

VEGAN VIEWS

A Forum for Vegan Opinion
Quarterly

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In this issue: Interview: Liz Cook; Supporting Fringe Groups;
The Cockerel Next Door; Letters; Recipes; Books

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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:

VV94 Vegan Organic Network

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.

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□ □ □ **CONTENTS** □ □ □

- 4 Interview with Liz Cook
- 6 Fringe Groups
- 8 The Cockerel-next-door
- 9 Cartoon
- 10 Letters
- 12 Roving Reporter
- 13 Woodland Project
- 14 Woodland Burial
- 15 Madrid's Day of Animals
- 16 Books
- 17 Recipes

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From the editor....

Looking back on the events of this year, is not a cheering exercise. The news constantly reports acts of senseless violence against innocent individuals or mass indiscriminate killings by bombing. People wonder how such things could happen. They ask why some people can be so indifferent to human life and suffering. Yet, they do not query the constant mass slaughter of millions of sentient beings in the animal kingdom which is carried out in their name.

If animals were treated with respect, then it must follow that all humans should be treated with respect. Present thinking is the reverse of this. The superior status of humans is interpreted as allowing humans to exploit animals in any way they like. So humans who believe themselves superior to other humans, look down on other humans and consider the inferior ones as expendable as beasts. Until we consider animals as being worthy of respect, and not as being created to be exploited by humans but having an independent right to exist, then some people who have no problem in looking on other parts of humanity as 'the other' can think those are not entitled to be respected as individual beings. The violence inflicted on humans is a reflection of the violence inflicted on animals, although the latter is often carefully hidden from view.

Christmas should be a celebration of life and peace, of the return of lighter days and the renewal of life. It is a time of rejoicing and feasting and plant foods can provide us with an abundance of fruits, nuts, puddings, pies and cake, all of which can be vegan. There is no need to resort to kill for this feast millions of birds that have been bred to a ridiculously unnatural size, raised in factory style conditions in crowded and dirty conditions.

Keep death off your table this Christmas and make it a peaceful as well as a joyful occasion.

Harry Mather

EVENTS

1 Dec 02 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.

Mar 03 Animal Aid's Veggie Month. In previous years, all of their recipes in their Veggie Month leaflets have been vegan. Web: www.animalaid.org.uk.

19 - 25 May 03 National Vegetarian Week organised by the Vegetarian Society. Web: www.vegsoc.org/nvw.

30 Aug - 6 Sep 03 Vegan Summer Gathering 2003 This year held near Swansea, Wales, close to the beautiful Mumbles and Gower coastal areas. See p7.

Live Exports Protests 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. Web: www.ciwf.org.uk.

See www.veggies.org.uk/calendar.htm for the latest vegan + animal events. Vegan related events are also at www.veganviews.org.uk.



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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: Movement for Compassionate Living, 31 Walton Close, Ernesford Grange, Coventry CV3 2LJ, UK. Web: www.MCLveganway.org.uk

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THANK YOU FOR YOUR SUPPORT

PAST EVENTS

As usual, this Summer and Autumn have been an opportunity for vegans to meet at a number of events. The International Vegetarian Congress which is organised every other year was held in 2002 in the U.K. in Edinburgh in July and attended by many vegans from around the world. Among the speakers at the Congress were Steve Walsh, Council Member of The Vegan Society who gave a talk on Vitamin B12 and nutritionist Sandra Hood who gave a presentation reporting on bringing up vegan children.

The Vegan Camp was held in August in the beautiful setting of the Lake District. That region is noted for its rainfall and vegan camps usually also have their rainy days, but although the early weeks this August were unusually wet, the camp enjoyed many fine days and the company was as joyful as usual, particularly the children.

The Vegan Summer Gathering in early September was held in Exmouth, Devon and was less formal than usual but attracted many people who re-formed friendships made in previous years.

Back from holidays, the National Vegan Festival was held in London at the end of September and attracted crowds of vegans and would be vegans. The numerous stalls attracted attention, including the stall for Vegan Views. There were also talks during the event, including one from a community in the Negev 'desert' of Israel (members are in fact not Jewish but mostly black people originally from USA). The community is pacifist, following vegan principles and they continue to study nutrition in the belief that they can prolong human life to around 250 years or even more, which they believe conforms with the teaching of the Bible.

AGMs are considered as rather dull occasions, and The Vegan Society AGM in October could not entirely avoid this impression but a meeting of vegans cannot help but be a joyful, friendly occasion. New patrons were elected: Kathleen Jannaway,, a former long serving and hard working secretary of the Society, Maneka Gandhi, the Indian politician who makes herself unpopular with the authorities through her strongly spoken views on animal rights and the environment, and Moby, the highly acclaimed pop singer from USA, passionately vegan, whose songs do promote the vegan message. Moby appeared on the Vegan Society's "Truth or Dairy" video which was produced in the mid 90s; on this, he said that he had been vegan for five years.

Still to come is the Christmas Without Cruelty Fayre to be held in Kensington, London on 1st December, where you can shop for Christmas, sure that you can maintain your animal free lifestyle through the difficult times leading to another year.

H Mather

VEGAN SHAKERS

Part 2 – Interview with Liz Cook

Liz Cook is the person behind the colourful and informative food chart that many vegetarians and vegans have on their kitchen walls. She also published the book "So, what do you eat" in 1999, and later a few other charts. John Curtis interviewed her (and somehow managed to earn a free copy of her book!)



Pics: Liz and her son Jamie

When and why did you become vegetarian?

I was doing a degree at Surrey University in hotel and catering management 23 years ago, and while doing this I learnt a lot about factory farming. One of the lecturers was an ex-Meat Marketing Board employee. I think he wanted to shock us. He showed us a video of intensive farming, and in one lecture, brought in a skinned lamb, slapped it on the metal kitchen table, and showed us how to joint it. I got the feeling he particularly wanted to upset first years and women on the course, to show us what "real" catering was about. From that point on, I only ate free-reared meat from a butcher in Guildford.

Soon afterwards, a housemate bought some pork belly. I thought this was just a catering term, but when it was taken out of the packet it had skin and a nipple on it. I felt sick and turned vegetarian. My reasons were completely for animal welfare. The problem was that I then ate lots of eggs, cheese, etc, which contain lots of saturated fat.

Being vegetarian while doing a catering course was tricky and involved some compromise. But I got my degree. In fact, my thesis was on food technology and the impact of meat on third-world starvation, and also on the health problems and illnesses of the over-indulgent Western world.

What made you go vegan?

There was this emotional click when my son Jamie was born 11 years ago. When I was pregnant, I had cravings and my vegetarianism lapsed. I ate enormous quantities of prawn mayonnaise sandwiches. I didn't know enough about nutrition at the time and my vegetarian diet was

not well thought out. Looking back, I'm wondering if I might have been short of some nutrient that I needed, hence the cravings. When Jamie was born, we were living in the countryside in Sussex. Around that time, I was doing school talks on vegetarianism for the Vegetarian Society and Animal Aid, and also talks for the RSPCA. I received a lot of information from various groups on the dairy industry. Also, I heard calves in the field crying because they had been taken off their mothers. I breastfed Jamie for three months and was struggling a bit. People said I should feed him on cow's milk, but after witnessing the calves this seemed like an obscene thing to do. I became vegan at that point. I couldn't come up with a good reason for giving Jamie cow's milk. I had an old book which claimed that dairy milk is not necessarily the best thing. I instead used soya formula milk and Jamie thrived on that. He's been brought up vegan and is now 11. He's been robustly healthy and energetic all his life, is tall for his age and is rarely ill. He's never had eczema, asthma or colic.

You sell a food chart. I help to run a local veggie and vegan group and it's the biggest seller on our stalls. Where did you get the idea from?

The food chart was born for Jamie after he was born! People kept saying "What about his selenium" and such like. When asked about protein that was easy to answer, but with vitamins and minerals I kept having to refer to my university text books (I studied nutrition as part of my degree) every time I was questioned. I thought it would make life easier to put it all on a wall chart, and it was then that I put together an early version of the food chart. I drew illustrations on it and my brother said I ought to sell it. I improved it, tidied up the illustrations and had it printed to sell. It was vegetarian but not vegan – it included things like eggs and cheese. I thought at the time that it had to be broad based, and I didn't have the confidence to sell it as a fully vegan chart. The subsequent printings of the chart were vegan and it's now on its 10th printing. It's sold 100,000 since I first produced it. I made it out of a genuine need for Jamie and for other parents, not as a way to make a living.

