

VEGAN VIEWS

A Forum for Vegan Opinion
Quarterly

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In this issue:

River Phoenix, Food Coops

Calcium: From a Logical Vegan Perspective

Vegan Organic Growing, Grassroots News

Events, Cartoon, News, Reviews, Letters, Book Reviews, Recipes

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

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

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

BACK ISSUES

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

- VV97 Interview with Steve Walsh
- 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
- VV89 Feeding the world
- VV88 Farming crisis
- VV87 Meat in crisis
- 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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□□□	CONTENTS	□□□
3	Events	
4	Something Incredible	
5	Calcium	
6	Vegan Organic Growing	
7	A Vegan at Summer Meetings	
8	Food Coops	
10	Grassroots News	
11	Cartoon: The Cake Shop Sketch	
12	Letters	
14	Poem: Year Zero	
15	Vegan Festival – 2003	
15	Appeals from Realfood	
16	Recipes	
17	Books	

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From the editor....

I would like all meat eaters to celebrate the old custom of Harvest Thanksgiving. If they go to church they should decorate their churches with the gutted corpses of cattle, whole pig carcasses, plucked chickens by the dozen, many dead furry rabbits and lots of fishes (kept on ice so that they don't stink too much).

Non-churchgoers should celebrate an Open Day at the Slaughterhouse. They would no doubt have to wear protective overalls and boots to avoid being splattered with blood and guts. Music could be played to drown the animal screams. Maybe they would express their gratitude to the sacrifice the animals are making, in acknowledgement of their inferiority to the godlike human species. Some people would feel sorrowful at the pitiful sight, but might still consider this slaughter a regrettable necessity, despite the evidence that there are many healthy people who never partake of animal products.

As the commercial exploitation of Christmas and Yuletide reaches its climax, excursions should be made to turkey battery farms, where people would be encouraged to wring the neck of a screaming turkey frantically trying to escape its fate. This would be the equivalent of picking your own strawberries. Carol Singers should be hired to proclaim the message of Peace On Earth and Universal Love.

Rich nations have become more and more separated from the origins of their food. They pick up items ready-wrapped, or even ready-cooked whilst strolling pre-occupied along the long aisles of supermarkets. Children have even expressed astonishment and disbelief when told that the film-wrapped meat came from a killed animal and their parents have settled into a routine behaviour, that does not stop to consider the great suffering that their purchases promotes.

We have to make them think out the consequences of their actions!

Keep up the good work!

Harry Mather

EVENTS



26 Oct – 2 Nov National Vegan Week + 1 Nov World Vegan Day

The Vegan Society was founded in November 1944. Celebrate being vegan. Web: www.vegansociety.com.

1 Nov World Vegan Day Celebration in Essex From 4pm till late at Brentwood School Sports Centre, Middleton Hall Lane, Brentwood, Essex. A positive party atmosphere showing how easy, healthy and kind it is to be cruelty free & eat animal free! Catering, free vegan food samples, stalls, music, videos, speakers, raffle. Tarot cards, Bach flower remedies, Indian head massage & workshop. To book tickets, send cheque payable to Brentwood Borough Council for £5.50 per person + SAE to Brentwood Information Centre, 44 High Street, Brentwood, Essex CM14 4AJ. Alternatively, book tickets on 01277 200300 9.30am – 4pm Mon/Wed/Fri/Sat. Web: www.veganessex.org.uk. Email: info@veganessex.org.uk.

1 Nov Bristol Vegan Fayre 10am – 5pm at The Watershed, Harbourside, Bristol. Entrance free. A day long extravaganza including stalls, tastings, demos, talks, videos, workshops, kids entertainment, magic show, clowns, poets, circus skills, healthy sweets, smoothies, dairy-free ice cream, nutritional therapy, food allergy testing. Stalls by: Essential, Pukka, Fry's, Re-Bars, Better Food Co, Green People, Earthbound, Wild Oats, AromaFoods, VEGFAM, Viva!, Yaoh, Health Unlimited, Greyhound Compassion, the Vegan Society, and many more. Web: www.yaoh.co.uk.

23 Nov 2003 Christmas Without Cruelty 10am – 5pm, Kensington Town Hall, Hornton Street (Off Kensington High Street), London W8. Nearest tube: High Street Kensington. Huge range of cruelty-free items – do all your Christmas shopping in one place; and banish your hunger with delicious vegan food. Your money goes directly to the charities, campaign groups and ethical traders who are trying to make a positive difference in the world. Admission £1, children (under 11) free. Details: Animal Aid, The Old Chapel, Bradford Street, Tonbridge TN9 1AW. Tel: 01732 364546. Web: www.animalaid.org.uk.

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

Cordon Vert Cookery Classes of The Vegetarian Society at Parkdale, Dunham Road, Altrincham, Cheshire WA14 4QG. Web: www.vegsoc.org/cordonvert. Future Classes:

1 Nov Cook Supper for your Partner.

2 Nov Menu Planning for a Healthy Vegetarian Diet.

22 or 29 Nov Christmas Day Course.

30 Nov Tapas and Mezes Workshop.



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Vegan Summer Gathering

This year's Summer Gathering, the tenth, saw the highest ever number of attenders. I counted 85 and eight children, and may have missed a few. Of these around 50 stayed in assorted accommodation in Mumbles and Swansea for a week at the end of August.

Most of the previous nine gatherings had been held in Devon, where I used to live. Devon is a more obvious holiday resort than South Wales, and I was half expecting a drop in numbers with the change in venue. In fact, while Swansea itself is nothing to write home about, the nearby resort of Mumbles, with the Gower Peninsula beyond is lovely. There are many beautiful beaches, and scenically the area is as good as East Devon, and probably better. There's also considerably more vegan activity here, and this is partly why the gathering was so well attended. Many people from Swansea Vegans participated, and we also went over to Carmarthen one day to meet up with the Vegetarian Friends group there.

We discussed veganism, its current and future progress. We talked about animal rights. Andrew Martin spoke about Veggies and the Sumac Centre, where he works in Nottingham. Richard Cobley gave a well received talk on Esperanto. Tai Chi, storytelling, and a cinema visit also featured. We walked along the Gower coastline (good weather most of the week), and some went walking in the Brecon Beacons. We put on a raw food lunch, and on another day invaded Govinda's, the local vegetarian/vegan restaurant. I had told them to expect 15-20, in fact 30-40 turned up and were queuing in the street at one stage!

But large numbers bring many organisational problems, and the accommodation was somewhat spread out. About 22 people stayed in three large houses in Mumbles (two houses were right on the sea front), but others had to stay some miles away in the Student Village in a disappointingly spartan house, or else with local vegans, or at a small campsite. This led to travel problems, and a degree of isolation for those not staying in Mumbles.

