

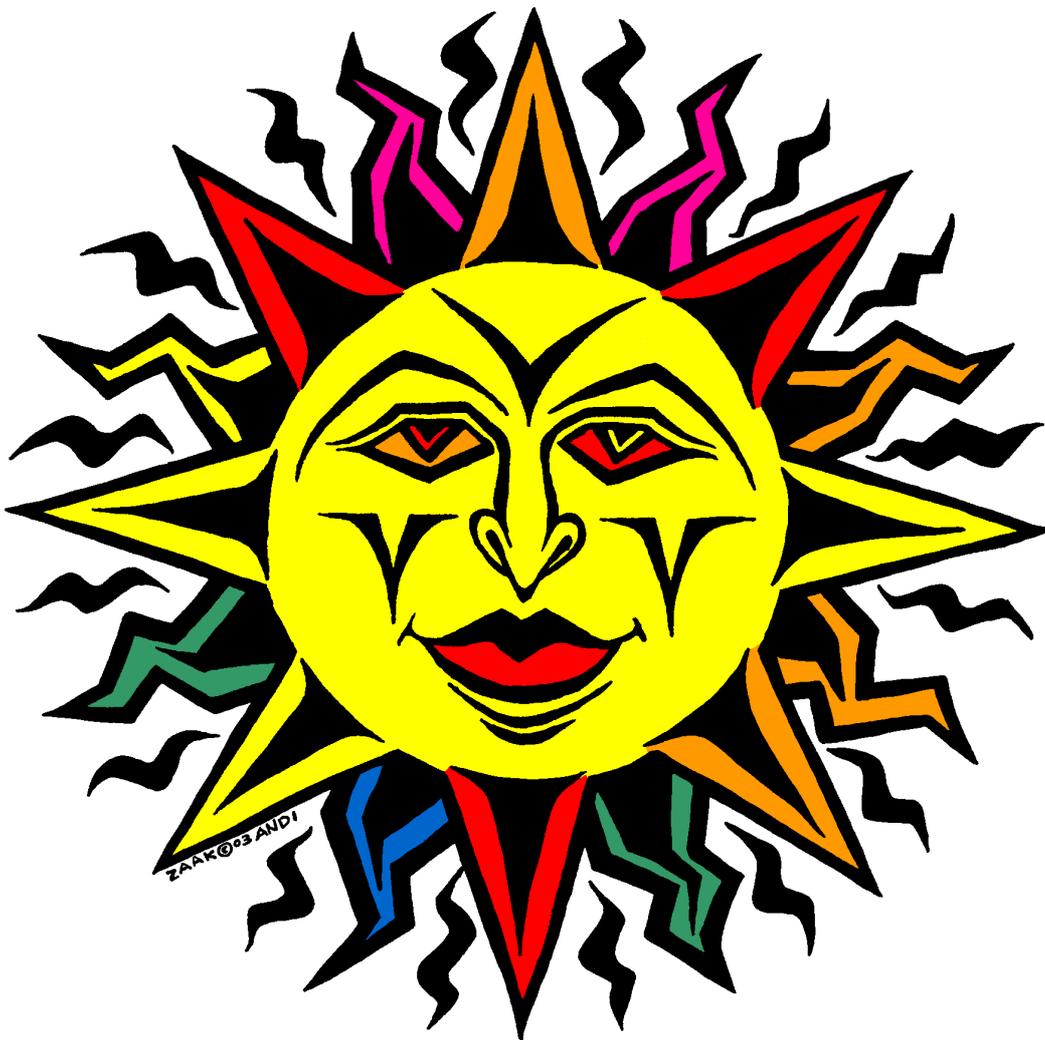
# VEGAN VIEWS

A Forum for Vegan Opinion  
Quarterly

No. 97

SUMMER 2003

£1



*In this issue:* Nutrition: Interview with Steve Walsh  
Vegan Organic Growing, Christmas in Bangkok  
Breast Milk the Best Milk, Vegan Infants – Update  
Reverence for Life, Grassroots News, Xfiles  
Events, Cartoon, News, Letters, Book Reviews, Recipes

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SUBSCRIPTIONS

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

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

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

**Airmail outside Europe** four issues for £7 including postage.

VEGAN VIEWS ON THE INTERNET

The Vegan Views website ([www.veganviews.org.uk](http://www.veganviews.org.uk)) features highlights from the latest issue and from recent back issues – going back at present to about 1992. From VV93 onwards, the entire magazine can be downloaded.

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

COPIES IN BULK

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

BACK ISSUES

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

- VV96 Interview with Karin Ridgers
- VV95 Interview with Liz Cook
- 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 (colour preferred).

We rely on readers' contributions. Small ads are free to subscribers, or cost £2 for insertion in four issues for non-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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Produced by Harry Mather, with assistance from John Curtis. Front cover by Zaak. Printed by Creative Copy n Colour Ltd, Stafford. 01785 851183.

**From the editor....**

When the Animal Liberation Front appeared some 20 and more years ago, great care was taken to avoid harming any humans. Liberating animals, damaging property used for cruel experiments were the targets of activity, backed by demos to inform the public. Attacks on persons were strictly avoided.

Lately, however, a person has been convicted of an attack on a person using a baseball bat – quite the opposite ethic to which the ALF has long stood for. I consider that we demean the movement if we descend to violence against humans in order to put a stop to violence against animals. Rescuing animals, massive regular demos, have led to the closing down of breeding centres for animal experimentation. Writing to shareholders and informing them of the connection of their companies with animal cruelty brought results. These ways of informing the public and keeping facts in the public eye have been effective.

These thoughts are prompted when I received a pamphlet that boasts of having sawn through telephone poles and flooded people's homes. Sure, we can frighten some people into not working for companies involved in animal cruelty but others will not be deterred and, like Colin Blakemore, they can appear as heroic figures, martyrs to a cause seen as legitimate.

Animal experiments will end when people come to realise that this method of research is not just cruel but also unreliable and wasteful of resources. We now have plenty of evidence, thanks to Ray and Jean Greek, (see page 17, 'Specious Science') that clinical observation and studies of human populations have always been more reliable methods of research, that animal experiments have been misleading and dangerous and a waste of time and talent. We now have modern technology which has brought more reliable results and better testing. This is how we will put an end to this aberration that has slowed down progress for so long

*Harry Mather*

# EVENTS

**2 to 16 Aug Vegan Camp 2003** Held at Lyme Regis. Details: Vegan Camp c/o 245 Gladstone St, Notts NG7 6HX. Tel: 0845 330 3918. Web: [www.vegancamp.org](http://www.vegancamp.org).

**22 to 24 Aug Permaculture Introductory Weekend** A repeat of last May's successful course. Held by vegans at North Weald, Essex. Cost: £75 (flexibility/concessions available). Details: Graham Burnett. Web: [www.gb0063551.pwp.blueyonder.co.uk/course](http://www.gb0063551.pwp.blueyonder.co.uk/course). Email: [grahamburnett@blueyonder.co.uk](mailto:grahamburnett@blueyonder.co.uk). Tel: 01702 303259.

**30 Aug to 6 Sep 10th Vegan Summer Gathering** at Mumbles on Swansea Bay at the gateway to the beautiful Gower Peninsula. Accommodation in self-catering houses (single/twin/double rooms). Approx cost per adult £80 for the week (excluding food), or £90 if booked after 1st July. Up to 50% reduction if unwaged or low income. Discussions, talks, trips out (to coast and countryside), communal evening meals...and very good company! About 60 people of all ages usually take part. Day visitors welcome. SAE for details to Malcolm Horne at Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT (01792 792442 after 8pm preferably). Or see [www.veganviews.org.uk/vsg](http://www.veganviews.org.uk/vsg).

**1 to 8 Sep Ancient Woodlands Project Volunteer Week** near Scarborough, free camping on the woodland and subsidised vegan food in exchange for help on the woodland. Details: p11 + Louisa 01723 514525 or 07748 101117. Email: [Ancientwoodlands@aol.com](mailto:Ancientwoodlands@aol.com). Web: [www.woodlandproject.org.uk](http://www.woodlandproject.org.uk).

**14 Sep National Vegan Festival** Music, International Speakers, Food & Drink, Campaigning & Rescue Groups, and the best Ethical Suppliers. 10am to 5pm at Conway Hall, Red Lion Square, London WC1, England (nearest underground station: Holborn). Admission £1, under 16's free. Web: [www.veganfestival.freeserve.co.uk](http://www.veganfestival.freeserve.co.uk).

**21 Sep Vegan Organic Farm Visit** Held at Tolhurst Organic Produce in Whitchurch-on-Thames near Reading, 1pm. Organised by the Vegan Organic Trust ([www.veganorganic.net](http://www.veganorganic.net)). Learn about commercial vegan-organic farming, find out what a diverse range of foods can be grown in the UK, pick up some tips on growing your own fruit and veg in your garden or allotment without animal by-products (such as blood, fish & bone and manures), meet like-minded people, ask questions, learn! For beginners or experts in growing.. All are welcome, not just Vegan Organic Network/Trust members. Cost: £18 (incl light refreshments) which helps to fund VOT's valuable work in promoting stockfree farming. Numbers are limited so book early! To reserve your place, send full payment (payable to VOT) to Graham Cole, Coach House, Holywell Estate, Swanmore, Southampton SO23 2QE. Tel: 01489 896471. Email: [veganrainbows@tiscali.co.uk](mailto:veganrainbows@tiscali.co.uk). Full details will be sent on receipt of payment. Closest railway station is Pangbourne (about 2 miles from the farm).

See [www.veggies.org.uk/calendar.htm](http://www.veggies.org.uk/calendar.htm) for the latest vegan + animal events. Vegan related events are also at [www.veganviews.org.uk](http://www.veganviews.org.uk).

# SABINA FUND

The FARM Sabina Fund is currently accepting applications for small grants for projects to reduce consumption of animals. The guidelines are listed at [www.farmusa.org/sabina.htm](http://www.farmusa.org/sabina.htm). The Sabina Fund was established by FARM in 1999 to fund grassroots projects reducing consumption of animals and publicizing the devastating impacts of animal agriculture. The Fund honors the memory of FARM President Alex Hershaf's mother, Sabina, who passed away in 1996. Since 1999, they have awarded grants to more than 100 grassroots groups in the US and two dozen other countries. Kelcey Meadows, Sabina Fund Coordinator, FARM. They favour giving grants to groups in the US or developing countries.

*Info received from International Vegetarian Union (IVU).*

## VEGAN INFANTS - UPDATE

In 2000 we published a 16-page booklet on vegan infant case histories. It included 33 infants from 19 families with a photo of each child, together with the date and weight of birth. Each parent set out a typical day's menu at the weaning stage. The booklet carried forewords from a medical doctor, a NHS dietician and a midwife.

We have just carried out the second monitoring of these infants, the importance of which may be judged from the realisation that the last published medical research paper on vegan infants aged 1 – 5 years (by Sanders & Purves) was way back in 1981. Our booklet and follow-up monitoring fulfil a very necessary gap to demonstrate to the health professional that vegan infants are being brought up most successfully. Indeed, they are being given a healthy start in life in vivid contrast to their omnivore counterparts because the NHS is being stretched at the seams with adult diseases activated by their faulty dietary upbringing. The vegan infants have higher intakes of vegetables and fruit and, therefore, higher antioxidants and lower intakes of saturated fats compared to their omnivore peers.