Wow, 100,000 is impressive! Was it an instant hit?

It built up steadily. I've done very little marketing for it. I sell them to charities and wholesalers at very low cost. A big element of it is to promote the vegetarian and vegan cause. I give them out free to schools. I think that the more generous I've been with them, the more it has sold.

Have sales mainly been in the UK? How well does it sell abroad?

It has sold very well in the UK, but it has sold all over the world. I recently signed a contract to sell it in the US. I had to make a few alterations – they have different names for some vegetables and the recommended daily allowances tend to be higher in the US than in the UK.

The chart has great artistic charm. Did you study Art?

No. The first version was a funny sketch. I re-do it occasionally, for some of the re-prints. I also update the information. I've had a great deal of help from Steve Walsh of the UK Vegan Society. Last year I re-did the column on fats, and stressed the importance of linseed oil (also known as flax oil) as a good source of EFAs (Essential Fatty Acids) for vegans. Steve is a scientist and is extremely knowledgeable on vegan nutrition.

Have you worked in catering?

I've dipped in and out of it since my degree. In many cases I've found it compromising. I've worked as a YTS (the now defunct Youth Training Scheme) tutor. I've been involved in marketing for a while. One firm wanted me to test Chicken Double Decker, but I refused. They told me I shouldn't be working there if I don't eat meat. I've also been involved in marketing at Green Giant which mainly involved their sweet corn, which was OK. I set up a pub and was involved in the catering. They only used free-reared meat, but I found that compromising too. I've also run a small vegetarian frozen food business. I guess that all of these experiences helped me to write my vegan recipe book, "So, what do you eat?". My degree does seem to have helped me in the end.

Where did you get the idea from for your cookery book?

It came from the chart. It's really a survival guide based on my and Jamie's experiences – how to feed a kid and be as 'normal' as possible. Recipes include vegan versions of conventional meals like shepherd's pie, pasties, pizza, pancakes and cakes. They are all my own recipes. The Bristol Cancer Help Centre even sell it – it shows people how to give up traditional food without having to be 'odd'. Not only are the recipes very practical, but the book itself is too. It has a spiral binding so that it can be opened flat and even bent all the way round, and all the pages can be wiped clean – all important when using it in the kitchen.

How well has it sold?

It's sold around 4,500 copies so far. It can't easily be sold abroad since the postage costs are too high. It costs me £2 to post it even in the UK. It's available from Amazon and BOL. Waterstones took it also. WH Smiths won't sell it because of the spiral binding – they can't easily stack them. Again, I haven't done much marketing for it. I have a database of people and outlets who sell the food chart which helped. The distributors (Orangeburst) of the food chart were keen on me

writing a book. In fact, they are a company that started up mainly to sell my charts. They now employ 10 people and sell many other things as well like organic soaps. They were the ones who wanted me to do my "A Woman's Healing Herbs" chart. They did all of the research for it, and all I did was the illustrations. The same is true for my recent "Natural First Aid Remedies" chart, although I had some involvement in the research for the information contained in this.

What did your publisher think of your book? Were they enthusiastic?

I didn't go to a publisher, I published it myself.

As well as looking after the charts, the books and bringing up Jamie, do you somehow manage fit in a job too?

Selling the charts and books is my full time job! I do the packaging and posting.

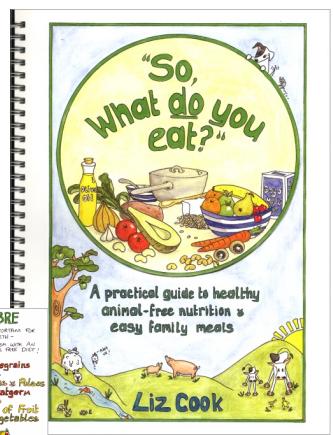
You live in Brighton which is where Viva! are based. Are you involved much with them?

I'm too busy to be involved with them really, but I've been on a few of their marches. Jamie was at their Ban Factory Farming march in London a few years ago, and presented the petition to Downing Street. He was also on the megaphone for hours chanting "Ban Factory Farming, Pigs Have Rights". I do some school talks for Viva! too, although this was mainly before they moved to Brighton. Now, they handle many of the school talks in Brighton. I still do some school talks though, mainly through Animal Aid. One school invites me back every year. I've also done cookery demonstrations in schools.

Liz's book and charts are available from some healthfood shops and also by mail order from various vegetarian, vegan and animal groups. Special offer to Vegan Views readers: buy them directly from Liz at a discount. Charts: £2.95 (inc p&p), book: £10.95 (inc p&p). If you buy the book Liz will also send you a free food chart. Tel: 01273 388864 or write to Liz Cook, 65 Lincoln Street, Brighton, BN2 9UG. Web: www.thevegancook.co.uk. Orangeburst, the company who encouraged Liz to write the book, is the main distributor of her charts and book. Tel: 01273 558112.

Pics: Liz's food chart and book.

Also available (not pictured) are her "A Woman's Healing Herbs" chart and her "Natural First Aid Remedies" chart



SUPPORTING FRINGE GROUPS

A personal view

In 1972, as a vegetarian wondering about veganism, I sent off to the Vegan Society for information. What I got back convinced me pretty quickly to turn vegan, and soon afterwards I joined the Vegan Society.

At that time Kathleen Jannaway was secretary of the Society, and despite being permanently busy, she always found time to encourage people and to support various new ventures. I often went to her house in Leatherhead for weekend social events, where I met other like-minded people. It was partly as a result of this that a small group of us, with Kathleen's blessing, started Vegan Views in 1975 (although for the first couple of years it was known as the Vegan Newsletter).

I am very grateful that the Vegan Society existed. It certainly helped me, and of course it continues to help many people, both members and (indirectly) non-members. It's very important that it exists. So it's with some sadness that in recent years I've turned away from the Society (and allowed my membership to lapse). This is partly because, as somebody with an "alternative" outlook on life I feel rather alienated by the Society's increasingly mainstream approach. But it's mainly because fringe activities and grassroots aspects are nowadays given decidedly short shrift, and are marginalized or sometimes just ignored in the Society's magazine The Vegan.

By fringe and grassroots I don't so much mean activity at local level (local contacts, local groups and so on). I'm referring essentially to national activities/events/groups/ publications such as Vegan Views, the Movement For Compassionate Living (MCL), the Vegan Organic Network (VON), Plants For A Future, Vegfam, the Vegan Camp, the Vegan Summer Gathering, and so on – all vegan activities but independent of the Vegan Society

Some of these groups have been treated better than others, and there has been the odd feature in the pages of The Vegan. But many get only occasional and brief mentions. When I started the Vegan Summer Gathering in 1994, there was next to no interest from The Vegan Society, and it was a frustrating task trying to get much publicity in The Vegan. In 2002 the overall situation has deteriorated further as even the half-page listing of National and Specialist groups (itself very basic and arguably inadequate) has now been dropped. Or at least it has not appeared in the last three issues.

It was not always like this. Go back to The Vegan of Spring 1975 and you will find a whole page (A5 size) outlining proposals for the Vegan Newsletter (later to become VV). This was even before the first issue had appeared! And it was backed up with generous publicity

thereafter, which was very important in helping VV to grow. Or look at the issues of The Vegan in 1981 where you will find the first ever Vegan Camp well documented.

It is of course possible to advertise in The Vegan but even at concessionary rates, it is not exactly cheap. Many fringe groups simply can't afford significant regular advertising, and are usually run by volunteers often operating on a shoestring. And, in any case, isn't it reasonable that The Vegan Society might give a helping hand to other vegan projects rather than just holding out that hand for cash?

I'm concerned that the profile of fringe groups in The Vegan is now so low that there must be many society members who may not even realise some of these groups exist. Or that they exist but are of little significance. This means that such groups will be less effective than they might otherwise have been. It also makes it that much harder for anyone to get something new off the ground. The level of support that Kathleen gave to Vegan Views in its early years would be unthinkable now – in fact these days it's rare that VV gets a passing mention in The Vegan.