Next year's gathering should see some of these problems solved. It will be in Mumbles again, but earlier in the year: **5-12 June 2004**. Full details will be on the website (www.veganviews.org.uk/vsg) from about January, or else ring 01792 792442. As usual we were able to raise a few hundred pounds (out of income) for VEGFAM, and this year we supported Swansea Vegans too.

Malcolm Horne

Brynderwen Vegan Community

Brynderwen overflowed with people during the Summer Gathering, even though Mumbles was some eight miles away. There have been many visitors to Brynderwen over the last year or so, some coming for the day, others staying for days or weeks. But committed long term people remain few and far between, and in a way it's more "open house" than "community". Visitors continue to be welcome, especially anyone who would like to help in the garden, or with DIY, or cooking! See page 19 for more details on Brynderwen.

Malcolm Horne

SOMETHING INCREDIBLE

River Phoenix Continues To Convert People to Vegan Lifestyle.

© By Barry C. Lawrence.

It is hard to believe, but soon it will have been ten years since film star, teen heartthrob, and vegan activist River Phoenix died. Tragically, River died from a drug overdose given to him by a trusted friend after a long and frustrating day on a Hollywood set filming George Sluizer's unreleased movie, *Dark Blood*.

Magically, though, his misjudgment and his death early on the morning of Halloween 1993, have almost become something merely incidental. They have not tarnished the young actor's proactive stances for vegetarianism and animal rights, or his ability to help other young people change their lives for the better. In fact, because of the advent and growth of the Internet, River now has an international audience, and that audience is growing.

It is amazing to read letters from people in the Philippines, Russia, Brazil, China, Croatia and Belgium, who have only recently "discovered" River Phoenix's talent as an actor. His films "Stand by Me", "Running on Empty", and "Indiana Jones and the Last Crusade", have created in these fans a desire to seek out information about their newly discovered "favorite actor". Of course, the realization of River's death is one of sadness and regret, but almost immediately, many of these young people, who especially seem to range in age from 15 to 35, choose to forgo meat and begin a vegetarian lifestyle in order to keep River's memory alive and positive.

The following are excerpts of recent letters from people around the globe who have written to one of many web sites dedicated to River:

"If I hadn't heard of River Phoenix or read articles about him, I might have gone a totally different path; River was the catalyst. I was in my teens when I started hearing what he had to say about things like animal rights, human rights and the environment. I was totally open to it but without River to have gotten me started, I can only say it would have depended on my experiences in life as to what direction I would have taken. Being vegan or acknowledging things like the rights (of) animals is just not something that I was brought up on.

"It is hard to say what would have been if River had not existed or at least had not become famous and therefore shared his loving nature and beliefs with the world. I for one am very glad he did.

"Did River know how many lives he affected for the better when he died? I can only hope that River somehow knows it now. Consider how many of us have become vegetarian, or have started to recycle or have joined causes that he believed in, all at least partially because of him. Through all of us, he accomplished more in his twenty-three years than most of us will accomplish in one hundred years. My life has been greatly affected by River and his beliefs."

Ellen age 34, Colorado, USA.

"I'm not a pure vegan, just a vegetarian. I do not eat any kind of animals, but I do eat eggs and milk. I hope some day I will become a vegan. And, yes, River (Phoenix) was the inspiration for my (decision to) stop eating animals.

"He really opened my mind and showed me how wrong this is. I'm 17 and I became a vegetarian about 6 months ago (same time as I found out about River).

"He showed me it's OK to feel and be different. He showed me that it's OK to take a stand, even though sometimes you say you may feel like you are fighting a losing battle.

"It is beautiful thinking".

Mark, Brazil.

"My name is Claudio, I'm 21 and I am a vegetarian. I'm Italian. If I wouldn't have known River in my life, now I'd be probably biting a double cheeseburger!"

Claudio, Rome, Italy.

"I wanted to be vegetarian from when I was a child. However, my mother asked me to wait until I was older. Now I am 19; I think I have grown up enough, So, when I "found River" at the beginning of this year (2002), I decided I could try."

Pietro, Italy.

"Hey everyone, I wrote a twelve-page research paper on the topic of veganism for my writing class last semester since veganism was an issue that River was passionate about.

"I first heard about and became interested in veganism after reading about River a little more than a year ago, which prompted me to look further into the lifestyle. I felt the lifestyle suited me and I became a vegan March 20 last year. So I feel that I owe it to River to post my research paper on here."

Meghan, USA.

"As for me, every time I read an interview, watch his movie, or listen to his song, I can find the great things, which give me a kind of inspiration. I believe that it is due to River; it is due to his human values. My occupations are: mechanics, mathematics and computer program development. I have a degree in technical sciences. I work in a research lab."

Vic, (mid twenties) Moscow, Russia.

"If I didn't think I could be part of a movement that could influence and be a part of helping and change, if I couldn't help through what I'm doing, I wouldn't want to be an actor."

River Phoenix.

Author Barry C. Lawrence has written the forthcoming book

In Search Of River Phoenix: The Truth Behind the Myth.

CALCIUM: FROM A LOGICAL VEGAN PERSPECTIVE

Over its 59 years of existence, the Vegan Society has proclaimed that the composition of cow's milk is for calves and not for humans. Plamil Foods (an exclusively vegan company) pioneered British-made soya milk in 1965, formulated by vegan doctors to meet vegan nutritional requirements.

The calcium content of the Plamil alternatives to udder milk is akin to human milk which has enabled it to maintain records on vegan infants who have been most successfully weaned on it over a span of 30 years. Vitamin D2 is provided because it is necessary for the correct absorption of calcium.

It is regretted that other soya milk manufacturers base their calcium content on cow's milk, overlooking the fact that a high protein diet derived from meat/milk causes calcium to be lost from the body. Vegans do not suffer this calcium loss so do not need the high calcium level of cow's milk. The highest incidence of osteoporosis is in countries where dairy products and calcium supplements are consumed in the greatest quantities – USA, Sweden, Finland and the UK.

Cow's milk was meant for the quick growing bone structure of calves and its calcium content is too high for humans and conducive to a number of human ailments.

Plamil is the only alternative to dairy milk pack to carry the vegan logo and Donald Watson (founder of the Vegan Society) wrote in The Vegan magazine (Summer 1989): "Our present President, Arthur Ling of Plamil Foods Ltd, has since devoted himself with true dedication to meet our needs. Now that sales have built up, others – who might not have the same humanitarian principles at heart – have joined the bandwagon. We would do well when we do our shopping to remember who risked all in the early days in this difficult field of enterprise." In a letter in May 2003, Donald Watson says that he has remained loyal to Plamil over the long period from 1965 and regularly purchases Plamil concentrated soya milk to the exclusion of other brands.