This second monitoring provides the weight of each child which shows very satisfactory growth levels have been maintained. It also indicates that overall good health has been maintained and it is appropriate to add that so many parents refer to their offspring's strong energy levels! In essence, the monitoring shows that the infants who were fit and well when the booklet was published in 2000 continue to enjoy this healthiness. It is planned to use this group of vegan infants for further research as a guide to health professionals and also to parents.

*Arthur Ling, Plamil Foods Ltd, [www.plamilfoods.co.uk](http://www.plamilfoods.co.uk).*

*See p17 for details on ordering the booklet.*



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# VEGAN SHAKERS

## Part 3 – Interview with Steve Walsh



*Steve Walsh has been a Vegan Views subscriber since meeting Harry Mather at Vegan Camp around 1995. He is the Chair of the Vegan Society council, and has written many articles on vegan nutrition, including vitamin B12 requirements. Interview by John Curtis.*

### **Tell me how your interest in nutrition started.**

Even before giving up meat I had a moderate interest in nutrition. I wanted to go vegan for ethical reasons, but made sure first that the diet would be healthy. I went to the British Library and spent a day looking up references on vegan diets and concluded that a vegan diet wouldn't do me any harm at all, so I went vegan. Later, I did more research into vegan nutrition for children, since my daughter went vegan shortly after I did.

My interest in nutrition revived again after going to a few Vegan Camps and meeting many more vegans. Some vegans had odd notions about B12, such as "you can get it from comfrey, mushrooms, and organic vegetables." These are not reliable sources. I enjoy doing research, and from these misconceptions, I saw opportunities for vegans to have better health. Researching into nutrition became a major interest. Three years ago at the Vegan Society AGM, some council members spoke to me and suggested that I join the Vegan Society council. I try to ensure that Vegan Society information is bang up-to-date, accurate, effective and accessible. I've spent over 20 hours a week researching nutrition for the last three years.

I am now on the IVU (International Vegetarian Union) council as Science Coordinator, and try to promote good nutritional information among the member societies. Vegans are, of course, vegetarians and the percentage of vegetarians who are also vegan is increasing steadily. All the food at the last three IVU congresses has been vegan. I pushed for an agreed statement on vitamin B12 for the member societies to base their information on. This statement was endorsed by many organisations and vegetarian doctors and nutritionists. It has been translated into many different languages and helps remove the confusion that has existed on vitamin B12 (see [www.vegansociety.com/html/info/b12sheet.htm](http://www.vegansociety.com/html/info/b12sheet.htm)).

### **Tell me about your conversion to veganism.**

I saw a TV programme in 1987 showing a cow with BSE, shaking, stumbling and falling about. I didn't believe the assurances given on the programme that it wasn't a risk to human health, and I was disgusted that cows were fed the remains of other cows. I then gave up meat. I looked into farming more over the next few years. There is no real separation between farming for meat and farming for milk. Dairy cows are usually treated worse than beef cattle and chickens are treated atrociously, so I stopped using dairy and eggs. Finally, in 1993, I accepted that even fish caught after a life in the wild suffered greatly when caught, so I

became a vegan. Incidentally, the health benefits of eating fish are greatly exaggerated – you can get omega-3 fats from plants such as flaxseed, rapeseed and hempseed and avoid the suffering of the fish and also the mercury poisoning which has been found to largely cancel out any health benefit from fish omega-3s.

### **How much B12 do we need?**

To maximise health, we need to get at least 3µg (µg = microgram = one millionth of a gram) if it's spread across two or three meals a day. This intake minimises homocysteine levels in the blood, which is important since increased homocysteine is associated with increased risk of birth defects, depression, dementia and death.

Our physiology is such that we absorb B12 very efficiently if there are small amounts in the food we eat, but we don't absorb it so well if we take it in larger amounts. If you take B12 just once a day, you need 10µg per day to minimise homocysteine levels. On the other hand, if you take a B12 supplement once a week, that supplement must contain about 2000µg to minimise homocysteine levels since for this large dose, the absorption is just between 0.5% and 2%. If, however, you have a small dose of 1 µg, the absorption is over 50%. B12 has no known toxic effects even if taken in high doses. B12 supplements should always be chewed to improve absorption.

### **What is the recommended daily intake of B12? I've heard that it's higher in the US than in the UK.**

In the UK, the lower recommended nutrient intake (meaning there is significant risk if you get less than this) is 1µg daily, and the recommended intake (meaning that there is negligible risk of deficiency above this level) is 1.5µg daily. But these recommendations are only to avoid clinical deficiency which can result in pernicious anaemia and nervous system degeneration. Higher intake is required for optimal health – at least 3 µg per day. In the US, the RDA (Recommended Dietary Allowance) is 2.4µg for most adults. It is higher than the UK figures because absorption declines with age, and the US recommendation aims to build up significant stores in the body as a reserve for old age. Minimising homocysteine levels was not taken into account when setting the US levels.

The B12 levels in fortified foods in Europe usually pitch at the labelling EU RDA for a single serving (e.g. 1 cup of soya milk), which is 1µg for B12. Non-vegan food manufacturers seem reluctant to fortify beyond the labelling RDA so usually fortify their plant milks to similar levels to those found in animal milks, missing the opportunity to give their products an additional health advantage. Vegetarians get some B12 from dairy and eggs, and on average more than vegans, but generally not enough to minimise blood homocysteine levels. All vegetarians should use B12-fortified foods or a B12 supplement.

**When I phoned Plamil founder Arthur Ling around last Jan/Feb, I told him that Plamil vegan milks have higher levels of B12 than other brands (e.g. Provamel) and asked him if the fortification level had changed. He told me the level had always been the same since it was introduced in 1965 and the formulation had been in consultation with vegan medical doctors including Frey**

**Ellis. He said he had no idea how this compared with other soya milk manufacturers because they were not vegan orientated and they would doubtless not have consulted vegan nutritionists and would have based their formulation on cows milk.**

Frey Ellis, who was active in the Vegan Society in the 1960s, was a consultant haematologist and had a strong interest in getting the maximum benefit from a vegan diet. He recommended 5µg/day. 300ml (a large glass) of Plamil soya milk gives 5µg of B12, so this fits in with Frey Ellis' recommendation. For many years, this message of the need for a good intake of B12 continued, but then it faded for a while in the vegan community, probably because you only need about 1µg a day to avoid deficiency. But with just 1µg you could still have elevated homocysteine levels.

#### **What else determines blood homocysteine levels?**

Homocysteine levels also rise if folate intake is low. This is unlikely to occur in vegans since rich sources of folate are foods like greens, beans and oranges, but is relatively common in meat eaters. Low intake of B6 also raises homocysteine levels, but almost everyone gets enough B6 since it is widely spread in many different foods. Even though vegans tend to have good folate intake, their homocysteine levels tend to be higher than those of meat eaters because vegans tend to have lower B12 intakes. But if vegans increase their B12 intake, their homocysteine levels tend to drop below those for meat eaters.

**Most vegans are not vegan for health reasons, and some are going to say that they aren't fanatical about their health, so won't be taking your advice. Some vegans will say "if we need B12-fortified food or supplements, our diet is unnatural".**

I'd like to see people who've chosen a vegan diet thrive on it not just for their own health, but to show that veganism is a healthy option, which will influence more people to choose a vegan diet. It's not an issue of naturalness, but of the unnaturalness of our present-day cleanliness of food. In the past, plant-based food would be accompanied by dirt and much higher levels of insect contamination. Primates in the wild have healthy levels of B12, but in zoos, their B12 levels plummet because their food is very clean, so they don't incidentally take in much dirt or insects. Monkey World have to give their primates B12-fortified foods to compensate.

#### **Is B12 in supplements or fortified foods actually vegan?**

All commercial B12 is produced by fermentation reactions using bacteria which excrete B12 – just as other microorganisms excrete alcohol in fermentation reactions to produce wine and beer.

**Malcolm Horne and Chris Sutoris have recently criticised the Vegan Society in Vegan Views. Since you're the Chair of the Vegan Society council, I'd be interested in your thoughts.**

The Vegan Society strives within limited resources to be a broad church, and covers health, animal rights etc. A lot of work has recently gone into revitalising the local contacts, particularly by Patricia Tricker. There is an extensive listing of local contacts, local groups and vegan events in The Vegan. Vegan Views is highly regarded – many of us

on the Vegan Society council are subscribers. We don't see Vegan Views as competitive, but as complementary to the Vegan Society. Vegan Views is listed in the Animal-Free Shopper, and we had a news item on it in the Summer 2003 magazine.

**Perhaps you're waiting for grassroots groups to write in articles, rather than getting in touch with them and regularly reporting what they're doing in *The Vegan* magazine? For instance, the Vegan Organic Network are trying to establish an Education and Research centre for stockfree farming, producing standards for vegan organic food similar to the way that the Soil Association does for organic food, and are putting together a Growers' Manual to help farmers to take up stockfree farming.**

If we find that a particular *Vegan* magazine is unbalanced, for instance if there is too much on nutrition, we try to balance it up by inviting someone to write an article on for instance animal issues. This was the case in the Summer 2003 *Vegan* magazine, so we contacted Maneka Gandhi, and she wrote an article on the cruelty of silk production. VON helped us with another recent article on veganic growing. VON have been making excellent progress towards commercial veganic agriculture, and I expect an update on this would be of interest to our members.

#### **Have you ever been a burger and chips man?**

When I was a teenager, I was very keen on fish and chips. I still occasionally eat chips. At home, it's easy to cook tasty food that's also healthy so I avoid chips, but it's more difficult when you're travelling. At Vegan Camp, if there's a chippy nearby I sometimes get chips but they shouldn't be a major part of anyone's diet. I'm not a health fanatic, but I am reasonably cautious about what I eat.

#### ***Foods available in the UK that are B12 fortified are:***

*Some vegan margarines, e.g. Pure Soya spread, Pure Sunflower spread. Note that organic margarines, including Pure Organic Sunflower spread are **not** fortified with B12.*

*Some breakfast cereals – check the label to find out.*

*Some Soya milks. All Plamil milks (soya and also White Sun) have good levels of fortification so are excellent sources. Some Provamel (Alpro) and supermarket own-label soya milks are fortified, but to a lower level than Plamil. Organic soya milks are **not** fortified with B12.*

*Some Yeast Extracts and yeast-extract-based stocks. Meridian yeast extract (both standard and low-salt varieties) have good levels of fortification so are excellent choices. Natex, Marmite, Vecon and some supermarket own-label yeast extracts are B12-fortified, but to a much lower level. Vegemite, Vitam-R and Engevita are **not** fortified with B12.*

*The above list is not complete – let us know if you find any others. In all cases, check the labels to make sure that they are B12-fortified since manufacturers could re-formulate. Check the Animal-Free Shopper to make sure that a particular fortified food is vegan, as there may be animal-derived ingredients such as vitamin D3 (only D2 is vegan). If you find that your breakfast cereal, soya milk, yeast extract or margarine is not fortified with B12, it's a good idea to switch to ones that are.*

## VEGAN ORGANIC GROWING



*VV subscriber Graham Cole has worked on several large gardens since 1978. He is a strong supporter of the Vegan Organic Network, and will be the presenter on their forthcoming videos on stockfree organic agriculture that are being filmed this summer.*

As I write (May 31st) the really warm weather has arrived, all the tender plants are in the ground such as Runner Beans, Courgette, Sweet Corn, Squash and Dahlias and summer is underway! At this time we are already looking ahead to the winter crops with the brassicas sown in early May being planted out during June – Purple and White Sprouting Broccoli, Savoy Cabbage (particularly January King), Kale and Brussels, which I sow a bit before the others and plant out mid to late May here in the south. These are sown under cover (frame or greenhouse) to be good sized plants – the reusable plastic plant modules (24 squares) are good for plant raising. This brings us to the subject of seed/potting composts where a good medium is required to get plants off to a good start when the weather is cold and/or wet, and in the case of slug/snail vulnerable plants, results in more robust plants able to get away with less or no damage when finally planted out. Food crops need warmth and darkness to germinate and then good light on a south facing windowsill, cold frame or, best of all, a greenhouse, before being planted outside.