I can understand why The Vegan Society feels it has to take a generally mainstream approach, and put out a glossy magazine, even if I don't particularly warm to that approach myself. What I don't understand is why there can't be a small but significant place within that for assorted fringe groups. In 1995 I proposed a regular one or two pages in The Vegan covering fringe/grassroots matters (and offered to compile it myself if necessary). This was discussed by the Society's Council but rejected. The letter I got stated that "Your suggestions would result in less space being available for features", and that "Certain vegan events/groups may appeal to only a very small section of the readership". I recently raised the matter again with the Council but got another very lukewarm response.

They may regard me as a very lone voice! But I have talked to a number of people who are not all that satisfied with the Society's general direction, and very few have disagreed with me when I've pointed out the poor coverage of fringe activities. One friend, on seeing the minimal publicity for the Summer Gathering in the Society's magazine, said "You'd think they'd give more publicity to a vegan event – what have they got against it?"

Indeed what have they? The Vegan Summer Gathering and the Vegan Camp are surely non-controversial activities. So, I would hope, is Vegan Views! And so are most or all of the other fringe activities I mentioned above. There are others which might understandably lead to some caution, perhaps if radical diets are advocated, or illegal actions, or whatever.

The Vegan Society is doing a lot of great work, and many of its staff and volunteers are I'm sure working

beyond the call of duty. But those of us working on the fringes are working hard too, spreading vegan ideas in a different way and making our own contribution, and it would be nice to have more support, and more publicity in the magazine. Regular chunks of publicity and listings are important (not just very occasional features). **If you agree with me about the need for more publicity and support for fringe groups please could you write or contact The Vegan Society (mentioning this article) and tell them so.** A number of letters, so that it is not just me who is banging at their door, might just make a difference.

Malcolm Horne.

BRYNDERWEN VEGAN COMMUNITY

We've had a steady flow of visitors to Brynderwen in recent weeks, which has made life interesting and led to lots of long discussions. One thing about vegans these days – they all seem to be on different diets! From organic to non-organic, and raw to not so raw, with various shades in between. This can make meal organising a bit tricky!

We're still trying to acquire the two acres of neglected land next to Brynderwen (with the idea of setting up a tree nursery). But there are complications on the legal side, with the exact boundaries being unclear, so there could be further delays.

Brynderwen is on the eastern side of Swansea, in a semi-rural area about four miles from the city centre. To the west of Swansea lies the beautiful Mumbles and Gower coastal area, and it's here that we plan to hold next year's VEGAN SUMMER GATHERING (30TH August – 6th September). We've provisionally booked self-catering accommodation in the Mumbles for about 20 people, and plan to book more at the University student village, and a few people will probably be able to stay at Brynderwen too. Full details and a leaflet should be available about March.

For anyone interested in visiting Brynderwen (or living with us, or living nearby) we have a small newsletter – just send an SAE to Malcolm Horne at Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT (01792 792442. Also, see notice on p 19.

BOOKS

Out Now! VEGETARIAN BRITAIN 2ND Edition. (includes Northern Ireland) over 500 pages of restaurants, cafés, accommodation and health food shops. £7-95 + £1-50 p+p from Vegetarian Guides Ltd. PO Box 2284 London W1A 5UA. Web www.vegetarianguides.com. Also Guides to Europe £9-99, France £6-99, London £5-99

Out Soon! VEGAN SHOPPER...6TH Edition £5-95 + £1-50 P&P from The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Web: www.vegansociety.com.

VEGAN STORIES Vegans around the world tell their stories of how and why they went vegan. Collected by Julie Rosenfield. £7-99 + £1-50 p+p from The Vegan Society, address as above. Julie's Vegan London website: www.veganlondon.freeserve.co.uk.

NUTRITION FOR OPTIMAL HEALTH. Video (46 minutes) by Dr. Michael Klaper £8-95 + £1-50 p+p from The Vegan Society, address as above. Michael Kaper's website: www.vegsource.com/klaper.

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. Tel: 01303 850588. Web: www.veganvillage.co.uk/plamil.

POEM: WINTER SUNRISE

It is quiet
It is still
It is dark
It is cold

A fox dreams
An owl hoots
A rabbit stirs

The snow is thick
The earth sleeps

The sky is black
The stars shine
The moon watches
The world turns

The east flickers
The sky lightens
Colours are born
Pink orange purple
Yellow crimson red

The sun rises
The light is strong
The sky is blue
The earth warms
the snow softens

A breeze blows
The trees creak
A robin chirps
The fox awakes

A new day has dawned

John Sephton

THE COCKEREL-NEXT-DOOR

Mr. Rhubarb, our cockerel, listened intently, head to one side. A new noise in the landscape, this bright crisp morning, as the sun rose above the hedge that separated his territory from next door. There it was again! He followed the drift of sound. It definitely came from beyond the hedge! He slowly walked towards the boundary, stopping occasionally to peck nonchalantly at the grass and scratching the earth almost as a way of disguising his intention to solve the mystery of the sound beyond. A few steps were taken, and, as if to summon up courage, he craned his neck fully, and fluffed up his feathers that expanded in size by half as much again. With the gusto of a tenor, in perfect tone and delivery, he crowed loudly, holding on to the last chord more exaggerated than he usually did. There it was again! Almost a perfect rendition of his call, without the finesse and tonal range though.

As he finally neared the hedge, a thought occurred to him; perhaps it was an echo, his own voice, reverberating through the valley down to the river. His train of thought was shattered by the cacophonous noise once again - only *this* time he hadn't opened his mouth! So, it *can't* be an echo! He peered through the hedge from a good vantage point on top of a fallen log, mystery solved! There beyond some grassed area in a small makeshift fenced-off area, was a chicken - a cockerel! Although pure white and three times the size of Mr. Rhubarb (Mr. Rhubarb was very proud of his bantam heritage that went back many generations) devoid of colourful plumage, a pure white giant, he was, all the same, *definitely* a cockerel! And, as if to verify Mr. Rhubarb's thoughtful observation, he crowed to the sky.

Mr. Rhubarb, after reassuring himself that this newcomer posed no threat to himself, and couldn't possibly encroach onto his territory, daily went to visit at the hedge, and conversed with the cockerel-next-door, heralding each new morning with repetitive exchanges of vocal expression. Often it would be coupled with mock strutting and posturing by both, in emphatic challenge and demand to recognise each other's existence and territorial rights.

Throughout the day, interspersed with lapses of silence and other business to be attended to, Mr. Rhubarb, as if summoned to do so by a silent command, would suddenly stop whatever he was engaged in, and strut in a manner of a military guard towards the hedge, there to perform the ritual that he, and the cockerel-next-door, had both come to enjoy.

A fine frosty morning welcomed this day, a day like any other to Mr. Rhubarb, but a special day to humans - Christmas Day. With added zeal he strode again toward the hedge. His footprints registered in the deep ground-

frost. As usual, following the same pattern of behaviour that had now become second nature to him, with the neighbour, he outstretched his neck. Once again, fluffed up feathers increased his size by half as much, let out a crow that was definitely his finest in the weeks of competition with his fellow brother. Silence. Mr. Rhubarb's voice hung on the chilled air, unacknowledged - unchallenged. Repeatedly, he tried for an answer, silence - just an eerie silence.

Mr. Rhubarb climbed upon the old tree stump, which afforded him a better view through a gap in the hedge where he could see clearly into the enclosed pen that was home to the cockerel-next-door. Empty. Deathly still, and empty. Just a pile of pure white feathers scattered randomly the only evidence left of his opposition or would-be friend.

Mr. Rhubarb felt a pang of fear; he had witnessed such an array of feathers before. The sudden disappearance of a comrade, taken perhaps, by a predator. His fear drifted into sorrow as he slowly made his way back to the safety of his house. The dawn challenges, the greeting of the Sun will solely be his responsibility from now on.

Wafting on the air this fine morning was a smell that offended the nostrils of the compassionate. A smell of a tortured spirit's remains described - disguised - as a fragrant roasting, the precursor to the sacrificial offering to over-replete stomachs.