Dietician Sandra Hood (Dietary Consultant to the Vegan Society) says in The Vegan magazine of Summer 2001:

"The calcium intake of vegans tends to be slightly below the recommended optimal amounts according to the Department of Health (based on conventional diets!). However, the body adapts to lower intakes and because as vegans we exclude meat from our diets, this encourages our bodies to retain calcium so our needs may be lower than omnivores."

Dr. Julian Whitaker says:

"In only two generations, the rate of hip fractures in the U.S. has quadrupled, and it is currently one of the highest in the world. Americans are also near the top of the chart of dairy consumption. Would someone out there please tell me why we keep telling our children that dairy foods strengthen their bones? Excess protein intake – not only

from milk but all animal protein sources increases the need for calcium to neutralise acidic protein breakdown products, destroying bone in the process. A lifetime of a high-protein-diet usually eats away at our bones."

Dr. Gina Shaw says:

"The calcium-depleting effects of proteins are not lessened, even when large doses of calcium are ingested. What must be remembered is that calcium is found in all foods grown in the ground and that they supply a sufficient amount of calcium to meet the requirements of both growing children and adults. Animals consume the plants and absorb the calcium – THAT'S WHERE THE COW GETS CALCIUM!"

The Vegan Society paper "Dairy Products and Human Health" says:

Osteoporosis: Animal protein (found in milk, meat, and other animal-derived foods) causes calcium to leak out of bones. (This is to neutralise the acidity caused by the protein, and the calcium is then lost in urine). Populations who consume the most animal protein (and the most milk) have higher rates of osteoporosis. Plant proteins do not have this effect, and there are plenty of vegans sources of calcium."

The American Journal of Clinical Nutrition says:

"Age-related bone loss may be more attributable to excess calcium loss than to inadequate calcium intake".

The Vegan magazine (Summer 2003) says:

"Less Risk of Osteoporosis: In a study by ARS Western Human Nutritional Research Center, Davis, California, vegan volunteers formed new bone at a significantly faster rate than the omnivore volunteers even though the omnivore volunteers were taking in more calcium than the vegans."

Arthur Ling (Plamil Foods).

KATHLEEN KELENY WILLIAMS

Kathleen Keleny Williams, a life long vegan, has died aged 94. Her father, Henry Cook, became the manager of a newly-opened first class vegetarian restaurant in Corporation Street, Birmingham in 1896. The meals were an instant success, serving some 100 lunches a day and in 1898 a hotel was opened called the Pitman Vegetarian Hotel, named after Isaak Pitman the inventor of shorthand and a famous vegetarian. Customers started asking for vegetarian foods to take home for their health. This is how the term Health Food Store originated. Then a factory was opened to produce simple and appetising foods from nuts, cereals, fruits and vegetables. He brought up his daughter on a vegan diet before the word had been coined.

Kathleen bought a Guest House called Coombe Lodge in Wootton-under-Edge, Gloucestershire which she ran for very many years as a Vegetarian establishment. She was also keen on yoga and gave lessons there.

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.

Autumn Planning For Fruit

This is the time of year to plan for autumn planting of fruit and the following is a list of recommended varieties.

Soft Fruit

Raspberries Modern varieties are large with vigorous canes with better resistance to damping in wet summers (not one of those this year!) "Glen Ample", "Glen Prosen" and "Malling Admiral" are good summer ones and for late summer/autumn cropping "Autumn Bliss" and "Fallgold" (yellow), which will give very useful amounts of berries in the first year. The autumn types don't seem to get eaten by birds so are an excellent choice if one variety in a small garden is required. Hybrid Cane Fruits and Blackberries. Train on wires and fences. Loganberry, Boysenberry and Sunberry are all different, and except for the latter, thornless varieties are available. Protect from birds – they like them too! Blackberries come later, don't need netting, are usually bigger and juicier (if kept moist) than the wild forms and will crop very well on a north facing wall or fence if you are looking to grow something edible in a less sunny situation. "Ashton Cross", "Fantasia" and "Oregon Thornless".

Currants The newer varieties of Blackcurrants are later flowering so miss frosts, are more compact and have good resistance to disease. The Scottish bred Ben varieties I grow, "Ben Serek" and "Ben Connan". Whitecurrants in general are sweeter than red, the best flavoured being "White Grape" but this is not so widely available as "White Versailles". Good Redcurrants are "Red Lake" and "Stanza" which as well as being grown as bushes can also be fan trained against a wall/fence, even a north facing one. Gooseberries. These come in the colours white, red, green and yellow and will resist mildew if grown as fans or cordons (single, double or triple) so the air flows freely and they are easier to pick-avoiding the thorns. "Whitesmith" (white), "Langley Gage" (green and sweet), "Invicta" (green and mildew resistant), "Leveller" (yellow and one of the best flavoured goosegogs). If you live on acid soil Blueberries are worth a try but you have to grow at least 2 different varieties so good cross pollination takes place. Many types including: "Earliblue", "Bluecrop", "Berkeley" and "Herbert" plus very nice autumn colours before leaf-drop.

Strawberries Although too late to plant good sized runners this year the following Strawberries are worth a try: "Pegasus", "Hapil" and the old "Cambridge Late Pine". I haven't tried the newer autumn 'perpetuals' because I am very fond of the variety "Gento" which I have grown for 20 years.

Top Fruit

Turning now to tree fruit...

Apples So many to choose from and with flavour a very personal thing but the following will be good and reliable for most.

Dessert-Early (August/Sept.) "Discovery", "George Cave", "Laxton's Fortune", "St Edmund's Pippin" and "Lord Lambourne" all eaten off the tree and keep for 2-3 weeks.

Mid season (Oct./Nov.) "Egremont Russet", "Sunset" ('Cox' type but easier), "Ribston Pippin" ('parent' of "Cox" but bigger and superb!), "Kidd's Orange Red" (nice "Cox" type), "Merton Beauty".

Late (Dec./Jan./Feb.) "Orleans Reinette", "Ashmead's Kernel" (very old-circa 1700), "Pixie".

Cookers "Blenheim Orange" (dual purpose can be dessert, large), "Golden Noble", "Bramley" (big tree, sometimes biennial), "Lane's Prince Albert" (compact tree), "Rev. Wilks", and 2 late keepers: "Edward V11" and "Annie Elizabeth" (can under cool conditions last until April).

All should be grown on Semi-dwarfing rootstock M26 – this suits all soils and conditions.

Pears "Onward", "Concorde", "Doyenne du Comice" and "Beth" (like the delicious Comice but smaller). Find a warm spot for these.

Stone Fruits These need shelter because of early flowering, sun, more nitrogen, ample summer moisture and correct pollination.

