC in the South West. Willing to work at the mutually supportive relationship (B.de Andelis student). Currently involved in promoting veganism and compassionate lifestyle - helpmate sought. A.L.A. Reply to: Box 102 Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

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

SHOES

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

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

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

Vegan Shoe Repairs and large range of vegan shoes. Total Liberation c/o Lyme Leisure, South Street, Axminster, Devon EX13 5AD. Tel. 01297 631133. Web: www.lymeleisure.org.uk.

THERAPIES

Healing Retreats And Home-Colonics Training all year in Southern Spain or UK in September. Empowering 10 day home-colonic retreats or 3 – 5 day training courses with juice fasting, yoga & meditation, nutrition, digestion & living food talks, consultations and a lot of TLC! Safe & simple way to gain health & self-reliance. Will undoubtedly change your life! Contact Sho & Dao Tel. (0034) 678 014 534. Info at website www.home-colonics.com.

Raw Food Healing Retreat In Rural Devon Supervised and safe water and juice fasting, personalised raw food retreats, health and nutrition consultation, raw food preparation, health lecture, emotional healing, iridology, health course, etc. Phone Dr Gina Shaw for your free brochure: (01626) 352765.

Natural Nutrition And Naturopathy Reflexology, Metamorphic Technique, Linseed & Hempseed oil. Amanda Wise, P Dip, NN, MCMA. Tel: 01202 575258.

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.

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. 01384 270270. Email: pat.reeves@blueyonder.co.uk. Web: www.livingfoods.pwp.blueyonder.co.uk.



notices



ANIMAL GROUPS

Viva! (Vegetarians International Voice for Animals), 12 Queen Square, Brighton, BN1 3FD. 01273 777688. Web: www.viva.org.uk. Email: info@viva.org.uk. Benefits of joining include four magazines (VivaLife) posted to you per year, and discounts (typically 10%) at many healthfood shops, cafés and restaurants. They are very animal oriented and are especially good for teenagers and young people.

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

Peta (People for the Ethical Treatment of Animals). Web: www.peta-online.org.

CHARITIES

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

Vegfam See box advert p 9.

FAMILY + CHILDREN

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

Contact Network for measles, mumps, rubella, for families who would prefer children to catch childhood diseases and gain natural immunity instead of the MMR vaccination. To go on list to notify of cases, call Lesley on 020 8851 1233.

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 For details send SAE to The FRESH Network, PO Box 71, Ely, Cambridgeshire CB7 4GU. www.fresh-network.com.

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

MAGAZINES

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

Arkangel is an animal liberation magazine produced 3 times a year. £10 for 3 issues inc p&p or £2 per issue. Arkangel, BCM 9240, London WC1N 3XX. Articles to arkangelweb@hotmail.com.

The Green Queen Twice yearly lesbian, gay, bisexual, vegan & veggie mag, welcomes short stories, poetry, articles, opinion, book/film reviews, campaign information. Issue 7 now available, please send £1-13 to K Bell, Green Queen, BM Box 5700, London WC1N 3XX.

The Vegan Society, Movement for Compassionate Living, Vegan Organic Network and Vega also publish magazines - see p 20 for details. Vega's magazine can be downloaded from the internet for free.

RELIGION + SPIRITUAL

The Fellowship of Life works on a spiritual foundation for the promotion of veganism and animal liberation; seeking to unite believers of all faiths or none in a harmless way of life. Details from Harrall at 43 Braichmelyn, Bethesda, Bangor, Gwynedd LL57 3RD.

A friendly network of vegetarians and vegans committed to faith in Jesus Christ. Membership is free. Kindness Unlimited, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Email: springoftruelife@aol.com.

Jesus Top Secret Fascinating article showing that Jesus was a vegan, and that he expressly commanded his followers to observe a purely vegetarian diet and to show love and kindness to all living things, and explaining why these teachings were altered and suppressed. Send £1.20 in stamps to BCM Redeemer, London WC1N 3XX. Web: www.members.tripod.com/jbrooks2/.

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

Spiritual Veganism The ultimate belief. You are a spiritual vegan if you are a vegan whose one and only concern is for the animals, and you believe that those beautiful, intelligent, loving creatures, bred for an already overladen table, have the divine right to live. Spiritual Vegans, Kent House Kent Place, Lechlade, Glos GL7 3AW.

SPORT

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

Vegetarian and Vegan Bodybuilding to collate evidence of vegetarian & vegan bodybuilders who have made impressive muscular gains, and to provide postal help line. Membership free. David Fairclough, 17 Inglewood Road, Rainford, St Helens, Merseyside (tel: 01744 454495 Sat 12-9:30 or Mon 5-6:30).

VEGAN COMMUNITIES

Brynderwen A large house in a semi-rural location on the outskirts of Swansea. It has four and potentially five bedrooms, a raised front and back garden, and a huge double garage with planning permission to convert to further accommodation - or to part accommodation, part workshop. There are beautiful views from the house, with the sea in the far distance. If you're interested in joining the community, contact Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Tel: 01792 792442.