### Composts

The problem with most of the available composts on the market is that they contain peat, chemical fertilizers and/or so-called organic fertilizers which means animal wastes such as bonemeal, blood, fishmeal and poultry manure. For many years I made my own based on sieved loam and sieved garden compost, leafmould, sharp sand and seaweed meal with some inevitable weed seedlings coming up! Now as ecologically-minded vegans we can obtain a peat-free, chemical-free organic multipurpose compost with no animal ingredients from B&Q based on composted bark and plant wastes. I have tried it for the last 2 seasons and got good results – however for seed sowing adding sharp sand gives a lighter, open medium. I can recommend it, it comes in blue and white 20, 50 or 75 litre bags and is very well priced at £3.78 for the 75 litre bag, the same price as B&Q's 75 litre bag of non-organic peat-based compost, in fact. No, I don't have shares with B&Q!! Composted municipal waste (i.e. grass and tree cuttings) is also available in some areas – try your local recycling centre. In Hampshire, three 30 litre bags cost £5.

For many purposes I also use pelleted hop manure – a useful by-product from brewers and less smelly than the spent hops I used to obtain! This can be added to potting mixtures for greedier plants such as sweet peppers which I grow in large pots on the greenhouse staging. I still also make my own potting mixture for some things, now adding the B&Q multipurpose instead of leafmould, or when I run out of it. The use of ordinary garden soil can't

be recommended for seed and potting – a friable, open but also moisture-retentive medium with good nutrients is what is required. The use of seaweed meal can add valuable trace elements essential for plant and human health – if our soils are nutrient-full and healthy the plants will be too when we eat them. The heavy use of artificial fertilizers, monocultures and soil damaging practices have left depleted soils with lower nutrient levels in food compared to 40 years ago.

### Summer Plantings + Green Manures

At this time, outside sowings of lettuce, carrots, radish, beetroot (the yellow variety is also nice) can continue, and July is the time to sow Chinese vegetables such as Chinese cabbage (Early Jade Pergoda). Green Manures should be considered whenever an area of ground is free for six weeks or more, and is of great value through the winter. Sowings can be made anytime between March/April to Sept/Oct with the most valuable ones being the legumes which have the ability to take up nitrogen from the air – tapping a free source of fertility. They also provide the most dense ground cover so I mainly use Trefoil, Clover (Kent White is good low growing for intercropping or understorey), Winter Tares (slower growing but good cover if established from early autumn sowings) and even Alfalfa, which can be cut for compost material. All can be cut during good growing seasons to provide useful bulk for the compost heap – just last week (late May) our overwintering Tares were cut to the ground before flowering and the ground was lightly cultivated for the next summer crop. Phacelia, although not a legume, establishes quickly and will overwinter and give some good ground cover – dig in before flowering. I also have patches of it which I let flower as an excellent attractant to beneficial insects and bees. Buckwheat can do the same.

So, bare soil can and should be covered, and green manure plants will benefit the soil – replacing soil nutrients, improving soil structure and increasing humus content, the lifeblood of the soil. Nutrients which would otherwise be washed away are taken into the plants and then released when the green manure is cut down (when still soft and not "woody") and turned in to the top six inches of the soil.

### Strawberries

Good new plants can be produced by pegging the ends of the runners of existing strawberry plants in June/July into separate 3½ inch flowerpots filled with compost and sunken into the surrounding soil. Make sure the compost doesn't dry out. The plants produced from runners in this way should be severed from the parent plant, carefully taken out of the flowerpots, and planted in a new strawberry bed 18 inches apart in rows separated by 2 feet by the end of August to get good-sized plants for the next season. *Finally, have a good growing, harvesting and eating summer! I'm organising the Vegan Organic Farm Visit at Tolhurst Organic Produce this year [details: p3], so I'll perhaps see some of you there.*

### Useful Information

Vegan Organic Network, Plants for a Future, and Movement for Compassionate Living: see back page.

A FATHER AND HIS SON GO TO THEIR FIRST VEGAN PICNIC

DO WE HAVE TO GO? I KNOW I WON'T ENJOY IT!!

YOU DON'T KNOW THAT... HAVE AN OPEN MIND!

THERE'LL PROBABLY BE A WHOLE LOT OF WEIRDOS THERE!

NO THERE WON'T... TRUST ME!!



OR ET'S EATING SPROUTS AND GREEN MARTIAN FOOD!!



I'M SURE THERE WILL BE LOTS OF TASTY FOOD THERE TO EAT.. CHILL OUT!!

I'LL BET THERE'S NO KIDS THERE. PROBABLY ALL OLD DWARFS WITH TOFU FOR BRAINS!!!

DON'T BE RUDE!

MAYBE THEY'RE VEGGIE ORKS!! FIGHTING OVER A HOBBIT-MEAT-LOOK-ALIKE!! THEN THEY WILL SURROUND ME.... I THINK I'LL STAY IN THE CAR!!

DON'T BE SILLY



WHAT THE...!!



WE'RE HERE! THERE'S THE PICNIC

UH OH!!



COME ON DAD! HURRY UP!! WE'RE MISSING THE FUN!!

I WONDER IF THERE ARE ANY ORKS HERE!



WELCOME! COME AND JOIN US!



HAVE A GREAT SUMMER

## THE X FILES

Earlier this year, *the Guardian* ran an article by a former vegetarian and animal rights campaigner who had started eating meat again after 14 years (Rachael Oliveck, 29 January 2003). Her argument was that meat eating is sexy. "It implies a lust for life [*sic*], a healthy appetite, and a hot-blooded, racy taste for flesh". Besides, vegetarians were no longer seen as cranks (presumably they are now seen as well-adjusted non-sexy people).

"Vegetarians feel they have been proved right... I feel the battle has been won," purred sex kitten Oliveck. What battle was that, then?

The theme of returning to meat eating seems popular with the media. A few years ago, *New Woman*, magazine assured us that vegetarianism was now "in" (Yvonne Illsley, "Mmm, Bacon and Eggs...", *New Woman*, October 2000). Celebrity chefs like Jamie Oliver were making meat "trendy"! That is not entirely fair on Sainsbury's finest. The ultra-carnivorous restaurant critic A A Gill has reported that Jamie charms vegans. He enthuses about how much he likes catering for them. Bless! ("Table Talk: Jamie Dodger", 10 September 2000, *Sunday Times*, Style Section).

Yet the ex-vegans are out there. Why? A glossy magazine called *Organic Living* had an article by one of them, Ysanne Spevack ("About Organic Meat or...How I Changed my Tune!!" May 2000). Spevack claimed she originally went vegan because she "could not rationalise killing animals to make my dinner". Question 1 to her: does killing them for breakfast or lunch not count?

She also said she was "disgusted" that battery poultry have "artificially short and horrible lives". Question 2: do unwanted male chicks not matter? Even on organic farms, they are killed as soon as possible.

Other organic animals may prosper, but they don't live long. At best, organic poultry may live a few weeks longer than their battery counterparts. They live for 6 to 10 years in sanctuaries. Question 3: if organic animals are happy, is it right to end their lives prematurely?

Spevack claimed, "You simply cannot grow organic lettuces without using organic fertilisers made from blood products". Simply wrong.

An article in the Summer 1999 issue of *New Leaves* explained that lettuce can be grown using vegan-organic methods. It can even be grown indoors, as can tomatoes, peppers, aubergines, peas, melons and strawberries (Alan and Elaine Garrett, "Growing Indoors", *New Leaves*, Summer 1999). The Soil Association, government-backed bodies like Elm Farm Research Centre and businesses like the Co-operative Wholesale Society have all stated that vegan-organic methods work. Question 4: why did Spevack and the editor of *Organic Living* not bother to check the facts?

That doesn't mean vegans should boycott all organic food unless it is produced by vegan-organic methods. Yes, conventional organic farming uses animals. The hunting lobby tries to exploit the fact they aren't in battery cages,

claiming that one organic farmer "kills 100 foxes a year" (*Hunting: The Facts*, British Field Sports Society, undated). On the other hand, the chemicals used in conventional farming were tested on animals. Some organic foods may happen to have other positive qualities. For example, sugar-free pasta sauce and fair-trade tea bags. Plus, at least organic food is GM free.

A few years ago. I tried to find out why some people return to meat. I knew someone who had seemed on the point of going vegan, but started eating meat because she found she was allergic to beans. I interviewed her, plus another acquaintance who was doing fine as a vegan despite a soya allergy. Their views were interesting but deserve a separate article.

I also interviewed Mark. He is a former vegan who went back to eating meat after being given incorrect advice by a (so-called) environmentalist. He was doing volunteer work for a conservation charity. Mark intended to form a "tribe of vegan gatherers" who would be self-sufficient and live off the land. He advertised to find other members for the "tribe". The head of the charity, whose advice Mark trusted, told him that would be impossible. Each person would, he claimed, need 100 acres to supply their basic needs.

Plants For a Future, by contrast, says that its research, and that done by government agencies, indicates that one acre of the right plants could meet a person's basic needs. They suggest that creating woodland gardens would be ideal. Once the tree layers, shrubs, ground cover plants, root crops and climbers (all perennials) were in place, growers could take it easy. "All the work you have to do to a mature forest garden is come along and pick your food."

The environmentalist Mark should have admitted that not all the food eaten by farm animals is turned into meat, leather, glue, milk, manure, eggs, etc. Most of it is used for energy by the animal. It has been proved that fruit and nut trees could grow in many areas supposedly only fit for grazing. Ysanne Spevack claimed she originally became vegetarian because the world "could easily feed more people" on a vegan diet. Question 5: do organic animals eat less than other farm animals? Which diet plan are they following? Seriously, it's good they aren't force-fed. On the other hand, the very fact they may live longer and they move around presumably means they eat more overall than animals with less freedom.

Ysanne Spevack is vague on the subject of health. She said she began eating meat again because she "was beginning to feel a bit undernourished". Question 6: what, if anything, was actually wrong with her? She does not say. The nearest she gets to evidence is citing a one-time vegan who ate meat on holiday. Back home he "had lost the strength and stamina he enjoyed whilst eating meat in Greece". He had more energy on holiday! Away from work. Free from major demands on his time. How extraordinary. It must be a case for Mulder and Scully.

The *New Woman* article gave us the example of several celebrities who had allegedly stopped being veggie. One of them was actress Julia Sawalha, who claimed she was not getting enough protein without meat or cheese. She went

back to meat after dreaming about it. (That's not a dream, it's a nightmare.) Strangely, Oliveck wrote that if being an ex-vegetarian is "good enough for Julia Sawalha, it's certainly good enough for me"

That is a sad attitude. To paraphrase numerous primary school teachers, if your favourite film star threw themselves under a bus, would you do the same?