Plums and Gages "Opal", "Early Transparent Gage", "Denniston's Superb", "Cambridge Gage", "Jefferson", "Warwickshire Drooper", "Victoria" and "Coe's Golden Drop".

Cherry Only worth it if you can net from birds, ideally against a wall or fence. "Stella" and "Sunburst" are good self fertile varieties.

The following are best against a wall/fence or even large greenhouse:

Peach "Peregrine", "Duke of York", "Bellegarde".

Nectarine "Lord Napier", "Early Rivers" and "Pineapple".

Apricot "Alfred", "Farmingdale".

If a wall is available, again south facing, the following have proved very successful.

Fig Give lots of room. "Brown Turkey" is best and widely available.

Grapes "Brandt" is a small dark grape, "Fragola (Strawberry Grape)" is reliable and "Siegerrebe" all good for eating.

Lastly, I have seen Kiwi Fruit growing on walls in southern England but have no experience as yet of growing them and now some self fertile types are around so only one plant can be grown if space is limited. If the summers are like 2003 they will do well as will all the above I have mentioned. Even apples will develop their classic different flavours in a good summer.

Nuts

A bit of space needed for these. Hazels (Cobnuts and Filberts). "Kentish Cob", "Cosford" (good pollinator), "Butler", "Webb's Prize" and "Hall's Giant".

More information on flowering groups, training and cultivation can be found in text books and nursery catalogues.

Leafmould

Finally, the time of leaves is upon us and all leaves can be useful stacked for a year and provide valuable humus and nutrients for the garden, particularly Oak and Beech leaves which have longer lasting goodness. Mixing with grass mowings is useful and chopping them up with a rotary mower will speed the process. Find a shady place to stack and wet leaves stored in plastic bags will turn into something useful next year too. I often use some leafmould in the bottom of large pots during the summer as an 'extra'. Happy catalogue reading and planting of all that fruit.....

Mail order catalogue for fruit/nuts

Deacons Nursery, Godshill, I.O.W.

Family Trees, Sandy Lane, Shedfield, Hants SO32 2HQ

Reads Nursery, Hales Hall, Lodden, Norfolk, NR14 6QW

Cool Temperate Nursery, 5 Colville Villas, Nottingham NG1 4HN.

Useful Information

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

Donald Watson at 93

Donald Watson, who founded The Vegan Society in November 1944 celebrated his 93rd birthday on 2nd September 2003. He is still going strong and enjoys his birthdays by walking the hills of the Lake District.

The Overseas Aid Charity for Vegetarians & Vegans is

VEGFAM

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Website: www.veganvillage.co.uk/vegfam. Email: vegfam@veganvillage.co.uk.

THANK YOU FOR YOUR SUPPORT

A Vegan at Summer Meetings

Springtime in Paris is now established as the time for the **Veggie Pride Demo**, asserting that vegetarians and vegans do not have to apologise for their lifestyle.

This year's gathering was on 17th May and started near the Pompidou Centre with stalls of literature and food sampling and was followed by a march to a constant drum beat, some people dressed up as fruits or vegetables. There were many banners and constant shouting of slogans – we were given a list of slogans, the commonest being Ni dans les assiettes, ni dans les labos. Justice pour les animaux. – which can translate as Not on your plates, not in the labs. Justice for animals.

One young man holding one end of a large banner told me he had turned vegetarian at the age of 8 after seeing a film about abattoirs on TV. His parents had accepted his views and he later became vegan. People had also come from Germany, Italy, Spain, Switzerland and Britain. The French word for vegan is Vegetalien (the word for vegetarian is vegetarian) which I believe was coined before the formation of the Vegan Society in Britain and was used by researchers to describe vegetarians who did not consume eggs nor dairy products. After the march came speeches, which also challenged passers-by. Not far from the venue was an excellent vegetarian restaurant. The event continued the next day in a hall also in Paris, which I was not able to attend.

I also attended an **Esperanto Congress** in Sweden and was pleased to find good vegan food in Denmark (Copenhagen) and Sweden (Gothenburg and Malmo). Not only are there good vegetarian restaurants there serving large portions of vegan food, but there are many fast food kiosks which can serve veggie burgers and felafels. The word vegan is understood (but it rhymes with gone!).

The **Vegan Camp** was held this year in the region of Lyme Regis in Dorset in unusual heatwave conditions in the first two weeks of August. This must have been the first vegan camp not to experience rain! People come and go during the two weeks and at times the field became rather crowded. About 100 people attended, but not all at once. As usual there were many children having a great time. Some people join together on outings. Others prefer to do their own thing. The sea was a great attraction but some also indulged in hunting for fossils

There were two communal meals per week and Veggies Catering provided fast foods. There was also a camp shop with fruit, veg and juices. It's a good opportunity to meet old friends and make new ones.

The next vegan camp is planned for Northumberland in the first two full weeks of August 2004.

The **Vegan Festival** was held on Sunday September 14th at the Conway Hall, London with stalls, food and drinks, speakers, children's workshop and a wide range of vegan products to buy. It was again a huge success, attracting people so that the hall seemed too small.

H.M.

FOOD CO-OPS

By John Vetterlein

My friend Tim and I started a vegan food co-op in Southampton called *Fruity Nutters* around four years ago. We thought that some Vegan Views readers might be interested in setting up a food co-op in their own areas, so here's an explanation of how ours operates.

Goods supplied by *Fruity Nutters*

These include: dried fruits, nuts, seeds, pulses, grains, cereals, flours, sugars, chocolates, biscuits, cooking oils, condiments, herbs, spices, spreads, canned items, soya products, plant milks, juices, squashes, hot drinks, alcoholic drinks, pet foods, household cleaning and personal hygiene products, water filters, night lights, A4 recycled paper, the Animal Free Shopper, essential oils, and even Vegan Views. If it's vegan, we'll try to get it.

Wholefood distributors

We first approached Essential Trading in Bristol (0117 9583550 – www.essential-trading.co.uk), but at the time their policy was to supply only wholefood and healthfood shops. Their reasoning was that co-ops take business away from these shops. But, as Southampton does not have any independent healthfood shops, just Holland & Barrett and GNC, we thought their attitude a little strange.

However, as Suma Wholefoods in Elland (0845 458 2291 – www.suma.co.uk) have a good reputation for working with co-ops, and are a co-op themselves, we began by ordering exclusively from them.

About 2 years ago we had a few problems with Suma – poor service, lots of products out-of-stock and items supplied that we hadn't ordered. So we looked at other suppliers and found Infinity Foods, another co-op, in Brighton (01273 424060 – www.infinityfoods.co.uk). Infinity tend to be cheaper on wholefoods, especially organic ones. We've found their service to be excellent, they haven't let us down yet. Suma, however, supply a much wider range of products, so we still order many items from them. Their service has also improved considerably and they now also give us excellent service.