WEBSITES

Vegan Village Highlights: very popular noticeboard + a list of UK vegan restaurants. Web: www.veganvillage.co.uk.

Vegan News Free on-line magazine with a good section on vegan organic gardening. Web: www.btinternet.com/~bury_rd.

Listings of Vegetarian Restaurants & cafés:

www.veg dining.com (worldwide)

www.happy cow.net (worldwide)

www.veggieheaven.com (UK)

Veganism & vegan organisations

Veganism means living on plant products and excludes, as far as practical, the exploitation of animals for food, clothing, or any other purpose. Like other vegetarians they exclude from their diet meat, poultry and fish. They go further and exclude animal milks, eggs, honey, and their derivatives (eg cheese and butter). They are left with an abundance of grains, pulses, nuts, seeds, fruit and vegetables, which modern nutritionists recommend for a healthy diet. Most vegans find they can enjoy greater variety in their diet than they did before. There are also many tasty substitutes for animal products (even delicious ices).

The Vegan Society If you would like more information on Veganism send two 1st class stamps for an information pack to The Vegan Society at Donald Watson House, 7 Battle Rd, St Leonards-on-Sea, East Sussex TN37 7AA. Tel: 01424 427393. Web: www.vegansociety.com.

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

The Movement for Compassionate Living (The Vegan Way) is organised by Kathleen Jannaway, and works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation. Annual subscription £5 (or what you are able to afford) includes the quarterly journal New Leaves. Other literature available. SAE

for details to MCL c/o David Lane, 245 Gladstone Street, Nottingham NG7 6HX. Web: www.MCLveganway.org.uk.

VON (Vegan-Organic Network) (previously called VOHAN) 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 Sue Fox, Membership Secretary: 30 Helvellyn Road, Wigan, Lancs WN5 9UR. Tel: 01942 214 660. Email: nicsuefox@btpopenworld.com. Web: www.veganorganic.net.

Plants for a Future Blagdon Cross, Ashwater, Beaworthy, Devon EX21 5DF. Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: www.pfaf.org.

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

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

Vegans in your area

If you wish to publicise your meetings, extend an invitation to meet other vegans in your area, or request penpals, please send details for this page.

London Vegan & Vegetarian Families Group If interested contact Lesley on 020 8861 1233 or email Lesley@vegan4life.org.uk. Also wants to hear from families anywhere wanting to holiday together.

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 on 020 8931 1904. Web: www.londonvegans.freeseve.co.uk.

Vegetarian and Vegan Gay Group (London) Informal social group meets on the last Sunday of each month and has other events for vegetarian & vegan gay, lesbian, bisexual, transgender & gay-friendly people and their friends in London. Further details: Tel/fax 24 hour info line on 020 8690 5397. Email: vvgg@freeuk.com.

NEW... Vegan Essex - meet 1st Tuesday every month at Brentwood School Sports Hall (Courage Hall, Middleton Hall Lane). www.veganessex.org.uk

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

Waltham Cross (near Enfield) Regular Socials. Vegan buffet. Everyone welcome. Tel. Lisa 01992 624079.

Hastings Animal SHAC meet every second Tuesday of the month, 7:30pm at Friends Meeting House (upstairs), Priory St. Vegan refreshments available. All welcome.

Hertfordshire Lisa Ceneri would like to have contact with other vegans in her area, especially those with children. 63 Leven Drive, Waltham Cross, Herts EN8 8AL (tel: 01992 426710).

NEW... Swansea Vegans Meet on the third Monday of each month. Ring George Barwick: 01792 518773 for more information.

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@aol.com.

Leicester Kate Axon would like to meet other vegans in the area to explore the local pubs and restaurants. 9 Tillet Road, Thorpe Astley, Leicester LE3 3RD.

Nottingham The Animal Rights Confederation meet on the first Sunday of the month from about 6pm, usually at the Rainbow Centre Café, 245 Gladstone Street, Forest Fields, Nottingham. Social, speaker, snacks. Phone beforehand 0845 458 9595 for details.

Sheffield Vegan Society meet in the upstairs room of the Fat Cat, Alma St, Kelham Island, on the first Wednesday of the month. Business 7:30pm, and then social 9pm. Contact 54 Uppertorpe Road, Sheffield S3 7EB. Tel: 0114 258 8869.

East Riding Vegans meet about once a month for socialising. New members welcome. Ring Maggie 01482 444435.

Leeds Vegetarian & Vegan Society Meet twice a month for socialising. For programme ring Ian on 0113 2572760. Email: leedsveg@ukgateway.net.

North Riding Vegetarians & Vegans meet about once a month for socialising. Please phone or fax Patricia on 01677 450176, or write to Cottage No 3, Arrathorne, Bedale DL8 1NA.

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