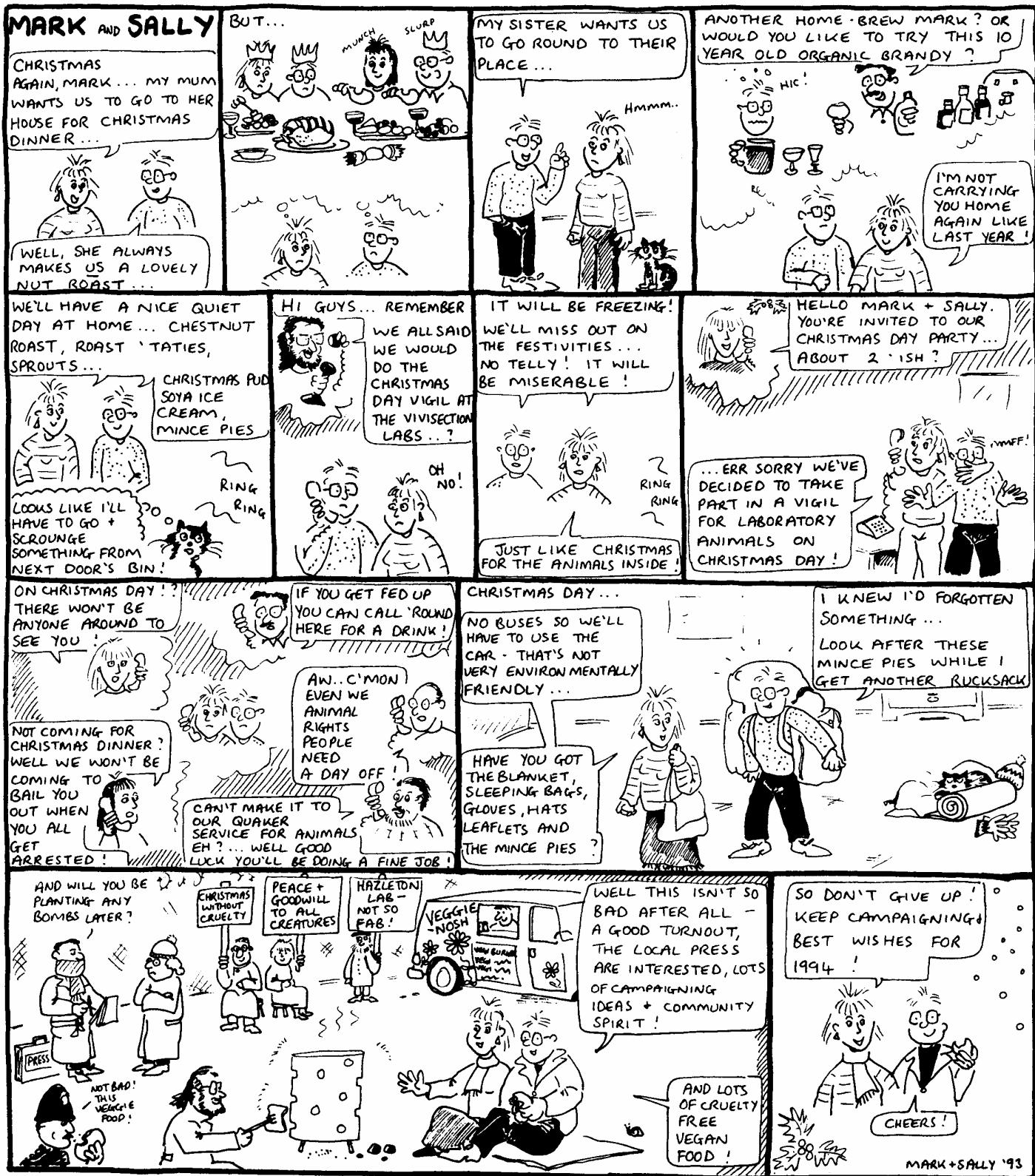
Beside the physical differences of Mr. Rhubarb and his neighbour, the only other difference was one of circumstance. Mr. Rhubarb lived at a sanctuary - his neighbour did not.

As the church bells beckoned the village faithful to prayer, to sing and praise Jesus for his love and compassion, slowly, in the time it takes for carols to be sung, declarations of kindness to be promised, an air of anticipation of the "grand feast" known as Christmas dinner, was experienced by the gathering. In that same time span, the wasted remains of Mr. Rhubarb's newfound friend shrivelled in his own fat.

Amid the seasonal carols, a vocal offering is sung - perhaps cynically - by the congregation. The age-old rendition "all creatures great and small" - that reflective line "our lord God loves them all." The song rings out loud in the church, but in the kitchen, in a very expensive Aga oven, the song would hardly be heard above the noise of sizzling flesh. The "cockerel-next-door" -sadly -is no more.

Sultannah/Kitty

**L O V E
animals
D O N ' T
eat them**



...Zaak was too busy to produce a cartoon for this issue, so we've reproduced the above Mark and Sally cartoon that originally appeared in VV63 (Winter 93/94).

IN MEMORY OF...

Monica Harvey who died recently aged 84. She was always supportive of Vegan Views and often phoned me to say how much she enjoyed it and how great it was to have it. This was typical of the positive and cheerful

attitude she maintained in spite of her suffering, being disabled by polio. She devoted her time and energy to helping animals, reuniting people with their lost pets, keeping a number of rescued dogs, campaigning with her husband Richard against animal experimentation at the Military Research Establishment at Porton Down and many other causes. Her dedication and determination will remain an inspiration to all who met her.

H. Mather.

Letters

A GREAT GUEST HOUSE

Dear Harry,

I have recently returned from Ranworth Guest House in Ravenscar. I got the advert from your magazine and I want to tell other readers about my experience. The food is fantastic and freshly prepared and almost 100% vegan. Non-vegan guests can have dairy milk, cheese and eggs but otherwise all is dairy free. Most of the salad stuff and herbs are home grown organically and everything is prepared creatively and it is delicious.

The breakfasts are a feast. There is a choice of cereal, juice, teas and coffees. Then a soya, banana and wheat germ smoothy, followed by yofu and fresh-fruit salad, then a full vegan cooked breakfast is on offer - hemp burgers, soya creamed mushrooms, beans, tomatoes and toast - that's if you still have room!!

Evening meals are just as filling and imaginative. Karen and Ker - the owners are really kind and friendly and their home is peaceful and comfortable. They have 3 rescued cats but welcome guests with pets. I took my 4 month old puppy with me. All soaps in rooms are vegan and there is a lot of literature promoting the vegan lifestyle available in the lounge.

I really had a very relaxing and refreshing stay and will return to Ranworth again. The village has wonderful coastal views and I watched a cricket match through the dining room window whilst eating my evening meal. All in all a great place.

Yours sincerely,

Kate Lowde.

EUTHANASIA OF ANIMALS

Dear Vegan Views,

I would like to respond to Tim Wood's letter on the subject of Euthanasia of Animals, where he writes that a person whose health is deteriorating is given morphine when in incurable pain, an animal in this situation is euthanased (VV 94). Morphine, as we know, is given to people suffering incurable pain in diseases such as cancer. I was taught during my nurse training that morphine eventually depresses the respiratory centre in the brain. This in time affecting the whole respiratory and circulatory system and contributes to death. This is a slow and legal form of euthanasia used by the medical profession. From Tim's letter, Rory his pet dog was not actually in pain (or did not appear to be so), so in my opinion the RSPCA should not have used the pain killer that killed the dog against the owners' wishes. I wonder why the RSPCA do not involve themselves more with

the alleged cruelty to animals in the vivisection laboratories?

Sincerely yours,

Margaret Smith Thompson.

Dear VV,

First of all, before we start wringing our hands about "how could a vegan have killed that racist Dutch politician", please note one vital fact. At the time of my writing this (mid-September), nobody has been convicted of the murder. We can't presume people to be guilty before knowing what evidence will be presented at their trial. It is fair comment, however, to note that the racist politician's death brought a lot of sympathy and votes to his party. I'm sure that is the opposite of what the killer (whoever he or she was) wanted to happen.

Secondly, the topic of euthanasia. The good thing is that Vegan Views readers are explaining their views on euthanasia so clearly. I had a friend who was passionately opposed to euthanasia. She also believed that "animal rights are equal to human rights".

So, when she mentioned that she had had a cat which had been 'put down', I was very sympathetic. "That must have been a terrible dilemma for you". "On no", she replied, "his jaw was broken, there was no alternative".

I wish I'd had the courage to ask her if she saw any contradiction in this. I regret we lost touch before we could discuss consistency on issues. I hope if she reads this, she will write in. I'm sure she would make an interesting contribution to the debate.