We are outside the normal delivery area for both Suma and Infinity, so instead of using their own lorries our goods get sent by a commercial carrier. This means we need a higher minimum order to get free delivery – £350 for Infinity and £300 for Suma. This causes us no problems as our total order is usually between £2500 and £3000.

If you are looking to start a vegan food co-op it's probably better to use just one supplier to start with. However, once you get a bit bigger it's advantageous to have two or more suppliers. They tend to have different products on special offer and we can also switch any out of stocks at either wholesaler to the other.

Fruit, veg and perishables

It would be nice to offer organic fruit and veg, but they are perishable and have a short 'shelf life'. So to make our lives

easier we just direct our members to the organic box schemes available in our area.

Our only real problem is with chilled products. Because we are outside the Suma and Infinity delivery areas and the commercial carriers they use don't use refrigerated lorries, we just can't get items like margarine etc.

The 'Shop'

Wholesalers sell products in bulk – e.g. washing up liquid is sold in boxes of 12. We cannot expect our members to buy such large quantities individually. So, for popular items, *Fruity Nutters* buys a box but sells the contents individually. We are big enough now to be able to do this. Any items left over get put in our 'Shop' – i.e. my kitchen table. When people arrive to collect their orders, many of these items get bought by people who forgot to order them.

Pricing

We like to encourage people to buy organic goods and our pricing structure reflects this. We add only 5p to the wholesale prices we are charged for organic products, but 5% onto non-organic. We then round up to the higher 10p. This helps to reduce the price difference between organic and non-organic products. The 'profit' pays for our expenses, and any excess goes to good causes.

It's rare for any of our prices to be higher than anywhere else, including supermarkets. Often, our organic prices are less than shop prices for non-organic. Occasionally, a supermarket might better our prices with a special offer, but generally they don't sell the same line that we do. We achieve low prices not only by buying direct from wholesalers, but also because for wholefoods (nuts, seeds, dried fruits, grains, pulses etc) we buy large packs and split them ourselves. Supermarkets charge extortionate prices for putting small amounts into excessive packaging.

Ethics

We only supply goods that are vegan. Both Suma and Infinity only supply vegetarian goods, and Suma also label all vegan goods in their catalogue. Both suppliers also operate boycotts on certain manufacturers, e.g. Nestlé.

Work involved

If by now you're thinking of setting up a food co-op, it is important that you know the work involved. The following describes what happens for *Fruity Nutters*, and may sound daunting, but remember that we are now a very large co-op with around 60 members. Most people would probably run much smaller co-ops, at least to begin with. Also, we get help from two or three of our members at the busiest times.

Producing price lists and order forms. We produce a new price list for our members four times per year. We currently order eight times per year, which works out to be about every six or seven weeks, so the price list lasts for two orders. We tried ordering every month. but this left us with little free time between orders. The price list comprises a double-sided sheet of A4 recycled paper. When we are compiling a new price list, we have to check for price changes by Suma and Infinity (both supply a catalogue), so this can take a few hours. The order form is a double-sided sheet of A5 recycled paper, and rarely

changes from order to order. Both are produced on a PC, and are printed then photocopied. We make it clear on the price list that prices can change, so any increases by our wholesalers will be payable by our members when they collect their orders.

Reminding people of the order deadline. To reduce expenses, we don't phone round reminding people of the order deadline (always 6pm on a Sunday). Recently, however, we've started sending e-mail reminders to people who have e-mail, since this costs us nothing.

Receiving people's orders. Out of our 60 members, we usually receive orders from around 50, the remaining 10 skipping that particular order. Their order forms come in with payment – we insist on payment at this stage. Most people call round with their orders, but a few send them in by post. We check and correct them, then mark the items ordered on a master control sheet, which automatically collates all the items ordered. All of this takes around 12 hours in total, but spread over several days. Things that cause us problems are bad handwriting, bad maths, and people who turn up an hour before the deadline and don't know what they want. Occasionally, we have people who turn up a week late. Fortunately, we direct them to the 'shop' since at least some of the items that they want to buy may still be available.

Banking money. We tend to bank the payment from members about five times for each order. This probably takes around 1 hour in total.

Ordering from the distributors. We have computerised our ordering system. From the control sheet we enter the number of each product required and the database produces printed orders for both Suma and Infinity. We fax the order though to Infinity on Sunday night and they pick and dispatch it on Monday. We prefer to phone Suma before 9 am on Monday as this ensures they will also dispatch that day, and they also read back our order to make sure they have not made any errors.

Bringing the delivery indoors and checking. The order arrives the next day, Tuesday, usually in the morning – 1½ to 2 tons of food on three pallets. Three of us carry this into my house, which takes around half an hour, then we spend about an hour checking that everything that we ordered is there.

Splitting wholefoods. We then spend 3 to 4 hours splitting wholefoods into people's individual orders. We normally buy in large pack sizes for popular items, 12½ kg or 25 kg boxes/sacks, and accept orders for 1kg upwards. Buying in these large sizes keeps our wholefood prices very low and allows us to pass most of the savings onto our members, and to send more money off to good causes. We then phone our members, saying that their orders will be ready for collection from Wednesday afternoon onwards.

Sorting out individual orders. Three or four of us do this on Wednesday from around 9am till 3pm, putting them into boxes and bags.

People collecting orders. People start turning up to collect their orders on late Wednesday afternoon (we do not deliver), and by Friday it's nearly all gone. Some people

collect and deliver orders for other people who live near by or who don't have transport. A new order form is put in each order and a new price list if applicable. We also enclose flyers for demo's, bazaars, good causes, etc as a service to our members.

Finances

Tax. As we are a formally constituted co-operative, and our rules says that all 'profits' go to good causes, we have no tax problems to deal with. Our turnover is well under the VAT threshold.

Expenses. These include phone calls, printing, paper, photocopying, and bags. To save on expenses we try to get people to return the wholefood bags, but some people don't, so we still have to buy some.

Banking

Originally, we used the Portman Building Society, but recently they introduced banking charges so we looked elsewhere. We now use, and would recommend, Unity Trust Bank – which was set up by Trade Union and Co-op organisations (0121 631 2743 – www.unity.uk.com). They do not charge fees if you're in credit. We always keep at least £200 in the bank in case a cheque should bounce (none have so far) or one doesn't clear in time.

Sending money to Good Causes

So far we have sent £3,050 to good causes. These have included several local animal sanctuaries, our local hunt sab's, Stop Huntingdon Animal Cruelty, Plants for a Future, Vegan Organic Trust, and several local and national environmental organisations.

Items that aren't on the price list

If we are asked for an item that's not on our price list, and we can get it from Suma or Infinity, we will order it for them – so long as it's vegan of course. Typically, it has to be bought in quantities larger than the member requires, so we will always try to sell some of it for them by putting it in the 'Shop'. If it proves to be popular we will then add it to our price list next time. This means that our price list just reflects the goods our members order.