No!!! And not because they would use a stunt double. (Look at the credits. Stunt doubles, writers, hair and make-up people, special effects, the list is long. Hordes of people are paid to give us the vague but persistent feeling that famous people are prettier and wittier than us!) My friend Lesley has a theory that it is best to fancy only celebs that are at least veggie. But what if they become ex-veggies? Or if the media got it wrong (yes, this *can* happen, would you believe it?) and they weren't really veggie in the first place? If I met a non-vegan celeb, I would be the gorgeous, talented, witty vegan who made them feel that veganism made total sense. (That's my story and I'm sticking to it.)

Organic animals munch their way through loads of grain. They fart Methane, a greenhouse gas. They get slaughtered. Their flesh is repulsive and inedible until it has been disguised by cooking. Then it starts clogging up arteries and colons. Rachael Oliveck may think meat eating is sexy, but it isn't.

**Katharine A. Gilchrist**

□□□□□□□□□□

## New Veggie Café in Cornwall

The Bean Inn Vegetarian Café at St Ives Rd, Carbis Bay, Cornwall TR26 2RT opened in June, offering delicious, healthy breakfast, lunches & afternoon teas, picnic hampers, takeaways, Sunday Roasts & much more. They are offering a 25% discount to customers who bring this magazine with them. Email: [info@coastcornwall.co.uk](mailto:info@coastcornwall.co.uk) Web: [www.coastcornwall.co.uk](http://www.coastcornwall.co.uk). Tel: 01736 795918. Open Wednesday – Sunday, 9.00 am – 4.00 pm. They also have a B&B there called Coast B&B.

## New Guest House in Derbyshire

There is a new Vegetarian/Vegan Guest House in Darley Dale, near Matlock, Derbyshire run by David Matthews and Jennifer Joy, 3, Unity Villas, Dale Road North, Darley Dale, Matlock DE4 2HX. Tel. 01629 732445. Email: [joymatthews@supanet.com](mailto:joymatthews@supanet.com)

*Details sent in by Sue Fox of Ripley, Derbyshire, who would like to know of a vegan Glucosamine as Quest no longer do it. Someone's asked her for an alternative for Ritalin.*

## Vegan Pub in Glossop

*The Globe* in Glossop has been around for many years, but in mid-January this year it opened a vegan restaurant within the pub. In April, we spoke to Paula, the chef.

She told us that they started with bar snacks that were fully vegan, and later opened the restaurant. They are now open every evening except Tuesday, and are open on Saturdays

and Sundays from 1 p.m. till 9 p.m. The restaurant room is a smoke-free area, although smoking is allowed in the rest of the pub. The pub itself is busy, and the restaurant is picking up. There isn't a fixed menu, but when we spoke to Paula, the menu that week was:

**Snacks** Vegetable samosas; onion bhajees; home-made soup with home-made bread rolls; hummus and pitta bread.

**Main Meals** Brazil nut roast with onion gravy; rose cocoa bean and mushroom curry; roast vegetables (sweet potatoes, pumpkins, onion, celeriac & parsnips) and tofu in a satay sauce; cauliflower, coconut and butter-bean bake.

**Deserts** Sultana flapjack; malted peanut flapjack; carrot cake; ginger cake; banana crumble.

The pub is owned by Diana and Ron, and the restaurant is run by Paula. All three are vegan. Paula ran the Sunflower restaurant in Ashton-under-Lyne for three years until 1993 when it closed down. For the last eight years, it was a vegan restaurant. The Globe is a live music venue that has music on most nights of the week. There is also a global music committee which books bands from all over the world to play in the large function room upstairs. There have been bands from India, Africa, South America and the former USSR to name but a few places that have played there.

Several ManVeg (the local vegetarian & vegan group in Manchester) members have already been there, and they have all raved over it – very reasonable prices, very large portions, and very good food.

The Globe, 144 High Street West, Glossop, Derbyshire SK13 8HJ. Web: [www.theglobepub.org](http://www.theglobepub.org). Email: [foodattheglobe@hotmail.com](mailto:foodattheglobe@hotmail.com). Tel: 01457 852417.

### The Globe Midnight Feast Dates

Friday 19th September and Friday 19th December. Band starts at 9.30pm and food will be served at 11.30pm. This is the same for all 3 dates. The band is the Woodbank Street band (all members are vegan). They play a mixture of ska, reggae, jazz and funk. Tickets are £5 advance booking and can be bought from the Globe. Tel 01457 852417 or 07790 651770.

## Tax on Livestock Emissions

*Extract from the Independent Newspaper 21st June 2003.*

Farmers in New Zealand might be charged a "flatulence tax" as part of the country's efforts to combat global warming. Greenhouse gases expelled by livestock are responsible for about half of New Zealand's emissions. They will have to pay up to 72 cents (24p) per cow and nine cents (3p) per sheep to reflect the damage they cause to the environment. Deer and goat farmers will also be taxed. The levy, expected to come into force next year, will help to fund research on ways for New Zealand to meet its commitment under the Kyoto Protocol to reduce harmful emissions. The tax is expected to cost the typical family farmer up to \$300 (£100) a year. Initially, pig and poultry farmers will be exempt, because their animals produce less than 1 per cent of agricultural emissions.

## CHRISTMAS IN BANGKOK

Christmas in Bangkok, though immensely looked forward to during the preceding weeks was a whole lot worse than I could ever have imagined and I struggled to maintain equilibrium in such an intense and polluted environment. My eldest son, who is resident there, has adapted to the heat, humidity and extreme pollution of this heaving city, but it knocked me sideways from day one.

I was excited at being given a medical all-clear to fly after seven years, but despite the enormous precautions I took against DVT, I experienced problems with my heart whilst training in the gym there, and intermittently for some time afterwards.

Once home, I contacted my cardiologist who confirmed further damage to the valves had occurred. We were again looking at a heart transplant. However, I had also been experiencing problems with my right hip and, three days after consulting my cardiologist, an extremely large tumour was found in the hip socket. This was devastating news after several months in remission. However, I know that this is the nature of the cancer and so I have been working very hard to get this under control since then. It has now reduced to less than one third of its original size, but the trauma has triggered new activity in a tumour high in my left arm. I have to get both these tumours in remission before any operation can take place on my heart.

I have been working with a German doctor who is also a toxicologist and bio-chemist since January, and the treatment we have applied has most definitely taken away any immediate danger to my heart which is now relatively stable, though still requiring surgery. I took all staple foodstuffs with me, during the time I was in Bangkok, but did accompany people to restaurants, etc. There is a vast array of vegan foodstuffs to be enjoyed – side-by-side with chips and burgers of course! Only a handful of vegetarian restaurants though. Food, of all descriptions, and incredibly cheap, is freely available from street stalls, which line most main roads, so long as you do not mind breathing in all the fumes from traffic passing by in extremely close proximity! – Not to mention the continual smell of cooking/burning foods!

Definitely not my idea of a good time! I dislike cities anyway, so I knew staying in the centre of one of the most populated/busy and humid ones would not go down too well! I told my son that he would have to move to Hawaii or similar, if another visit was requested! If any of you are considering a visit – my recommendation is ‘don’t’ – or at least accommodate yourself outside of Bangkok and use the sky-train to travel around on. This is the only form of transport that actually ‘moves’ in Bangkok as most of the roads are grid-locked day and night!

Notwithstanding all this, two weeks ago I evaluated the risks to myself of competing at the British Masters’ Power Lifting Championships in Scotland.....and decided to go ahead.

It was a good decision. Not only did I retain my fifteenth British title, I also improved on my last year’s total, so I was well pleased with that!

The situation I am in with this health condition occasionally ‘allows’ me to make rash decisions – this was one of such decisions, which paid off without any detriment to myself.

At present the tumour giving me major concern is the one in my left arm; it continues to expand its dimensions in the month since activity was diagnosed. Nine tumours remain dormant. The arm is much weakened, though still mostly functioning. I am applying everything I can to bring it into remission and will then consider the potential downsides that heart surgery may hold. Provided my health holds/improves, I have been asked to talk at the Vegan Festival on 14<sup>th</sup> September in London. I hope some of Vegan Views readers will be attending – please come and introduce yourself!

*Love, Light and Peace,*

*Pat Reeves.*

*Practitioner of Nutritional and Functional Medicine. Web: <http://livingfoods.pwp.blueyonder.co.uk>. Email: [pat.reeves@blueyonder.co.uk](mailto:pat.reeves@blueyonder.co.uk). Tel. 01384 270270.*

## BREAST MILK THE BEST MILK

I had always known the dairy industry was cruel, especially the separation of calf and mother, but it was not until my first child was born five years ago that the full impact of this hit me. In my arms was my small helpless baby totally dependent on me for milk. The thought of my baby being denied this was a terrible notion, yet for many it is still not acceptable to deprive the calf of its mother’s milk in order to “feed” humans. I made another shocking discovery. It is not just calves that are deprived of their mother’s milk. Many human babies are deprived of their birthright – their own mother’s milk. Government statistics for 2000 show that at birth only 69% of babies are breast fed and this drops to 52% at two weeks and only 21% at six months. The World Health Organisation recommends exclusive breast feeding for the first six months of life and that breast feeding continues for the first two years of life. The alternative for these babies is artificial milk, which in no way matches the superiority of breast milk and usually contains cows’ milk in some form.

I decided to train as a breastfeeding counsellor with the Association of Breastfeeding Mothers so that I could support women who wanted to breastfeed. I would urge all other vegans to support and encourage women to breastfeed. If all babies were breastfed we would have a healthier population and there would be less demand for cows’ milk. If there are vegan mothers out there who want support with breastfeeding, they can contact me, Jessica on 01823 289393 or ring the ABM 24 hour helpline on 020 7813 1481 for a counsellor on duty. The web site has useful information too: <http://home.clara.net/abm>.

There is something wonderful about breastfeeding your own baby. Every mother of whatever species should have the right to do this.

*Jessica Wintrip*

# GRASSROOTS NEWS

See p 19/20 for contact details + websites.

## Vegan Organic Network/Trust (VON/VOT)

In May, VOT were awarded a **£3,600 grant to purchase video equipment** to make various videos on stockfree organic growing. The grant was from the Cyril Corden Trust (see p16 for details). VOT plan to start filming on various vegan organic farms this summer.

As reported in VV96 p13, VOT are also trying to acquire a **stockfree organic agriculture, education, research and development centre**. They have since told us that they have found a suitable site in Rochdale, and negotiations are at an advanced stage, although nothing is finalised, so fingers crossed.

Once again, they are organising a **Farm visit at a vegan-organic farm** in September: Tolhurst Organics (see Events, p3). This farm has recently been **featured in the HDRA magazine** (Henry Doubleday Research Association, who research into organic growing), mentioning VON too. It also **featured in a very positive light in Countryside magazine**, published by NFU (National Farmers Union). This is surprising since the NFU represent mainstream farming, and are normally very conventional in their approach.