Best Wishes,

Katharine A. Gilchrist

P.S. I read VV94 after I wrote this. I think the RSPCA staff bullied Tim and Julia Wood into getting Rory 'put down' prematurely. I think they should lobby the RSPCA about its guidelines, which seem to be wrong. I wish them luck if they choose to do so.

VV ON PAPER

Dear Mr. Mather,

I have just found out about your publication and have actually downloaded it from your website. I now wish to subscribe to Vegan Views. Just by way of feedback, I think it's really useful to be able to download a sample issue, but you can't beat having a paper copy! Unless you have a laser printer, 20 pages is quite a lot to print out - so hopefully your initiative of putting the magazine on the web won't lose you any subscriptions. I think vegans tend to be fairly honest folk anyway!

Many thanks,

Paula Medcalf

HOW THEY VIEWED WOMEN

Dear Friends,

I would like to challenge the accusation in recent issues of VV that Jesus and Mahatma Ghandi were anti-women. This was most definitely not the case! I'll give you a modern day analogy.

Imagine if you lived in Afghanistan and you decided to found a new religion, and to promote your new religion you chose a number of women apostles...

Given that women are third class citizens; given that it's impossible for women to travel about the countryside, lest they be raped, abducted or murdered; given that it's forbidden for women to teach spiritual matters, not least to expound anything that challenged traditional orthodox thinking; how far do you think your new religion would go?...Exactly!

Jesus had precisely this problem in first century Palestine, which is surely why he never chose any female apostles. Probably he would have liked to, but he was bound by the social structures of the day. Structures he certainly didn't agree with. The correspondent might be interested to see these two quotes, attributed to Jesus, from one of the first century gospels:

"RESPECT WOMAN for she is the mother of the universe and all the truth of divine creation dwells within her. She is the basis of all that is good and beautiful, as she is also the germ of life and death, on her depends the entire existence of man."

"It is not meet that a son should push aside his mother to occupy the first place which should be hers, whosoever respecteth not his mother, the most sacred being next to God is unworthy of the name of son."

Just as Jesus was restricted by the social structures of his day, so too was Gandhi. Gandhi's India was a bigoted, prejudiced and male-dominated society. Women were very much an underclass, especially so in rural areas.

If Gandhi only educated boys in his ashrams, it might sound discriminatory, but remember he had limited resources and those resources needed to be employed, guided not by sentiment, but in the way that would best serve the greater good. And when you think of it. in a male dominated society the best way of helping women is by turning out good men.

Gandhi honoured women. (True he expected them to be worthy of honouring, but surely that is no bad thing). And through his beautiful teachings he helped create a fairer society through which Indian women have benefited immeasurably. He is therefore undeserving of the criticisms levelled at him.

John

POLLUTION

Dear Harry,

A few weeks ago I was in the kitchen reading a poem by John Betjeman out to Julia – which was about pollution. Our daughter Laura who is just 9 overheard me and was inspired to write the poem (see below). She is a lifelong vegetarian and went vegan at age 5 after a trip to Leeds where she discovered the joys of vegan 'cheese' (Julia and I had gone vegan a couple of years before, but Laura's love of cheese had prevented her joining us). She cares very deeply about things, animals, the environment, suffering in general, and is a very committed vegan. I have seen her help other children make biscuits with eggs in clubs she goes to and then afterwards refuse to eat them because they have eggs in them (when given advanced warning we try to provide an alternative). Both her and her brother are part of the next generation of vegans and vegetarians who sadly are inheriting a planet that is in a mess. They both are deeply concerned about the world and its problems – here's to them and to all other vegan/vegetarian and caring children who hopefully will grow up as a light to their generation.

Love and Peace,

Tim & Julia (Laura & Nicholas)

Why can't foxes one day

Come and play

Down one ditchy way?

Safely chasing rabbits

Away from people's dirty habits?

Why can't all car parks

Be woods full of larks?

Why can't compost heaps

Go down so deep?

WHY CAN'T ALL THAT BE?

IT WOULD BE GOOD FOR YOU AND ME.

But if we will never stop

We will never hear an owl hoot,

All we will hear is a car's toot

The streets will be littered

With dirty dishes,

Full of chips and poor fishes.

If we never stop dropping litter.

All the world will turn very bitter.

If they will not be told

All the world will turn cold.

SO STOP!

Laura would love to write to other vegan/vegetarian children: Laura Wood, 26, Bracewell Street, Barnoldswick, Lancashire BB18 5EP.

OUR ROVING REPORTER...

Is Out To Lunch

Indeed, your roving reporter has been out to lunch. Yet I am not a raving reporter because so many places are nothing to rave about. In the interests of journalism(?), I frequented some cafés and restaurants that have branches in many towns.

When I planned writing this, I had a boy friend. On Saturdays, we would go round several shops that he wanted to visit. We would eat out. Boring! All those chips with so-called salad (much lettuce with token slices of tomato). I wanted the cafés to provide more interesting vegan food, clearly labelled as such. Then I could write a witty article about their doing this. I failed in my quests, but Saturdays have improved. I don't trail round boring shops listening to people droning on about mobile phones. Or sit opposite someone eating dead chickens ... but enough of that.

Prêt a Manger had a leaflet claiming to be a "guide to the food minefield". It mentioned several additives that Prêt does not use (aspartamate, benzoic acid, most artificial flavourings, kipper brown, monosodium glutamate, phosphoric acid and quinoline yellow). It didn't say whether its apple juice was fined with gelatine. In a letter dated 2 December 1999, Prêt said this information was withheld because the apple juice did not contain gelatine

Right, so it's sensible to tell people their drink doesn't contain aspartamate but pointless to tell there is no gelatine?

Then, only the juices and fruit salad were vegan. By 2 August 2000, Prêt was selling other vegan items: crisps, strawberries with blueberries and humous and red pepper wraps. The list enclosed was very detailed about what did (or did not) contain nuts, sesame seeds, gluten, yeast and GM ingredients. Out of date information is a real problem. I e-mailed Prêt then to ask for an up-to-date list and found they are no longer selling the humous and red pepper wrap in the UK. They asked if I wanted to know about their outlets in USA? Well, gee, I told them, it sounds rather a long journey just for a snack.

Aroma was another firm that once sold vegan humous and red pepper wraps. Then they changed the supplier, so the wraps were not vegan. Did they bother to write and tell me of the change? Of course not!

Bass Leisure owns many food outlets. Many of them have the word "firkin" in the title. The staff wear T-shirts saying, "I'm a firkin barsteward". The joke must wear thin before the T-shirts do. Bass initially said none of its menu items were vegan. The letter stated their vegetarian options and other pubs they owned near where I live. I told them that this was a waste of ink. I had no interest in places that did not sell vegan food.

Then they noticed that their vegetable chilli was vegan after all (25 April 2000).

Wetherspoons claimed (2 June 1999) that their vegetable chilli too is vegan but that this is not a standard menu item. I wrote to ask why not. They never answered. They were spectacularly rude, ignoring several letters from me. When I wrote to a local branch, their national HQ apparently told the manager not to bother answering me as national HQ was writing to me. I didn't get the letter. When national HQ finally deigned to reply to me, they said they needed time to research the facts. I asked them to send a copy of their earlier letter and to report the original missing to the Post Office. They didn't.

They eventually stated that their vegan menu items are: BBQ sauce, chips, garlic breaded mushrooms, onion rings, twister fries and side salad and that it was "working with its suppliers to provide a menu that is GM free" (3 April 2001). They eventually sent me vouchers to make up for all the time and stamps I had wasted all the time they were ignoring me.

Starbucks are also rude. They did write to confirm it is their policy to impose a 50p surcharge for soya milk (21 September 2000). Non-vegans get cow juice free with their tea or coffee. Repeated queries about why, and why they didn't sell vegan food, have been ignored. A letter told me to ring the helpline.

Yeah, right. Central office can't be bothered to find the answer to a question, but the people at the end of the helpline will know. I don't think so! Nor had the person advising me checked that I could use the helpline: what about people who are deaf or have speech impediments? (No minicom number was given). I wrote, making these points, and I was ignored.

Frankly, I think Starbucks are a bit bizarre. Their own leaflet states, "Some call our unique process dangerous and costly, while we prefer to call it the 'Stabucks Roast TM'". They did not deny the process was dangerous. To whom? That is another question they just won't answer.