Other food co-ops spawned by *Fruity Nutters*

Some people who have moved out of the area have quizzed us about starting up a co-op in their new area. We're not sure what has become of these, but we believe that one in Oxford got started and is still going. If you would like any advice on starting up your own co-op in your area we will try to help. You can contact us at fruitynutters@awkward.screaming.net or 023 8063 6080.

Taking it further?

People often ask us if we've ever thought of turning *Fruity Nutters* into a shop with its own commercial premises. Yes, we've thought about it, but neither of us wants a full time job. Our co-op does involve quite a bit of our time – but when you add it all up it's only a few days every 6 or 7 weeks. What's more, if it were a shop, there would be overheads – rent, business rates, staff wages – so prices would have to go up. The whole reason for setting up a food co-op is to purchase good foods cheaply.

GRASSROOTS NEWS

See p 19/20 for contact details + websites.

Vegan Organic Network/Trust (VON/VOT)

Peter White of VON/VOT was approached by the editor of the Vegetarian Society's **Vegetarian magazine** for information for a grow-your-own article. Various Vonnies put this together and the result was an excellent article on vegan organics in the Autumn 2003 edition, complete with photographs.

The Vegan society approached VOT to update the **Vegan Society information sheet on Growing Vegan Organically**, and this has now been done.. They have also persuaded VOT to write the **Grow Vegan column in the Vegan magazine** from now on.

Things are still progressing with getting a **stockfree organic agriculture, education, research and development centre**. They are still appealing for donations, so please send what you can to them (contact details: p 20). Since VOT is a charity, they can claim back basic-rate income tax if you pay this, using the government's Gift Aid scheme.

As reported in VV97, VOT were awarded £3,600 by the Cyril Corden Trust to buy equipment to produce a **stockfree organic farming video**. The equipment has been purchased, including a digital camcorder, a tripod and two radio microphones. Filming started in September.

Now in it's 4th year, the annual **vegan-organic farm visit** at Tolhurst Organics (advertised in VV97) took place in September. It was organised by Graham Cole who writes the VV Vegan Organic Growing column. There was record attendance; 24 people turned up this year for a very educational talk.

Plants for a Future

Their **Cornish site, the Field, has been going from strength to strength** lately. A legacy injected great energy into the site which is still being built on today. Two new volunteers, Simon and Jane, are now regular volunteers and there has been a string of volunteers coming for a week or so.

They have been talking with the Workers Educational Association, Bodmin and St Austell College to **organise a number of courses** which start in 2004 (see future VV magazine events page for details).

This winter they will **regenerate their 4-acre coppice woodland at their Blagdon site** which has not been managed for 30 years. They intend to cut it right back so that in ten years time they will have a productive hazel coppice. The new planting of 20,000 trees will be cleared of undergrowth, trees will be maintained, and fences will be fixed to give the trees a helping hand. They will also need to do some re-stocking to replace losses and fill out some of the spaces. These trees were planted five years ago and there have been very few losses; the alders have done very well but deer have been munching many of the other trees. They are getting some professional foresters in to do the work in December and January; **volunteers are**

also needed for this. Also at Blagdon they plan to recreate the native hedge, landscape the new car park area, and create a new visitors' centre garden in the spring.

PFAF are considering the future direction of the charity and the Blagdon site. The past five years at Blagdon have been very mixed, with a string of successful events but many problems, so the site cannot continue in its current state.

Ancient Woodlands Project, Yorkshire

Louisa, who runs the project, had a volunteer week in early September offering free camping on the site, which went well. She tells us that she hopes to have other volunteer events, although maybe weekend rather than week-long ones in the future.

RECOMMENDED BOOKS

See also p 17 for book reviews.

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.

Animal-Free Shopper 6TH 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.

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.

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

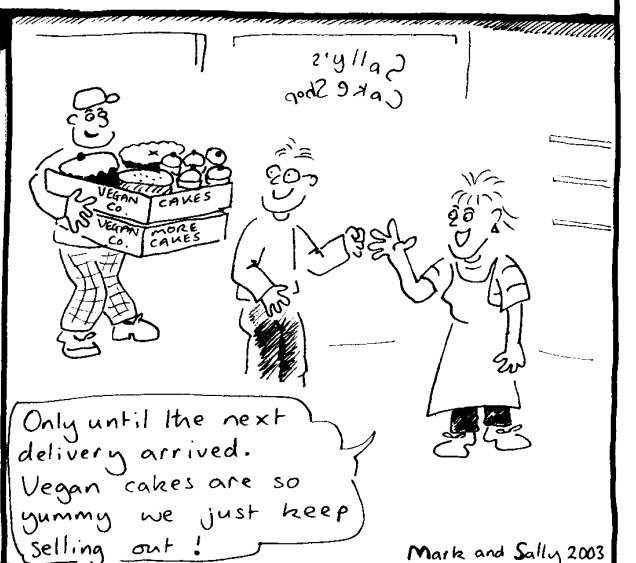
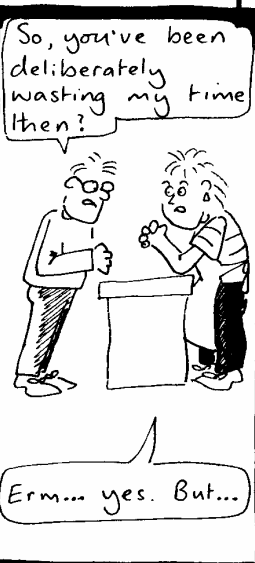
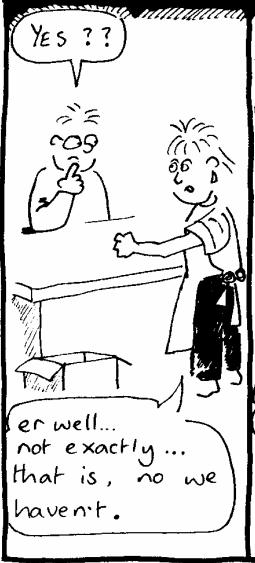
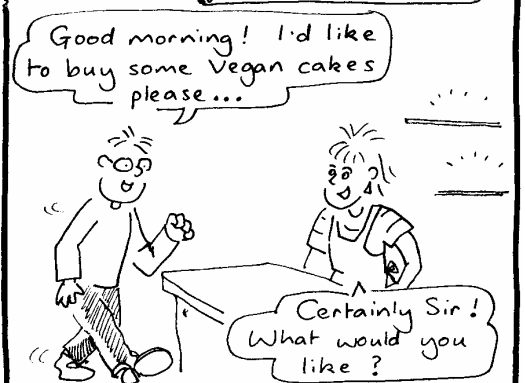
Nutrition For Optimal Health Video (46 minutes) by Dr. Michael Klaper £8-95 + £1-50 p+p from The Vegan Society (address above). Klaper's website: www.vegsource.com/klaper.