## Ancient Woodlands Project, Yorkshire

This 29-acre woodland is 3 miles from Scarborough, and forms part of the National Park. It is being run by Louisa Smith, a VV subscriber who wrote an article about it in VV96. She purchased the land recently, and her plan is to convert it back into a native woodland. Louisa and her two enthusiastic kids (aged 12 and 8, both vegan from birth) are keen to grow things. Louisa's first step was to see the land during different seasons, find the frost pockets, etc. She has had several site surveys done, one by the Native Parks Woodland Officer, who was very pleased with her intentions. Yorwoods ([www.yorwoods.co.uk](http://www.yorwoods.co.uk)) who are Yorkshire-based were also helpful – they promote the sustainable use of woodland. And Tomas Remiros – Permaculture Association – to give help and advice on Permaculture and the existing species etc.

The woodland hasn't been intensively managed so there is natural regeneration. Ultimately, Louisa would like to get a gang of volunteers to clear paths, etc. Tree guards have been left on many trees – they should have been removed 10 years ago – so they need to be removed. There's naturally regenerated birch that needs thinning, and the gorse needs clearing. Yorwoods advised her not to start straight away (so no volunteers are needed until the **week of 1st-8th of September – see Events p3**) but to get a management plan together first, to decide what to do in 3 months, 6 months, 1 year, 5 years, etc.

One thing that Louisa urgently need help with right now is for **someone to gather useful information on woodlands** to be added to their website. Plants for a Future ([www.pfaf.org](http://www.pfaf.org)) have lots of information on their website, whereas Louisa's is very basic, but needs more (e.g. on sustainable forestry, hedge-laying, coppicing,

permaculture, tree-planting, green woodworking and organic gardening) so that it attracts more visitors to the website, and might help her to get funding and volunteers in the future. You do not need to know how to update the website – Louisa already has a volunteer to do that (although offers of help on the website are also welcome) – but just to supply the information. You also don't need to live in the Scarborough area. **If you can help with this, please contact Louisa** on 01723 514525 or 07748 101117. Email: [Ancientwoodlands@aol.com](mailto:Ancientwoodlands@aol.com). Web: [www.woodlandproject.org.uk](http://www.woodlandproject.org.uk).

*Julie from Leeds offered to volunteer but Louisa has lost her details. If you're reading this Julie, please get in touch.*

## Plants for a Future

Richard Morris of PFAF writes...

It's time for a big re-think at the Blagdon site. The first three years of the planning has now expired, and we are putting a new application together and are in discussion with the planners. It's now the perfect time to form a new group with a fresh outlook and a number of new faces are already appearing. We will be holding **regular meetings on the 3rd weekend of each month starting on the 19th/20th July**. If you want to get involved please come along to the meeting, ring 01208 872 963 for details. We've also come to the conclusion that **we really have more land than we need. We would be happy to talk with groups and individuals looking for land.**

The immediate focus will be on making the site presentable and clear of tat. Good progress has been made in this direction: all the piles of hardcore have now been crushed and turned into a car park and big fun was had demolishing caravans. There's still a few more to go if you fancy a bit of destruction! After that, work will begin on planting around the entrance way. The Field in Cornwall is looking really vibrant at the moment, from a distance it is really beginning to look like a woodland. Two new volunteers have been coming a couple of times a week and **new volunteers are always welcome.**

**Plans are afoot for getting the catalogue off the ground.** We have already been in contact with a number of small nurseries who are growing plants for us. Together they can supply 175 PFAF-style plants.

The Overseas Aid Charity for Vegetarians & Vegans is	
<b>VEGFAM</b>	
(British Registered Charity No. 232208, Inland Revenue Ref XN8555)	
<b>FEEDS THE HUNGRY WITHOUT EXPLOITING ANIMALS</b>	
The Fragile Environment of Developing Countries cannot support TWO populations	
<i>Humans and their Food Animals.</i>	
For over 30 years VEGFAM has provided short and long-term Relief to People who have been the victims of Drought, Flood, Cyclone or War in over 40 countries. Our Supporters control how much of their Donation goes on Administration since VEGFAM operates three separate Funds for the use of Donors/Testators the particulars of which are:	
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Tel/Fax Lydford (01822) 820203 or (01550) 721197 for more details – Covenant Forms/Bankers Order Forms etc (& self catering visitors accommodation) or write (SAE appreciated) to: VEGFAM, "The Sanctuary", Nr Lydford, Okehampton, Devon, EX20 4AL, Website: <a href="http://www.veganvillage.co.uk/vegfam">www.veganvillage.co.uk/vegfam</a> . Email: <a href="mailto:vegfam@veganvillage.co.uk">vegfam@veganvillage.co.uk</a> .	
THANK YOU FOR YOUR SUPPORT	

# Letters

## To Be Or Not To Be

Dear V.V.,

I write in response to the letter from John Fawcett in V.V.96, who, although feeling uncomfortable about the killing of animals for food, feels it is part of the natural order.

Surely it is wrong to kill a being capable of feeling fear, pain and bewilderment, that would escape to preserve his/her life if s/he knew that life was threatened, for something we do not need for our survival, and, in fact, are better off healthwise without it.

I am sure John Fawcett must be aware of the horrors of the factory farming system and the slaughterhouses. These are definitely not of a "natural order", and very few animals are "humanely raised and slaughtered"

How many humans would give up their life for no reason provided it was painless and think to themselves: well it is better than "never being in existence"?

In the words of Brigid Brophy:-

"...I would not have the right to kill you, however painlessly, just because I liked your flavour, and I am not in a position to judge that your life is worth more to you than the animal's to it."

I feel it may be possible that John Fawcett is unconsciously trying to justify his own position in continuing to eat animals, and he may be looking for arguments for reasons he shouldn't. He mentions that he hasn't written in a "spirit of point scoring"; to mention this, it is possible for readers to think he has indeed felt that he has 'scored a point'

I feel that Mr. Fawcett would benefit from reading certain books on the subject, including:-

*Silent Ark* by Juliet Gellatley and Tony Wardle.

*Animal Liberation* by Peter Singer

*The Dreaded Comparison* by Marjorie Spiegel

*When Elephants Weep* by Jeffrey Mason.

Regarding the animals and insects etc. that are killed during the growing of crops, one should avoid this if one can, but it is not intentional. and we do have to survive, and because undoubtedly some small mammals and insects will be killed during the production of crops, this does not mean it is justified to intentionally go out and wage war on the animals most people call "food animals".

Mr. Fawcett, please read the books suggested.

*Yours sincerely,*

*Ruth Goldberg.*

Dear Harry,

Mr. Fawcett asks "if animals are humanely raised and slaughtered, is that worse than animals so produced never having lived". If I were to suggest that "if humans are humanely raised and slaughtered is that worse than

humans, so produced, never having existed", he might see what's wrong with his statement. Creatures from another planet might take such a point of view!

Perhaps he would have opposed the abolition of slavery on the grounds that freed slaves would have nobody to feed or house them?

By selective breeding, various animals have been produced which are not viable outside the farm and I think it would be best for all concerned if they were allowed to become extinct. If everybody became vegan overnight there would be the problem of what to do with farm animals but since this isn't going to happen, I don't bother to think about it. The "surplus farm animals" scenario is a theoretical situation used to tease vegans and shouldn't be taken seriously.

My veganism is based on avoiding suffering for creatures with well developed nervous systems. It is unlikely that such are going to be harmed by digging my garden or watering the plants. Accidents will happen, flowerpots could fall on passing pedestrians but that isn't a reason for not to have window boxes.

Choosing a vegan diet is as "natural" as reading a book. Using what is "natural" as a guide for behaviour is notoriously unhelpful. If Mr. Fawcett would really like to be a vegan I think he should read some philosophy and some books on the subject and this would help him arrange his thoughts. If the theories of clever people were all dismissed we wouldn't have any of the advantages of civilisation. You do the best you can. Not being able to achieve perfection isn't a reason to give up.

*Peter Wills*

Dear Harry,

I find John Fawcett's arguments (VV 96) highly illogical. He quotes a prediction from 200 years ago to imply that scientific arguments about the environment are inaccurate. Scientific knowledge is a lot more accurate today than it was then. Using his logic we could say that because the prediction for a flat earth was wrong, then the prediction that the world was round wouldn't be worthy of consideration because "predictions by experts...are notorious for not proving correct". 5,000 years ago I doubt whether people thought that over-grazing by farm animals in North Africa would cause the Sahara Desert. Mr Fawcett's example of as prediction of doom if the population of Europe is doubled, is considerably more accurate than he could imagine. 200 years ago, huge cargo ships, freight trains, juggernaut lorries and aircraft weren't thought of. Without them a meat and dairy fed Europe would be doomed with our current population. Luckily in Europe we get by, by taking the food away from the starving people of the third world to feed our farm animals, because in Europe we don't have six times the amount of land needed to feed ourselves with animal based food, than that we would need if we are all vegan. Why does Mr. Fawcett imagine that more and more rain forest is destroyed for cattle ranches? The answer is of course that neighbouring "rainforest turned cattle ranch" has been

over-grazed and can no longer support cattle. This sounds very much like serious environmental damage to me. Even IF the destruction of the rainforest didn't add to global warming and climatic change, could it ever be considered to be the right thing to do? Mr. Fawcett says he would like to agree with us but cannot. Surely the above arguments should make him reconsider his views?

*Chris Sutoris.*

*Dear Vegan Views,*

I believe Mr. John Fawcett's letter (VV 96) was a deliberate attempt to provoke response, if that is the case, I think he should be granted what he wished for. Mr. Fawcett I think confuses respect for animals, with vegan belief in the inviolability of all sentient life! Humans are after all are just another 'animal', and some in the recent violent and murky past of our society have been categorised as 'sub human'. As such they have been tortured, violated, raped, starved and killed in the most terrible of ways. By separating one part of life from another, Mr. Fawcett is falling into the trap that reduces the worth of one life form below another, and so on. If the above so called 'sub humans' had been raised humanely, would it still be right to slaughter them, however humanely? Would that be more acceptable than never having existed?

Also is he suggesting that any damage to the life stream caused by tilling the soil justifies the slaughter of more sentient creatures? Further, to feed those animals in the first place, more soil and more watering has to take place. 10kg of plant protein to produce 1kg of animal protein. 200 to 250 gallons of water to produce a pound of rice. 2,500 to 6,000 gallons to produce a pound of flesh. There are water shortages all over this planet, and 'livestock', not a word I like, outnumber humans by three to one!

My philosophy as a vegan is not sanctioned by religion, or that humans are made in the image of some unknowable supreme being; or in the idea of a superior species that is all powerful and therefore can do as it pleases. I am a 'confirmed agnostic' and after becoming a vegan 20 years ago, the realisation grew that all life is one; all suffering is one; and all cruelty is one! One part of life cannot be harmed without all eventually suffering! I became a vegan on the simple logistics of the waste involved in animal husbandry, and the fact that then, 15 to 18 million children died of starvation and malnutrition related disease. Since then it has evolved into an '*All-Life*' encompassing philosophy, that I believe is consistent, sustainable and complete 'of its self' as it were.

I do hope that Mr.Fawcett will one day agree with us, and that he indeed will join us, on what I am sure is a great possibility; that we can live in peace and harmony, doing no injury to any life, or the beautiful planet on which we all depend!

*With Best Wishes,*

*Denis Harrison.*

## **A Recommended Website**

*Dear Harry,*

I would like to inform VV readers about a wonderful website I came across a while back. The site is called Make That Difference.