Starbucks has paper napkins that are labelled as being from recycled paper, made in America. I didn't see any point in asking if they thought the airline fuel wasted in moving paper from one continent to another might possibly cancel out the energy saved in the recycling. If you want to raise any points with them, try Starbucks Coffee Co Ltd, FREEPOST, LON10642, London SW6 4YY.

Pizzas without cheese can be very satisfying, but watch out for the bases. Pizza Hut claim, "Whey powder is used in their pizzas as it benefits the dough texture and hence we believe improves the quality of our pizza products" (22 August 2000). This is the firm that allegedly spent 1.25 million dollars placing an advert on a Russian space agency rocket booster stock?

They add that the non-vegan items in the salad bar are thousand island dressing, honey and mustard dressing

(contains egg - they didn't mention the honey), blue cheese dressing, ranch dressing (what a strange name!), potato salad and coleslaw. The pasta salad is egg-free. The New Covent Garden Soup Co has stalls at places like Victoria Station. All their soups contain milk, whey or cream because they are "an essential part of our manufacturing process". They claimed to be "considering alternative methods" (18 January 2000). I offered to send them my mother's recipe for lentil soup, which is vegan. I had no reply.

It would be nice to be able to trust simple food, like beans on toast, to inevitably be vegan. HL Foods, who make HP beans, pointed out that at least their catering packs of beans do not contain milk (because of vegans, because the product may need to be kept warm for a long time, and to save money). However, some cafés may use the smaller tins. HP Foods claim that customers really like the flavour of the milky beans.

Marks and Spencer claims it adds whey to some bread to "improve the flavour" (9 Feb 2000). M and S are currently wasting my stamps. I asked about the lack of vegan food in their café. Their first letter was about vegan food (in the caff) and their second and third were about vegan food that they sell in the shop. The whole idea that anyone might look for vegan food at their café appears to confuse them.

Anyway, does adding bits of milk make bread or beans taste better? Would it hurt them to keep a few non-whey bases in? I would organise some non-vegan friends to do a taste test on them and the HP beans, but I'm lazy. Could one of you do it for me? I won't sue you for borrowing my idea.

© Katharine A. Gilchrist

E-addresses and websites:

Whistlestop (shops in London and places):
info@bellevue.ltd.uk

Prêt à Manger: www.Pret.com

Pizza Hut: www.pizzahut.co.uk

Aroma: www.aroma-cafes.com (there was some problem when my friend/computer adviser and I tried to access this address.)

Covent Garden Soup Co: www.coventgardensoup.co.uk

WORLD VEGAN DAY IN ESSEX

Vegan Essex (details p 20) celebrated World Vegan Day on 1st November with a party which included a Mediterranean Food Platter. A raffle included prizes of a weekend for two at Brambles Vegan B&B, Isle of Wight; a break at Paskins in Brighton; and a stay at the Wildlife Hotel, Blackpool. Ticket price was £5 and about 350 people came. They raised over £1500, going towards the upkeep of two recently rescued horses in the local animal shelter. It was organised by Karin Ridgers, a TV and radio presenter who runs Vegan Essex and is the local Viva! and Vegan Society contact.

THE ANCIENT WOODLAND PROJECT

The project is the purchase and management of an ancient woodland (i.e. a woodland that has always been in existence, not a commercial plantation) which will operate as an educational charity.

The woodland will function as an educational centre for schoolchildren and adults and will provide courses on sustainable forestry, hedge-laying, coppicing, permaculture, tree-planting, green woodworking, organic gardening etc. The woodlands will also be a haven for both fauna and flora. A tree nursery will also be part of the site and will offer and promote the use of native and other useful plants, in a similar way to Plants For A Future.

The purchase of a 29 acre site in Yorkshire has now been completed and now we need to make contact with people particularly those with knowledge of setting up, permaculture/woodland (food bearing) gardens etc. from scratch, and also people with practical knowledge of making marketable products from our timber, and also those with knowledge of constructing environmentally friendly buildings (low impact) both as workshops and for demonstration, etc.

Once I have come across people to help me plan exactly what to do and where on the site, I can apply for any grants which may be available, which will help speed up the project no end.

Our local National Park Office is very enthusiastic about the project and their woodland officers have offered to help with site assessment, drawing up management plans and grant applications.

I have experience of running a business and have the ability to manufacture and successfully market the products which the woodland can produce

Our long term plans include coppicing as an alternative to felling - this is an entirely sustainable process and has minimal effect on wildlife. Some of the nearby farmers are very concerned with conservation and we will be working closely with them and the National Parks Authority to provide a haven for wildlife.

If you can help please contact: Louisa Smith, 41 Southlands Road, Riddlesden BD20 5HQ. Tel. 07766 077 047. Temporary website: www.saltlamps-us.com/wood.htm. Email: ancientwoodlands@aol.com

Louisa Smith is a vegan (subscriber to V.V.) who will manage the woodland on sustainable, vegan organic principles.

*Be kind to animals
by not eating them*

A WOODLAND BURIAL

Having been very involved with green issues for many years, it was only natural that when we died Joy and I would both want a green burial. We discussed our thoughts on the subject at some length, eventually deciding that we would like to be buried in our own garden. The garden had been a field and it was our intention to fence off a small portion at the end as our burial site so that, when the house eventually came to be sold, the piece of land would be made over to our children. The Environment Agency established that there was not a water course nearby which could become contaminated and the local authority could see no health hazard, so we were given the go ahead. We chose a site where there were no tree roots and primed our four sons and sons-in-law that one day they might be called on to dig a hole.

In the mid 1990s Joy and I were co-founders of an organic gardening club. During Joy's secretaryship, she invited a local green undertaker to talk to our group. As a result of the talk, one of our members offered some land to the charity to be used as a burial site. The site is quite close to our home and after some further discussions we decided there might be problems with a garden burial when the house came to be sold, so we changed plans and opted for a woodland burial.

In the summer of 1999, Joy was diagnosed as having breast cancer which had already spread to the lymph glands. After removal of the glands and the lump in the breasts came the usual chemotherapy and radiotherapy, but a few months after the treatment, a scan showed that there were secondary cancers in the skull and other bones. Further chemotherapy was recommended but Joy decided that the quality of her life was paramount and she opted for alternatives: acupuncture, lymph drainage, homeopathy and spiritual healing. We contacted the undertaker, having decided not to ask our sons to dig the grave and discussed, in general terms, the burial and then did our best to live as normal a life as possible.

After some months, Joy felt she would like to spend some time in a retreat. She booked in for a week but halfway through her stay, she phoned me to say she was feeling unwell and would like to come home. When I entered her room I knew that she was very ill and after a day and a half in bed, she died. Her son, daughter, sister and I were at the bedside. Earlier that year, Joy had written a poem entitled 'Rainbow Dream', the first few lines of which are as follows:

*I'd like to rest
Forever oscillating gently
In the purest crystal drop
And let the light flow through me
Orange, yellow, green
Changing my blood from indigo to scarlet.*

We had a number of crystals in the house, one of which was suspended in the window. When the sun came out,

the colours of the rainbow were projected around the room. A few moments before Joy died the sun came out and the refracted light from the crystal lit up her face in the colours of the rainbow. Joy died in midsummer 2001. Had it been wintertime, I would have preferred to keep her body at home until the burial, but unfortunately this was not possible in the height of summer. We had decided on a family only ceremony but, so that friends and neighbours could get together to celebrate Joy's life, I booked the village hall and a caterer to provide tea and buns. The family came back to the hall, met up with the gathering and we spent a couple of hours in lively chat. There was sadness, some tears, much hugging, laughter and love.

Returning to the burial ceremony, we used a cardboard coffin and Joy's body was lowered into the grave as soon as we gathered around. The bearers then backed out of the way, so that only the family formed the group around the grave. Joy and I were both Quakers so at the start of the ceremony I requested a period of silence in the manner of Quakers. I then said a few words about Joy's life, mentioning also that in many of the cards I had received were the words: "Her name was Joy and she was a joy to be with". I then invited others to say a few words if they felt moved to do so. The children spoke about their mother, a grandson read a poem he had written and another family member read a passage from the Old Testament. Finally there was a brief blessing.