Healthy Vegan Infants/Children gives individual case histories of children being brought up as vegans and also professional advice. £2 from: Plamil Foods, Bowles Well Gardens, Folkestone, Kent CT19 6PQ. Tel: 01303 850588. Web: www.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.veggieland.co.uk.

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

MARK AND SALLY IN... "THE CAKE SHOP SKETCH..." APOLOGIES TO MONTY PYTHON!



Mark and Sally 2003

Thanks to Mark and Sally for sending us this new cartoon out of the blue. They produced the Mark and Sally cartoon in Vegan Views from 1986 to 1997; many are on our website at www.veganviews.org.uk/vvcrossref.html#cartoons.

Letters

Becoming Vegan

Dear Vegan Views,

In February 1978 I saw on TV the barbaric killing of Baby White Harp Seal Pups on the Ice flows of Canada and soon after in a National Newspaper I saw an advertisement by the International Fund for Animal Welfare (IFAW) for a protest march and Rally against the fur trade. I went to the Rally at Trafalgar Square and with several hundred other people marched from there to the Protest Demonstration against the fur traders Hudson Bay and Annings in the City. This started me off in Animal Welfare and my 73 year old mother and I became vegetarians. Then we read the book 'Food For a Future' by Jon Wynne-Tyson which explains the three main reasons for becoming vegan: Animal Welfare, Ecology and Health.

After reading this book we decide to become vegans five weeks after becoming vegetarians, so we virtually became vegans straight away and soon after joining the Vegan Society we were invited to the AGM by the secretary Kathleen Jannaway.

Best Wishes,

Len Arrowsmith.

The Vegan Magazine

Dear Harry,

I would like to reply to Brian Owen and Rick Savage (VV97) concerning The Vegan Magazine. It is, as I have said, not all bad. But it has been very varied in quality over the last two years or so. With regard to Brian's comments on the need for full and detailed articles on health benefits of veganism, I would say that accuracy is important in any magazine article, but including every detail to the nth degree isn't. A magazine and a medical journal are two different things, and should be treated as such. The Vegan is supposed to report on all aspects of veganism. Even though most vegans become so for reasons of animal rights. The Vegan does not have a large animal rights content. By comparison, however, it has had an over large health content in some recent issues. I find this strange. Meat eaters don't read magazines to find out about every detail of nutrition or health issue related to certain foods, they are more interested in interesting recipes and new products. Why should we be so obsessed with health when it is clear that a varied, balanced vegan diet is very healthy and doesn't take much thinking about? If we believe that veganism is a natural, simple to do lifestyle, why do we need to analyse it so obsessively in detail with regard to health, in what is supposed to be an across the board publication? If we present a magazine crammed full of nutrition and health data to people who are new to veganism, what will this say? It will say that veganism is so dodgy because to remain healthy, vegans have to be totally obsessed with making sure that they get enough protein and vitamins each week or they will become seriously ill. How can veganism possibly be our natural

diet if we have to think so hard each week about getting enough of everything? The best health advice there is for vegans, is to eat a varied, interesting, balanced diet, and enjoy it, and with the exception of people with certain health conditions or allergies, this is the healthiest thing they can possibly do.

Chris Sutoris.

Editor's Note: Do people in general have much idea of what constitutes a balanced diet? E.g. some people never eat any fruit or vegetables. Comments invited.

Vitamin B12

Harry Mather asked V.V. reader Lorna Wallace about the Banana Fibre note paper which she uses and she replied:

Dear Vegan Views,

Re your interest in 'Banana Fibre' paper, sorry I can't help you out on this, don't know anything about it myself except it's very cheap – only £1 for a pack from any 'bargain book' shop.

I noted an item on the importance of B12 from fortified foods and wondered if you know about the high B vitamins obtainable from sprouted Alfalfa (*Medicago sativa*), also known as lucerne or buffalo herb. The plant has extraordinarily long roots – up to 40 ft beneath the ground. Sprouted alfalfa seeds have a high protein content, higher than beef or milk. They contain vitamins A, B, & C with good amounts of D, E, G, K, and U. They also contain B12, calcium, iron, sodium, potassium sulphur, phosphorus, silicon, aluminium and magnesium (what a list). Deep rooted plants like this can reach into the subsoil and gain minerals not available to shallower-growing plants. Other sprouting seeds and beans, if sprouted five or six days also contain B vitamins, including B12.

It's a very cheap way of getting our B12 and seems a more natural way of obtaining our vitamins and minerals. The body easily absorbs nutrients from plants (unprocessed).

We've been looking into re-mineralising our soil in order to obtain the full nourishment from any food we grow, it looks like volcanic rock dust is the necessary ingredient. B12 should become rich in the plants if the bacterial, mineral, ph levels etc. are correct in the soil.

Anyway, just thought I'd mention it. Thanks again for the mag.

Best Wishes

Lorna Wallace.

Editor: Scientists tell us that although some plants do contain vitamin B12, the body is not able to utilise them because they are in a different form. The Vegan Society recommends that vegans should use foods fortified with B12 (read the labels on Yeast Extracts, Plantmilks, Vecon, etc.) or take tablets as some vegans have been found to be deficient in B12.

More on Cafés

I welcome Helen Kirby's information about Pret-a-Manger (V.V.97), Starbuck's and other firms mentioned in my

article "Out to Lunch (V.V.96)". However, I refute her suggestion that I ignored human rights and environmental issues. My article stated that Starbuck's describes its own coffee roasting process as "dangerous" (clearly a health and safety issue) and criticised it for moving recycled napkins thousands of miles across the Atlantic Ocean. Talk about not seeing the bigger picture! Or token gestures!

I do not accept that my article encouraged vegans to frequent Starbuck's or the other 3 organisations she dislikes. If anything, the revelation that Starbuck's does not provide vegan snacks (and cannot be bothered to explain why) would put them off going there.

My intention was to help vegans who might happen to be at such places. I assume some vegans take packed lunches with them whenever they are away from home, whether they are going on a long journey or meeting somebody. They carry a packed lunch even if they also have masses of luggage to carry. Some people prefer, or even need, to travel as light as possible.

I began the article when I used to meet my then-boyfriend in town. He chose never to visit my home. I couldn't spend much time at his home as one of the people he lived with was dying and did not like other people about too much.