It's a gallery of "click for free" Service sites, through which you can help people, animals and the environment – at no cost to yourself. This amazing site, which I wholeheartedly recommend, can be found at: [www.makethatdifference.com](http://www.makethatdifference.com).

Another site VV readers might be interested in is: [www.planet-save.com](http://www.planet-save.com). Through this service provider you can save endangered Amazonian rainforest every time you send or receive an email. At the time of writing the current rate is 5 sq. feet per email.

*John*

## **Grass Roots Issues**

*Hello,*

In response to Chris Sutoris's letter in VV 96 - Firstly, if The Vegan is going to cover a technical/scientific subject such as nutrition or the latest medical research, I personally would rather they do it properly, and NOT dumb it down into little soundbites in the style of Tomorrow's World or national newspapers looking to fill a few column inches. If that means it gets a bit complicated in places for some readers' tastes, that is unfortunate. Maybe they could just read the introduction and the conclusion, safe in the knowledge that "the science bit" in between is there where they can refer back to should anyone happen to challenge them on it?

With regard to the overall style and content of the Vegan - I think the Vegan Society AGM would be the ideal place for this to be discussed.

At the end of the day, we can all write into VV about what ought or ought not to be in the Vegan, but what good will it do? It may just fall on deaf ears, as did VV's email to the Vegan Society (VV96 p15). Why not send them in a resolution or two, which, if voted for and adopted, cannot be ignored?

*Brian Owen.*

*Ed: The Vegan Society have contacted us, saying that they think the email we sent them may have been rejected by their 'spam' filter. They told us that they would give us a mention in their next magazine, and they did – see The Vegan Summer 2003 (News, p 2).*

*Dear Editor,*

As Chief Executive of The Vegan Society and Editor of *The Vegan* magazine, I welcome constructive criticism. Both Malcolm Horne's letter in VV95 and Chris Sutoris' letter in VV96 are critical and express alienation.

Yet *The Vegan* magazine listed the Summer Gathering in its events page in the Spring, Summer and Autumn 2002 issues. Similar advance publicity was given to the Vegan

Camp and to the National Vegan Festival. Indeed, *The Vegan* has run reports on the National Vegan Festival in its Winter issue for the past two years. I would ask the organisers of the Gathering and the Camp to consider submitting an article or report on their events in 2003; all such reports on particular events and groups are welcome and will be considered for publication should they be submitted.

In the past year the magazine has been completely redesigned and gone full colour so as to make it more interesting and attractive to the reader. Yes, it is true some heavy weight and serious articles have been published but these have been of direct relevance to vegans and their health. It is not enough for people to be persuaded to go vegan, the Society as an educational charity advancing knowledge for vegan nutrition has a duty to advise vegans how to live long and healthy lives on their chosen diet. This may account for why *The Vegan* does not run recipes encouraging people to eat vegan burgers and chips. While such foods may make the path to veganism easier and may be enjoyed on occasion, they should only form a small part of a well-balanced diet.

The Vegan Society is focused on the same goal it has always had – promoting ways of living free from animal products for the benefit of people, animals and the environment. I would hope that mission is broad enough for everyone interested in promoting veganism.

**Regards,**

**Rick Savage.**

### **A WIDER UNDERSTANDING**

**Dear VV,**

I am writing about the article entitled 'Our Roving Reporter...is out to Lunch' in the Winter 2003/3 edition of *Vegan Views*. I apologise for being so late, but I have just spent 2½ months away in the Middle East as a 'human shield' in Iraq and campaigning for peace there.

I was rather surprised to read such an article commenting on the vegan food availability at the majority of the establishments mentioned.

For a start, Pret-a-Manger is 33% owned by McDonalds. No vegan would go in McDonalds so why add to their profits by frequenting Pret-a-Manger? Indeed, until recently Aroma was also owned by McDonalds and was only partly sold on to Café Nero in 2002.

Starbucks are hated by environmentalists and 3<sup>rd</sup> World campaigners everywhere. They are constantly criticised for the low prices they pay to coffee farmers in poor countries. They greenwash this through their sales of fairtrade coffee and soya milk. Even if you have no problem with these issues, surely you would dislike their homogenising and take over of our High Streets.

Marks and Spencers are the subject of a longstanding boycott. They use sweatshops to produce clothes cheaply in other countries, which they then sell for huge profits. They are also linked, by the Palestine Solidarity Campaign to Israel and its Army – profits from M & S are said to benefit the Israeli Defence Force.

Bass is a horrible company. They build huge hotels in poor countries ensuring that most people who visit these places on package holidays end up giving most of their 'tourist dollars' back to big companies instead of supporting the often needy and deserving local economy.

I don't find it difficult avoiding such places, just as I don't find it difficult avoiding milk and eggs. These issues may not necessarily be 'vegan dietary issues', but nevertheless. I feel that vegans, in particular, should have a wide understanding of other issues and act accordingly and not leave themselves open to criticism by the very environmentalist/peace campaigners/third world issuists that we so often criticise for not being vegan.

**Yours sincerely,**

**Helen Kirby.**

### **KATHLEEN JANNAWAY**

**Dear Harry,**

I was very interested to read the tributes to Kathleen Jannaway in the last *Vegan Views*. My husband Atma and I first met Kathleen and Jack when they joined the Fellowship of Friends of Truth in the early 70s.

The FFT was founded in India in the late 1940s when Gandhi suggested to the Quakers that a group should be set up to bring people of different faiths together in a common endeavour to realise the good life for all through the way of truth and love. The basis of the group was:

- 1) reverence for all religions, implying thereby a frank acceptance of the fact of variety in man's growing apprehension of truth;
- 2) silent worship;
- 3) united brotherly action on non-violent lines.

Kathleen and Jack held annual day conferences at their Leatherhead home, two of these being 'Reverence for Life' led by Kathleen, and 'What do we Mean by the New Age' by the then President of The Vegan Society, Jack Sanderson. (Kathleen was also very active in the Gandhi Foundation).

The FFT no longer exists, probably becoming redundant due to all the New Age and inter-Faith groups which sprang up; but it was full of very interesting people, including Kathleen, who had a huge influence on our lives.

I enclose an article from the 1978 day at Leatherhead, printed in the FFT journal.

**Best Wishes,**

**Cynthia Trasi.**

*The article that Cynthia enclosed is reproduced on the next page.*

□□□□□□□□□□□□

# **Be kind to animals by not eating them**

# REVERENCE FOR LIFE

*Fellowship of Friends of Truth Conference, Leatherhead, 20<sup>th</sup> May 1978, delivered by Kathleen Jannaway.*

I would like to share with you some thoughts on our basic beliefs, on the ethic of reverence for life and on commitment, that I have gathered from the writings of Gandhi, Schweitzer and Woolman.

## Basic Belief

In the Fellowship of Friends of Truth we all believe that the material world we experience through our senses is only part of a greater Reality, and that our lives attain significance in so far as we surrender them to the service of the Whole.

Gandhi - *"There is an indefinable mysterious Power that pervades everything. I feel it, though I do not see it. It is this unseen Power which makes itself felt, and yet defies all proof, because it is so unlike all that I perceive through my senses. Whilst everything around me is ever-changing, ever-dying there is underlying all that change a Living Power that is changeless, that holds all together, that creates, dissolves and re-creates. That informing Power or Spirit is God. In the midst of death, life persists; in the midst of untruth, truth persists; in the midst of darkness, light persists. Hence I gather that God is Life, Truth, Light. He is Love".*

Some of us find it helpful to put our belief into words or we accept the formulation of others; for some attempts to verbalise only lead to scepticism. There is danger in both approaches. Words and dogmas can become so important in themselves that we value them instead of the inexpressible mystery of which they are but meagre symbols. Such over-valuation can hinder our spiritual progress, lead to intolerance and put stumbling blocks in the paths of others. On the other hand refusal to formulate can lead to vagueness and lack of conviction. Prayer and meditation can save from both dangers. It is in prayer and meditation that we become aware of the greater Whole, can enter into conscious relationship with it and surrender ourselves to be used by it.

Gandhi - *"Even as a tree has a single trunk but many branches, so there is one true and perfect Religion, but it becomes many as it passes through the human medium. The one Religion is beyond all speech. Imperfect men put it into such language as they can command, and their words are interpreted by other imperfect men. Everybody is right from their own stand-point. Hence the necessity for tolerance which does not mean indifference to one's own faith but a more intelligent and purer love for it.*

*Tolerance gives us spiritual insight which is as far from fanaticism as the North Pole from the South. True Knowledge of religion breaks down the barriers between faith and faith."*

## The Ethic of Reverence for Life

Our faith is strengthened by the remarkable accord at the centre of all the great religions. In particular, as we travel our different paths to the central Truth, the conviction grows that the Reality which lies behind the appearance of things is a spirit of love and compassion akin to that love and compassion we feel in our own inmost being. Our

spiritual growth depends on our living in accordance with that spirit in our daily living.

Schweitzer - *"All that is ethical goes back to a single principle - the maintenance of life at its highest level, and the furtherance of life. The maintenance of one's own life at the highest level of other life by sympathetic self devotion to it - that is ethics. What we call love is in its essence reverence for life."*

*"There slowly grew up in me the unshakeable conviction that we have no right to inflict suffering and death to another living creature unless there is some unavoidable necessity for it, and that we ought all of us to feel what a horrible thing it is to cause suffering and death out of mere thoughtlessness. I have grown more certain that at the bottom of our hearts we all believe this and that we fail to carry our belief into practice because we are afraid of being laughed at as sentimentalists and because we allow our best feelings to get blunted."*

Woolman - *"Oppression in the extreme appears terrible but oppression in more refined appearance remains oppression and when the smallest degree of it is cherished it grows stronger and more extensive."*

*"In so far as true love influences our minds, we feel a desire to make use of every opportunity to lessen the distresses of the afflicted and to increase the happiness of creation. Here we have the prospect of one common interest from which our own is inseparable, so that to turn all the treasures we possess into the channel of universal love becomes the business of our lives."*

## Commitment

The need to commit ourselves to live according to the ethic of reverence for life has become of the utmost urgency today. Man's power over Nature has become so great that he can destroy all living things. Unless he learns to direct that power by compassion, that great experiment of Life on this planet could be brought to an end, either in nuclear warfare or more insidiously but no less remorselessly by pollution and waste of resources. Remember T.S. Eliot's - *"This is the way the world ends - Not with a bang but a whimper."*

Salvation lies in committal to the Ethic of Reverence of Life.

Schweitzer - *"Reverence for Life works with restless vitality on the mental nature in which it has found a footing and flings it into the restless activity of a responsibility which never ceases and stops nowhere. Existence will become harder but at the same time richer, more beautiful. Instead of mere living it will become a real experience of life. The voice of the true ethic is dangerous for the happy when they have the courage to listen to it. It challenges them to the adventure of self-sacrifice. The self-sacrifice of one may not be particularly in evidence; another is called to some striking self-surrender. The destiny of man has to fulfil itself in a thousand ways so that goodness may be actualised. What every individual has to contribute remains his own secret. But we must all mutually share in the knowledge that our existence only attains its true value when we have experienced in ourselves the truth of the declaration: 'He who loses his life shall find it' "*

# RECIPES

## GAZPACHO

*A cold summer soup to enjoy if there is a heatwave.*

- 4 large ripe tomatoes, peeled*
- 1 large cucumber, peeled*
- 1 small onion, peeled*
- 1 small green pepper, seeded*
- ¼ pint of wine vinegar*
- ¼ pint olive oil*
- 1 teaspoon soy sauce*
- 1 teaspoon salt*
- A little black pepper*
- 1 pint tomato juice or chopped cooked tomatoes*
- 3 cloves garlic.*

- 1) Chop all vegetables finely and put through blender.
- 2) Serve chilled with small chunks of cucumber and tomato in the bowls.