Writing this almost a year after the burial, I am convinced that a major factor in helping me to come to terms with Joy's death is that I was totally involved with the burial ceremony. It seems very odd to me that a partner who has shared his or her life with a loved one should, on the death of that loved one, hand over the burial ceremony to be conducted by another person who may be a total or barely known stranger. Some while after the burial my son-in-law said to me, "You know Ted, that was the best funeral I've ever been to".

A few months ago my friend's wife died. He had, some time previously, asked me for information on woodland burials and, as a result of our talks, was torn between cremation (which he suggested to his undertaker during his wife's illness) and a woodland burial. A day or so before the funeral, he told me he had spoken to the undertaker who had come up with a number of reasons why it would not be in my friend's best interests to have a woodland burial. I have recently been to three cremations and in each case I felt that the ceremony was very cold. The family members were obliged to sit in straight rows, the coffin was viewed from some way away, and there was no opportunity for family to gather as a unit around the coffin to share thoughts and emotions.

Ted Pitman.

Ted is happy to talk to any reader who feels that they would like to talk to him. Tel: +44 [0]1458 252723.

MADRID'S DAY OF THE ANIMALS

In the back of the church in the little-known street of Hortaleza in Madrid, Spain, there is a wide-hipped statue that looks a little like the Virgin Mary through all the construction scaffolding that never seems to go away. If you move in for a closer look, you can see the statue's beard, the slayed dragon, and the little animals at the statue's feet. Are those little pigs?

If you had any doubt who this man was, you wouldn't if you had been paying more attention on January 17th.

That is the day when the animals come to church., the day of St. Anthony, the patron saint of all animals (except for dragons). The one day in the Catholic calendar when you can recite an "Our Father" with a grass snake and a Golden Retriever next to you in the pew, the one day when you can walk through the squeaky church door and be greeted by a basset hound's sad-eyed face, the one day when the church turned into a pet's zoo.

There are two lines outside the church. One of them is of 1930s soup-line proportions as people, older people mainly, wait to receive a bag of blessed biscuits, which look like round white sugar cookies with an indentation in the middle. The cookies represent the bread that St. Anthony received in the desert from the crow. Like many mystics, St. Anthony wandered off into the desert for a spell of deprivation and a crow, so the story goes, saved him from starvation.

The other line is for the animals and they draw more attention than the cookies. This line is understandably noisier and more chaotic, a line that slithers round like a snake, the kind that filed up the ramp of Noah's Ark, a broken, barking, squeaking, shivering line of parrots, turtles, hamsters, rabbits, cats and dogs and whatever else you can stick in a cage or put on a leash. Dogs and cats mainly. The animals come well-combed, well-shampooed, in their Sunday best, in their Real Madrid and Barcelona sweaters with the appropriate pins attached.

"How precious!"

"He's.....years old"

"His name is..."

These are the usual comments. The animals are well behaved, civilised, adapted to the city - until they start acting like animals. It's difficult to act like a human with the pressing crowds, the strange new smells, the cold and the dangerous metal machines passing by inches away. One turtle had a red bow taped to the top of its shell, its four legs fully extended, groping the air in slow motion.

"At first we thought it was a male and called it 'Roger' but then a German professor looked at it and told us it

was a female so we changed the name to 'Rogelia'," said a woman with tinted blue hair. "As you can see its skin is very dried out now because we left the heater on all last night. It loves to swim in the bathtub and listen to Beethoven"

A small crowd of rapt listeners huddled round her as if she was preaching the gospel, as if they had never seen a turtle before.

Pandemonium breaks out throughout the day. A little dog of the fearless and stupid breed that barks at anything bigger than itself went berserk when a Rotweiller lumbered into line. The little dog persisted in its mad threats and upset the Rotweiller, who had been minding his own business sniffing up a Siamese cat crouching deep in the arms of its owner.

Lashes strained, dogs barked, owners apologised, horns blared.

Once they calm down, the animals are supposed to proceed ,one by one, up the stairs of the church to meet the priest who stands behind a small iron gate that comes up to his waist. He shakes a few drops of holy water from his little golden pestle onto the head of each creature, great or small. A schnouzer didn't like having his nose playfully touched with the pestle and bared his teeth down to the molars and growled whilst the priest laughed and egged it on. Every priest needs a little diversion now and then, however wicked.

"I've been bitten", said Father Miller. "Never". Later, during an interview with the local media who were swarming round the event like the circus had just come to town and sticking cameras with blinding lights into muzzles and wet noses, the priest said, "Today is a very important day. One because it's marvellous and beautiful, two because it happens once a year, and three because our pets love us with a kind of absolute love that is symbolic of Christ's love for us."

A parade rounds the church in the afternoon. Men wearing 19th century uniforms blow trumpets from the backs of prancing horses. As the regal columns clomp by, the smaller animals tremble at the passing of the strange beasts. Blind members of ONCE led by their German Shepherds and Labradors march too. A glass zoo on wheels rolls by with exotic birds squawking, hooded falcons sitting motionless on their branches like they are about to be hanged, and two porcupines hopelessly stuck together. Fake Walt Disney animals with people inside them take up the rear and wave.

Throughout the day, the animal protection societies pass out information. A representative said that thousands of dogs and cats were abandoned in Madrid every year. All the furry friends of the day made me realise just how much animals could humanise a city.

The above article appeared in The Reporter magazine, Spain in January 2002 and was sent in by VV reader Victor Cosby

BOOKS



ETERNAL TREBLINKA - Our Treatment of Animals and the Holocaust by Charles Patterson. Lantern Books New York (A Division of Booklight Inc.) ISBN 1 930051 99 9

The author was interested in researching the history of the Holocaust. Later he became aware of society's exploitation and the slaughter of animals. He realised that animals are casualties of the view that some lives are more valuable than others. In both situations the weak are deemed to be sacrificed for the greater good.

When Europeans colonised other continents they looked down on the natives as little better than beasts and mostly treated them as little better than beasts, treating them mostly the way they treated their animals, even calling them pigs or monkeys. Similarly, Nazis called the Jews dogs or pigs to demoralise them. The process of slaughter of the Holocaust was similar to the processing in the slaughterhouse for animals.- rounding them up, crowded transport without food or water and body parts used to make sausages, shoes or fertiliser. The development of railways made possible mass transport of animals to Chicago where 'mass production' techniques were developed in slaughterhouses. Henry Ford took the idea of the assembly line after a visit to a Chicago slaughterhouse and used it to revolutionise car production. Ford published anti-semitic tracts that were highly regarded by the Nazis and Ford set up a motor factory in Germany that produced military vehicles for the Nazi army.

The Nazis also took from the USA the concept of Eugenics - that by selective breeding (as with animals) you could eliminate those considered feeble-minded or physically weak to build a superior race. Himmler, a main architect of the Holocaust, had a passion for animal breeding and believed that to improve the herd you had to kill off the unwanted ones. Many of those engaged in killing humans had previously worked in slaughterhouses.

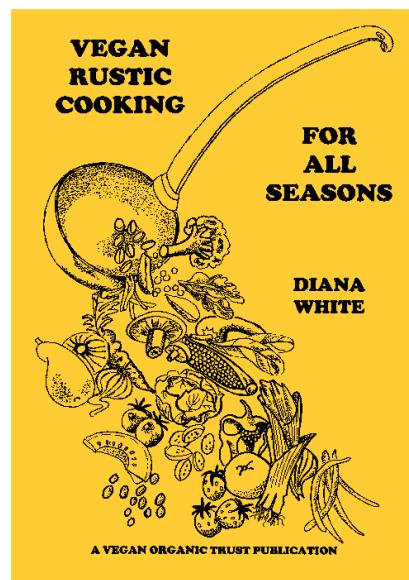
The killing of humans became a smoothly efficient process - nakedness, herding together, swiftly moving them on made them look more like animals and avoid any moral scruples - just as they do with animal slaughter. The death camps kept their personnel well supplied with animal flesh and the staff often spent their free time shooting animals. Incidentally, the author squashes, with many quotations, the idea that Hitler was a vegetarian. That was propaganda by Goebbels. Huge quantities of meat were brought in from (starving) occupied countries to feed the German soldiers.

Some survivors of the Holocaust have made the comparison between what happened in the death camps and how society treats animals and have been prominent in promoting animal rights. The author also writes about

Isaac Bashevis Singer (vegetarian) many of whose stories revolve around compassion for animals and who wrote "when it comes to animals, every man is a Nazi" and said "I really hope that one day humanity will make an end to this eating of meat and hunting of animals for pleasure".