## SPROUTED SEEDS.

*Summer is a good time to sprout seeds and grains. You can be sure of freshness and the nutritional value is enhanced by the sprouting process.*

*Mung beans and alfalfa are common sprouting material. But you could also try fenugreek seeds, which add spice to your salad. Lentils also sprout quickly and are surprisingly sweet, but you can experiment with many more.*

*Sprouting trays can be bought in Health Food Stores but you can sprout just as well using old jam jars.*

Soak the seeds overnight. Drain off the water by putting your fingers over the top of the jar, turning the jar upside down so that the water drains out through your fingers. Rinse in the same way two or three times a day until the seeds have sprouted which should happen in a couple of days (alfalfa takes longer). Warmth is essential (about 65 F). an airing cupboard is useful in the colder weather.

**H. Mather.**



## MEAT CAN SEVERELY DAMAGE YOUR HEALTH

Severe Acute Respiratory syndrome (SARS), also known as Atypical Pneumonia, for which there is no known cure, has spread as an epidemic from South East Asia. It has now been traced to the eating of civet cats, which are considered as a delicacy in those parts of the world. This gives further proof that a diet free from animal produce is much safer for humans.

**H Mather.**

## CYRIL CORDEN TRUST

*After the Cyril Corden Trust awarded a grant to the Vegan Organic Trust in May (details p11), we asked one of the trustees of the Cyril Corden Trust, Harold Bland, to tell us a little more...*

Cyril Corden was a sculptor, monumental stonemason, businessman, Quaker, vegetarian most of his life and a vegan for his last two decades. He was still very active with these and many other interests up to his death at 92 years.

In 1987 he funded and set up the Cyril Corden Trust (Reg Charity No 297595) with a small group of trustees. The trust favours an enabling role; supporting projects of existing charities which will result in *lasting* advances in vegetarian, vegan, or humanitarian causes.

The trust owns various commercial properties, and the rent (minus repair costs) from these amounts to around £20,000 per year, although the exact figure varies, depending strongly on repair costs for the year.

Exceptionally grants up to £10 000 may be made and the total donated per year is of the order of £20,000. The trustees are hoping to increase this sum by seeking further bequests and donations.

Secretary: Harold Bland, Ravensdale, Sally Deards Lane, Rabley Heath, Welwyn, Herts AL6 9UE. Tel: 01438 820 222 or 0845 456 0185 local rate. Email: [haroldbland@green555.freeserve.co.uk](mailto:haroldbland@green555.freeserve.co.uk).

Some of the projects the Trust has assisted in recent years:

**Viva! No Sweat Veggie Cooking** (teenager's recipe guide), **Kids Go Veggie** (parent's guide)

**Vegetarian Society A Parent & Teenager Guide to Vegetarianism**

**Vegan Society Soundbites** Video

**Vegan Organic Trust** New handbook on forthcoming *Growers' Manual*, equipment for producing a video on Vegan Organic Farming.

**On the humanitarian side:**

**Medical** Some eight small research projects, mainly through the British Society for Allergy, Environmental and Nutritional Medicine. (BSAENM). These projects have difficulty attracting funding from conventional sources.

**Society of Friends** Video *Non-violence for a Change*, and some peace activist training initiatives and curriculum development.

**Coda Music Trust** Some projects researching the use of music therapy to help children traumatised by conflict.

**Others...** ITDG, HDRA, Dr Hadwen Trust.

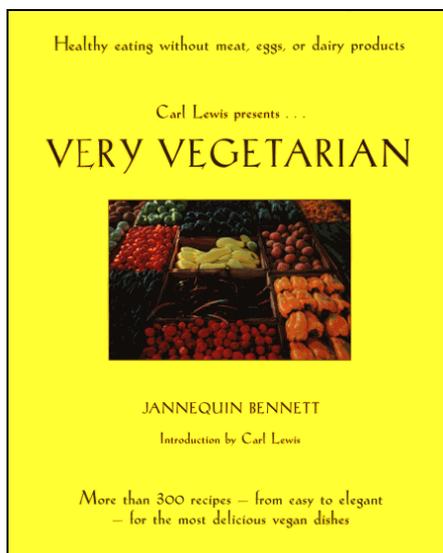


If a vegetarian eats vegetables, what does a humanitarian eat?

# BOOKS



**VERY VEGETARIAN**  
by Jannequin Bennett,  
introduction by Carl Lewis



ISBN 1 55853 952 2 US\$24.99  
Rutledge Hill Press, Nashville,  
Tennessee "Healthy eating without  
meat, eggs, or dairy produce".

Very Vegetarian equals vegan in this well presented cookbook that includes nutritional information and over 300 recipes, from easy to elegant, that are based on ingredients available in the USA.

My interest in this book was to read the introduction by Carl Lewis the famous athlete who won 4 Olympic Gold medals. He turned to veganism on the advice of nutritionist John McDougall and he writes:

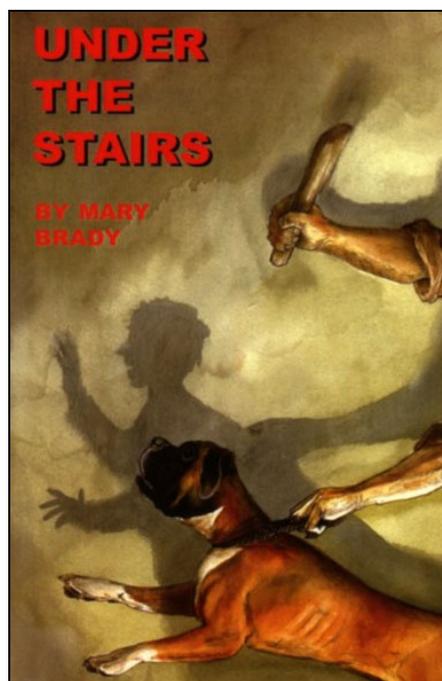
"I've found that a person does not need protein from meat to be a successful athlete. In fact, my best year of track competition was the first year I ate a vegan diet" and he also says "I began eating vegan for health reasons and continue primarily because of that".

It may be because he has not made an ethical commitment to veganism that some people refuse to regard him as an example of a vegan athlete and think that he may at times have taken non-vegan foods, but it seems clear that he was on a vegan diet when he won Olympic Gold and this should be a challenge to all those who think they will lose vitality on a vegan diet.

There is more information about Carl Lewis at [www.carllewis.com](http://www.carllewis.com).

*Harry Mather*

**UNDER THE STAIRS**  
by Mary Brady



Published by Magpie House, PO Box 339, Wolverhampton WV10 7BZ. £4.99. Tel. 0845 458 0146. Email: [magpiehouse@arcnews.co.uk](mailto:magpiehouse@arcnews.co.uk). Web: [www.arc.enviroweb.org/magpiehouse.htm](http://www.arc.enviroweb.org/magpiehouse.htm)

This book is aimed at the teenage market and deals with all aspects of animal rights, from veganism and anti-vivisection to zoos. It draws the parallel between abuse of animals and humans, but is also positive, showing a compassionate and cruelty free lifestyle.

It is written in very strong language which many teenagers now use. Parents are advised to check before they pass it on.

*Harry Mather*

**Other Recommended Books...**

**Vegan Rustic Cooking For All Seasons** by Diana White. Published by Vegan Organic Trust (see page 20). Book profits go to this trust, dedicated to education and demonstration of working towards vegan organic agriculture and away from the

conventional chemical, animal exploitative methods. £7-99 inc. post from VOT, 10 Charter Road, Altrincham, Cheshire WA15 9RL. [p.a.white@ukgateway.net](mailto:p.a.white@ukgateway.net).

**Animal-Free Shopper** 6<sup>TH</sup> Edition £4-99 + £1-50 P&P from The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Tel: 01424 427393. Web: [www.vegansociety.com](http://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](http://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 above). Klaper's website: [www.vegsource.com/klaper](http://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.plamilfoods.co.uk](http://www.plamilfoods.co.uk).

**Vegetarian Visitor 2003 - Where to stay and eat in Britain.** Edited by Annemarie Weitzel, £2-50, ISBN 1 887766 78 5. Published by Jon Carpenter, Alder House, Market Square, Charlbury OX7 3PQ. 01689 870437. Free web version: [www.vegieland.co.uk](http://www.vegieland.co.uk).

**Vegetarian Britain** 2<sup>ND</sup> 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. Also Guides to Europe £9-99, France £6-99, London £5-99. Web [www.vegetarianguides.com](http://www.vegetarianguides.com).

**Specious Science** by C. Ray Greek, MD and Jean Swingle Greek, DVM Authors of *Sacred Cows and Golden Geese*. How Genetics and Evolution Reveal Why Medical Research on Animals Harms Humans. ISBN 0 8264 1398 6 US\$26.9.

## 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](http://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 from £20, ensuite £22, 4-course dinner £10, packed lunch £5. 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](mailto:helen@frasercottage.com). Web: [www.frasercottage.com](http://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](mailto:brambles.vegan@virgin.net). Web: [freespace.virgin.net/brambles.vegan](http://freespace.virgin.net/brambles.vegan).

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

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

**Making Waves Vegan Guesthouse** in picturesque St. Ives, Cornwall. Food 100% animal free, organic. Special diets catered for. Children welcome. Voted best guesthouse 1999/2000. From £21 per night. Tel: 01736 793895. Web: [www.making-waves.co.uk](http://www.making-waves.co.uk). Email: [simon@making-waves.co.uk](mailto: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: 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](mailto:enthousiasme@wanadoo.fr). Web: [www.douceur-harmonie.org](http://www.douceur-harmonie.org). Phone 0033 4 68 39 62 56. Douceur et harmonie, 'el Faitg', 66230 Serralongue, France.

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

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

**Room Available in Bournemouth** Large room in spacious ground floor flat in Bournemouth for n/s vegan female. Share kitchen, bathroom and large sunny garden. Close to shops etc. £300 pcm includes bills (except phone). Deposit and references required. Tel 01202 548128. Email: [a.shiels@poole.gov.uk](mailto:a.shiels@poole.gov.uk).

## CAFÉS & RESTAURANTS

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

## ads free to subscribers

**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](http://www.geocities.com/vegetarian_restaurant).

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

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

**Earthwise Vegetarian Café** in Bognor Regis have closed down due to end of lease. They are looking for a new place in the Bognor area.

## 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. Tel: 01424 427393.

**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 or 0845 4584714 (BT local rate).

**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](mailto:chipke@hotmail.com).

**Welhealth Fruit Farm (North Wales)** Down shifting, co-operative anti-consumerist, vegan diggers and wombles, have land to create alternative renewable sharing community. We are seeking holiday members and full-time members. Tel: 01244 819088 or 07980 158661.

**Meat is Murder** Self-Inking Rubber Stamps £7-50. Vernon Stuttard, 15 Millbrook, Fence-in-Pendle, Lancs BB12 9PE. Also T-shirts printed with Meat is Murder front and back, black on grey. Sizes M or XL £9.