This book is not a cheerful read but it is well researched with notes of the many works consulted and a bibliography. I do not know whether it is in circulation in the UK. I found a copy in The Green Buddha, Bond Street, Brighton for £16.99.

H Mather.



VEGAN RUSTIC COOKING FOR ALL SEASONS
by Diana White. p.a.white@ukgateway.net. Published by Vegan Organic Trust, 58 High Lane, Chorlton cum Hardy, Manchester M21 9DZ

Profits from this book will go to the Charity: Vegan Organic Trust (see page 20). The trust is dedicated to education and demonstration of working towards vegan organic agriculture and away from the conventional chemical, animal exploitative methods.

The book can be used as a course in vegan cooking as well as for dipping into as required. It encourages you to eat seasonally and the recipes are marked with the appropriate season, varying from strong autumn/winter recipes such as cottage pie with gravy to summer salads and trifle. There are about 100 recipes including soups, pates and spreads, sauces, main meals, baked goods and puddings. It is A4 size and stays open at the page you want (not all cookbooks are so cooperative).

This book shows that there is much variety and tastiness in vegan foods.

Obtainable at £6.99 inc. post from VOT at 10 Charter Road, Altrincham, Cheshire WA15 9RL.

H.Mather

RECIPES

Hazelnut Loaf (serves 4)

From Vegan Rustic Cooking for all Seasons by Diana White (see p 16 for review).

*75g commercially chopped hazels
1 large onion, finely chopped
4 rounded soupspoons sunflower seeds
1 soupspoon olive oil
200g wholemeal bread, broken into small pieces
3 soupspoons tamari soya sauce
1 oval soupspoon mixed herbs or nori flakes
3 rounded soupspoons wholemeal strong flour
1 large carrot, grated*

- 1) Sauté the hazels along with the onions and seeds in the oil until the onion is half cooked.
- 2) Place the bread in a bowl with 125 ml water, the tamari and herbs or nori, and mash with the back of a fork, placing your index finger in the centre of the fork's head as you do so, until dough like.
- 3) Add the half cooked ingredients to this mixture and blend thoroughly. Then add the flour and carrot and mix well using your fingers.
- 4) Grease a non-stick oblong bread tin and place the mixture therein, pressing well down to form an apex shape. Bake at Gas 5 for 40 mins, turning the tin halfway through the cooking time.
- 5) Serve if wished with roast potatoes and parsnips, steamed Brussels sprouts and carrots, plus gravy.

Festive Nut Roast (serves 4)

There has been a long tradition in vegetarian/vegan circles of having a nut roast instead of the conventional fowl on festive occasions. There are several possible variations on a basic theme. We present the basic theme with a chestnut stuffing.

Basic Nut Roast

*1 large onion, chopped
1 large tomato, chopped (tinned will do)
4 oz. milled nuts (Brazils, hazels almonds or a mixture)
6 oz. breadcrumbs (wholemeal is best)
1 teaspoon herbs (sage goes well)
1 teaspoon yeast extract (eg Marmite)
About ½ pint water or vegetable stock
Oil for cooking.*

- 1) Chop onion and fry lightly in oil (about 5 minutes)
- 2) Stir in the tomato, herbs and yeast extract
- 3) Mill nuts then breadcrumbs and add to pan with water until a smooth mixture is obtained.
- 4) Turn into a greased loaf tin. Also lining the tin with greaseproof paper will be better.
- 5) Bake Gas 6 400°F/200°C for 40 minutes. Serve hot.

- 6) You can make gravy by melting a teaspoon of Marmite in boiling water. You can decorate with a sprig of parsley. Can also be eaten when cold

Chestnut Stuffing

*8 oz. chestnuts
1 medium onion
½ pint water or vegetable stock.*

- 1) Make a split in the shell of each chestnut and boil until fairly soft. Then skin and chop them.
- 2) Lightly fry an onion, then add water and chestnuts.
- 3) Simmer for 5 minutes.



Did You Hear That?

A survey of dairy cattle found that 70% were lame and 50% suffered from mastitis.

Two people have died of salmonella poisoning contracted from imported eggs.

Although fox hunting has been banned in Scotland, culling foxes is allowed, so people go out on quadribikes to shoot the foxes and more are killed than before.

(Heard on Farming Today, Radio 4, 2nd Nov 2002).

IMPORTANT VITAMIN B12 UPDATE

It is *essential* that vegans get B12 from foods fortified with B12. At least 3 micrograms per day (which is more than has previously been suggested) is required if taken across two or three meals in a day, or at least 10 micrograms per day (a supplement would be required to get this amount) is required if taken just once a day since absorption is lower if you have a larger amount. Some have suggested that it naturally occurs in foods like seaweed, tempeh and miso, but analysis has shown that it does not - **these foods do not supply B12**. Fortified foods include some vegan margarines, some yeast extracts, some soya milks, some breakfast cereals and some soya food. Check labels to make sure B12 is listed since some of these products do not contain it. Full info: www.vegansociety.com/html/info/b12sheet.htm.

CHILLING THOUGHTS

They start killing expensive 'fresh' turkeys in November and their chilled corpses are suspended in an atmosphere of carbon dioxide to stop them decomposing. 'Frozen' turkeys may have been killed years before sale, if they are properly stored. More than 24 months storage at -24°C is acceptable. Professor Lacey says a frozen turkey poses a greater risk of salmonella and campylobacter food poisoning but fresh chilled turkey carries a greater risk of listeria. Surely nuts are a safer option!

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 Bleuette: Email enthousiasme@wanadoo.fr. Web: www.douceur-harmonie.org. Phone 0033 4 68 39 62 56. Douceur et harmonie, 'el Faigt', 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

BOOKS

Vegetarian Visitor 2003 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.

NEW... Allsorts Psychic Café A new café in Southampton. Drinks and cakes, but no savouries. Fully veggie. Soya milk available. Many of the cakes are vegan. 22 Carton Place, Southampton. Tel: 023 80237561. Web: www.allsorts-psychic-cafe.com

Note:
Berli's, the vegan restaurant in Salisbury closed down in October 2002.

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.

Meat is Murder

Self-Inking Rubber Stamps £7.50. Vernon Stuttard, 15 Millbrook, Fence-in-Pendle, Lancs BB12 9PE.

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 antioxidant. 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 (Viva!Life) 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 Feeds the hungry without exploiting animals. See Box advert p 3.

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.

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

FRUITARIAN + RAW FOOD

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

Go Fruitarian 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.

NEW... Vegan Voice is a quarterly magazine for those who want to spread the message of respect and love for all life. It promotes a non-violent way of living beneficial to the planet, all animals and human health; gives a platform for like-minded groups and individuals. Year's subscription from the UK is \$35 (Australian dollars). PO Box 30, Nimbin NSW2480 Australia. Web: <http://veganic.net>. Email: veganvoice@lis.net.au.

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.vegcac.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 Very popular noticeboard + a list of UK vegan restaurants: www.veganvillage.co.uk.

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

Listings of Vegetarian Restaurants & cafés:

www.happycow.net (worldwide)
www.vegdining.com (worldwide)
www.veggieheaven.com (UK)
www.veggieland.co.uk (UK)

Lists of foods and drinks sold in the UK that are vegan:

www.isitvegan.info
www.isitveggie.com (also lists veggie foods/drinks)

Vegan-run business lists:

Artists, accountants, translators, solicitors, decorators...
www.veggies.org.uk/vbc.htm (see p20 for more details)
www.veganvillage.co.uk/services.htm

Vegetarian information:

UK vegetarian Society: www.vegsoc.org
 International Vegetarian Union (IVU): www.ivu.org.

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 online 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, 31 Walton Close, Ernesford Grange, Coventry CV3 2LJ, UK. 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@btopenworld.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.freecycle.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.

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).

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 Monday of the month from about 7pm, usually at the Sumac Centre, 245 Gladstone Street, Forest Fields, Nottingham. Social, speaker, snacks. Phone beforehand 0845 458 9595 for details. Email: nar@veggies.org.uk.

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 Upperthorpe 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 various social events and activities, fantastic pot luck lunches, newsletter every few months. For a programme and/or newsletter ring Natalie on 0113 2484044 or Email natalie@arraleos@yahoo.com.

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.