**NEW Vegetarian Web Designer** Websites for the vegetarian and vegan community by VegDesign. For more info, rates and portfolio see [www.vegdesign.com](http://www.vegdesign.com). Tel: 07742 336858. Fax: 08714 335402. Email: [cathy@vegdesign.com](mailto:cathy@vegdesign.com).

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

## PERSONAL

**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.

**Vegan Male**, 52 (South, mid-Hants) seeks vegan/veggie female for friendship and possible long-term relationship. Into animal welfare, walking, gigs and music, much more. Loving, caring person. Phone or text and I will return all calls: 07990 874822.

**London-based Gay Guy** vegan/vegetarian, slim, quiet, honest, 50ish; interested in history, buildings, gardens, cinema, cycling & recycling,

not spiritual, not interested in "pets", would like to correspond with/maybe meet younger (18-30) similar, in the country. Box 202, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

**NEW Attractive Vegan Female (38)** N/S, healthy, free-thinking individual. Loves sunshine, walking, cycling, camping, music, travel ... the simple things in life! Hates human, environmental and animal abuse. Is caring, compassionate, sensitive and loyal. Searching for lifelong love with gentle, affectionate male with similar qualities (ALA), photo appreciated & returned. Reply to Box 103, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

## SHOES

**NEW Veganline.com** sell vegan shoes online - Freeport LON10506, London, SW14 1YY 0800 458 4442. Web: [www.veganline.com](http://www.veganline.com). Their website also has a veg recipe search engine.

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

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

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

**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](http://www.lymeleisure.org.uk). Also making vegan moccasin slippers. Will shortly make shoes starting with children's.

## THERAPIES

**Yoga & Colonic Retreats** Empowering 5 - 10 day Tropical or UK Courses involving juice fasting & supplementation, yoga & meditation, nutritional talks, personal consultations and a lot of TLC! The safest & cheapest way to gain knowledge, experience & self-reliance in Health. Will undoubtedly change your life! Web: [www.karunaretreats.com](http://www.karunaretreats.com).

**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](mailto:pat.reeves@blueyonder.co.uk). Web: [www.livingfoods.pwp.blueyonder.co.uk](http://www.livingfoods.pwp.blueyonder.co.uk).

**NEW Tested on Humans** works on Animals, a drug-free cost-effective approach to easing aches and pains. Bioflow Magnotherapy Collars and Pads for Dogs, Cats, Horses. Enhance the quality of your companion's life without any harmful side effects. Ask for a free brochure. Brian 0845 456 2463 'local rate'. Independent Distributor of Ecoflow.

**NEW The Natural Living Centre** Ethical implications, Environmental advantages and Health benefits of a Raw vegan lifestyle. Including safe guidance on natural weight control, transitioning to a healthier life style, retarding premature ageing, cessation of common ailments and reversibility of degenerative diseases. For consultations, retreats, talks, courses and demonstrations of alternative Raw food recipes. Contact, Chris Kennett, Diploma in Nutrition .Sports coaching certificate. Email: [chriskennett01@hotmail.com](mailto:chriskennett01@hotmail.com). Tel: 023 9261 1607

**NEW Psychosynthesis** therapeutic counselling offers powerful and creative ways to turn life issues into opportunities for change and healing, to unlock your potential, reconnect with your true self in a supportive environment. Free initial consultation. Sensitive counsellor available in V/NW4/C London. Gian 020 8847 4740. Discounted fees for VV readers.



# notices



## ANIMAL GROUPS

**NEW ADDRESS Viva!** (Vegetarians International Voice for Animals), 8 York Court, Wilder Street, Bristol BS2 8QH. Tel: 0117 944 1000. Web: [www.viva.org.uk](http://www.viva.org.uk). Email: [info@viva.org.uk](mailto:info@viva.org.uk). Benefits of joining include four magazines (VivaLife) posted to you per year, and discounts (typically 10%) at many healthfood shops, cafés and restaurants. They are very animal oriented and are especially good for teenagers and young people.

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

**Peta** (People for the Ethical Treatment of Animals). Web: [www.peta-online.org](http://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](mailto:hippocharity@aol.com).

**Vegfam** Feeds the hungry without exploiting animals. See Box advert p 11.

## 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 8861 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](http://www.veganfamily.co.uk).

## FRUITARIAN + RAW FOOD

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

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

**Vegan Voice** is a quarterly Australian 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](mailto: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.*

## PROJECTS

**Ancient Woodland Project** a 29-acre woodland near Scarborough. Details: Louisa 01723 514525 or 07748 101117. Email: [Ancientwoodlands@aol.com](mailto:Ancientwoodlands@aol.com). Web: [www.woodlandproject.org.uk](http://www.woodlandproject.org.uk).

## 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: [springoftruelfe@aol.com](mailto:springoftruelfe@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/](http://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.vegac.co.uk](http://www.vegac.co.uk).

**Vegetarian and Vegan Bodybuilding** collate evidence of vegetarian & vegan bodybuilders who have made impressive muscular gains, and 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 Vegan Community** started in May 2002 when a large four-bedroom house in a semi-rural location on the outskirts of Swansea was purchased. It has a huge double garage with planning permission to convert to further accommodation or part accommodation, part workshop. Two acres of adjoining land is being purchased. Some people live at Brynderwen, others independently nearby. If you're interested in visiting or living at the house or nearby contact Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Tel: 01792 792442. Email: [vegancom@btinternet.com](mailto:vegancom@btinternet.com). A small newsletter is available (send SAE). Web: [www.veganviews.org.uk/brynderwen](http://www.veganviews.org.uk/brynderwen).

## VEGAN SHOPS

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

**Unicorn Grocery** 89 Albion Rd, Chorlton, Manchester, M21 0BN. Tel 0161 8610010. Web: [www.unicorn-grocery.co.uk](http://www.unicorn-grocery.co.uk).

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

## WEBSITES

### General

[www.veganvillage.co.uk](http://www.veganvillage.co.uk) popular noticeboard + list of UK vegan restaurants  
[www.btinternet.com/~bury\\_rd](http://www.btinternet.com/~bury_rd) Vegan News: free on-line magazine

### Listings of Vegetarian Restaurants & cafés

[www.happycow.net](http://www.happycow.net) (worldwide) [www.vegding.com](http://www.vegding.com) (worldwide)  
[www.veggieheaven.com](http://www.veggieheaven.com) (UK) [www.veggieland.co.uk](http://www.veggieland.co.uk) (UK)

### Travel

[www.vegetariansabroad.com](http://www.vegetariansabroad.com) (worldwide) places to stay abroad

### Vegan Shopping

[www.isitvegan.info](http://www.isitvegan.info) vegan foods/drinks  
[www.isitveggie.com](http://www.isitveggie.com) veggie/vegan foods/drinks  
[www.crueltyfreeshop.com](http://www.crueltyfreeshop.com) on-line shopping – run by Dr Hadwen Trust  
[www.veganstore.co.uk](http://www.veganstore.co.uk) online shopping

### Vegan-run business lists

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

### Vegetarian information

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

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

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

**The Movement for Compassionate Living** (The Vegan Way) founded by Kathleen Jannaway, works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation. Annual subscription £5 (or what you are able to afford) 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](http://www.MCLveganway.org.uk).

**Vegan-Organic Network** (VON) encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green International* to spread knowledge, and reports from vegan organic growers worldwide. They also have a charity arm called the Vegan Organic Trust (VOT). Contact David Graham, Anandavan, 58 High Lane, Chorlton cum Hardy, Manchester M21 9DZ. Tel: 0161 860 4869. Email: [veganorganic@supanet.com](mailto:veganorganic@supanet.com). Web: [www.veganorganic.net](http://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](http://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](http://www.veggies.org.uk/vbc.htm).

## Vegans in your area

*To publicise your meetings, appeal to meet vegans or request penpals, please send details for this page. We also put these details on our website. The Vegan Society have their own local contacts – see the Vegan magazine for details, or [www.vegansociety.com](http://www.vegansociety.com) for a list. The Vegetarian Society have affiliated local groups and information centres which often have vegans in them – see [www.vegsoc.org/network](http://www.vegsoc.org/network) for a list.*

### SOUTH

**London Vegan & Vegetarian Families Group** If interested contact Lesley on 020 8861 1233 or email [Lesley@vegan4life.org.uk](mailto: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.freeserve.co.uk](http://www.londonvegans.freeserve.co.uk).

**Vegetarian and Vegan Gay Group (London)** Informal social & campaign group meets in London on the last Sunday of each month and has other events for gay, lesbian, bisexual and transgender vegetarians, vegans, fruitarians and raw foodies and their friends, and those who would like to be. Further details: information line: 020 7713 9063. Email: [vvgg@freeuk.com](mailto:vvgg@freeuk.com). Web: [www.vvgg.freeserve.co.uk](http://www.vvgg.freeserve.co.uk).

**Vegan Essex** meet 1st Tuesday every month at Brentwood School Sports Hall (Courage Hall, Middleton Hall Lane). [www.veganesssex.org.uk](http://www.veganesssex.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.

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

**NEW Harlow** Lian Tyler, the Vegan Society and Vegetarian Society Local Contact for Harlow has compiled an online Vegan guide to Harlow and the surrounding areas. Tel: 07754 166813. Web: [www.veganharlow.co.uk](http://www.veganharlow.co.uk). Email: [info@veganharlow.co.uk](mailto:info@veganharlow.co.uk).

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

**Norfolk Vegetarian & Vegan Society** Jane Johnson, 17 St Austins Grove, Sheringham, Norfolk, NR26 8DF. Tel. 01263 821609. Email: [janejohnson@vegfolk.co.uk](mailto:janejohnson@vegfolk.co.uk). Web: [www.vegfolk.co.uk](http://www.vegfolk.co.uk).

**Solent Vegetarians & Vegans** John Curtis, 31 Cranbury Rd, Eastleigh, Hants SO50 5HB. Tel. 023 80643813. Email: [solentveg@ivu.org](mailto:solentveg@ivu.org). Web: [www.ivu.org/solentveg](http://www.ivu.org/solentveg).

**Bournemouth Vegetarians & Vegans** Tel. 01202 555712. Email: [timwest@onetel.net.uk](mailto:timwest@onetel.net.uk). Web: [www.ivu.org/uklocal/bournemouth](http://www.ivu.org/uklocal/bournemouth).

**Isle of Wight Vegetarians & Vegans** Tel. 01983 407098. Email: [iow@ivu.org](mailto:iow@ivu.org). Web: [www.ivvv.org.uk](http://www.ivvv.org.uk).

### WALES

**Swansea Vegans** meet on third Monday of each month. Details: George Barwick. Tel: 01792 518773. Email: [george.barwick@ntlworld.com](mailto:george.barwick@ntlworld.com).

**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, Lamma St, Carmarthen. Just come, or to check phone 01267 241547 or [hippocharty@aol.com](mailto:hippocharty@aol.com).

### MIDLANDS

**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](mailto:nar@veggies.org.uk).

### NORTH

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

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

**Leeds Vegetarian & Vegan Society** Meet twice a month for 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 [natalietharraleos@yahoo.com](mailto:natalietharraleos@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. Email: [patricia@p-m-t.freeserve.co.uk](mailto:patricia@p-m-t.freeserve.co.uk).

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