True, I could have taken a packed lunch. I couldn't have eaten it in a pub, they frown on people taking their own food along. Libraries don't like people eating near their books. I suppose I could have eaten in a park. Even in January. Alone, as my ex had medical problems that meant he had to keep warm. That would have left him (and his family) with the mistaken impression that the vegan diet was so complicated that vegans could not eat ordinary food that might be found in ordinary cafes or restaurants.

Before anyone points this out, yes, the city I inhabit has 2 veggie cafes and a veggie pub. One of the cafes, in a disused church, is not particularly vegan-friendly. The baked potato and beans option may be vegan, I've never asked which brand of beans they use. (I assume Ms Kirby appreciates my efforts to persuade HP to make life easier for all vegan café-users by leaving out the milk). I went to the veggie pub once. I was slightly put off by the loud music. The sign pointing out that smoking is allowed throughout just seems designed to wind up people who don't want their lungs damaged by other people's habits. I appreciate that there aren't many non-smoking pubs, but there are some that only allow some in specific areas). The food was good.

The other café is non-smoking. I've been there with various combinations of people: meat eaters, veggies, vegan adults, vegan children. Two of those people have had their artwork displayed on the walls. (Yes! I mingle with creative people! One day it may be my artwork up there). Everyone was happy with the food and the prices are very reasonable.

However, I couldn't have gone there with my ex. Firstly because, before it opened, he had lost interest in our supposed friendship (he realised I was standing by my decision to stop going out with him). Secondly, because the café does not have wheelchair access. Readers, I plead not guilty to the charge of promoting Starbuck's! Finally,

have you got your non-vegan pals doing taste tests on bread with milk and beans with milk? Like I said, I won't sue them for BORROWING MY IDEA.

Best Wishes,

Katharine A. Gilchrist.

Keep it Non-Political!

Elizabeth Stewart has written to complain that Helen Kirby's letter in V.V.97 was raising a political point in mentioning that Marks and Spencers support the Israeli Defence Force. We assumed that she was making the point that M&S supported a military institution, a fact likely to be of interest to vegans, whichever nation is concerned. Vegan Views certainly wishes to concentrate on vegan issues, which is a wide subject in itself, and will avoid any explicit political view. For this very reason we must omit the political riposte made by Elizabeth Stewart but are happy to print her conciliatory paragraphs:

"Were Ms Kirby and I to meet in a Vegan Restaurant or at a local gathering, we would probably find we had much in common and perhaps would become good friends. At such an event I would not expect to discuss politics with her – because, whatever our political differences may be, we would be sharing the values we held together, and focussing on them, rather than on irrelevant issues.

"Let's concentrate on the interests we all share – cooking, nutrition, gardening and so on – so that Vegan Views remains a place of peace and harmony where all Vegans may feel welcome.

H. Mather.

Vegan Art Sponsorship

Hello,

I'm Macao from deep burnt – an arts organisation based in Glasgow. I have the exciting opportunity to offer organisations a chance to become involved in the music/arts culture in Glasgow. Miso is a regular event that operates from Glasgow's oldest most loved Vegan restaurant 'The 13th Note Cafe'.

In November we intend to launch a new art project aimed at the vegan customers of the cafe. We will place a life sized fibreglass cow in the premises. The cow will be painted every month by a different local or international artist thus creating a forever changing artwork. We're looking for sponsors for this project. What you will get is a life-long affiliation with the artwork and all of the associated press and marketing materials. Your logo and web address will be permanently painted on the cow.

The artwork will cost in the region of £800 to put in place then approx £100 to maintain it every month. The 13th note cafe will be responsible for the maintenance costs in conjunction with miso but we need help to get the money in the first place. We're looking for a sponsor to provide us with half of the cost of the artwork (about £400).

As you can see, this is a very exciting and worthwhile project. The return will be tremendous, you will have a permanent, highly visible and much talked about

advertisement in Glasgow's busiest vegan meeting place. I can't state enough how important it is to us to get help with this project. It really will affect whether the project goes ahead or not.

Macao.

Trees not Meat

The "Mercy" corps are promoting an "Animal kit" for people to buy at the Hungersite (www.mercycorps.org/mercy_kits). Please could you put something in the next mag asking people to politely contact them, asking them instead to sell "Tree kits" instead citing the obvious environmental benefits.

Many thanks

Tony Martin.

New veggie/vegan restaurant in Aberystwyth, Wales

Rendezvous is a stones throw from the pier, is easy to find and provides a vegetarian and vegan oasis with an ever changing menus including daytime, early evening, full evening and a special Sunday menu which includes a full blown traditional style vegan Sunday lunch complete with saffron roast potatoes and a rich red wine gravy.

Rendezvous opened on March 5th this year, and since then the owner, Maggie Cotton, tells us that it has been going incredibly well. Aberystwyth has a university, so there are plenty of students around. They also get lots of tourists – helped by the fact that we are very close to the pier. Maggie told us: "I decided to open a veggie restaurant because I was fed up of having nowhere to go and eat. I like to go out for a meal with a glass of wine. I only go to veggie places because I can't be sure that veggie food in a non-veggie restaurant is fully veggie – there could be cross-contamination problems."

The restaurant is mostly vegan. The only exceptions are dairy milk for tea/coffee, dairy ices, and a side-order of cheese. All dairy products are kept in a completely separate area to prevent cross-contamination. They even have separate dishwashers for non-vegan items. Maggie believes that vegetarians & vegans in Aberystwyth are quite lucky since they already had a café called Ancient Rain which has a simple menu, such as baked potatoes, although it's not opened in the evenings. There is a veggie B&B between Aberystwyth and Machynlleth, but this is closing down since the owners are moving to Spain. However, the owners are opening a veggie B&B in Spain.

It's open every day of the week (but during the winter, only Thurs Eve, Friday Eve, Saturday Day & Night and Sunday Lunchtime – check their website or phone for current opening hours). It's 100% vegetarian and is fully Licensed. It's also Vegetarian Society Approved and the Vegan Society Sunflower Standard has been met.

Rendezvous Vegetarian Restaurant. 31 Pier Street, Aberystwyth SY23 2LN. Tel 01970 626444. Web: www.rendezvous.co.uk. 10% discount if you bring this article with you.

YEAR ZERO

The troop of primates trekked across the plain,
Mammoths and bison dotted the terrain.

Bears by the river growled,
Wolves in the forest howled.

Autumn leaves littered the ground,
A bitter wind blew around.

A hungry eagle left in the nest,
Caught in the wind and headed west.

The primates spied a bundle by a tree,
A youngster from a hostile troop, a refugee.

Lost in a panic when lions prowled,
Cold and lonely, the youngster cowered.

Now the focus of the eagle's eye,
Gazing down from a threatening sky.

The eagle launched his deadly strafe,
But the primates kept the youngster safe.

They warmed her up and gave her cover,
What she needed was her own mother.

The leader carried her on his shoulder,
He'd resolved to protect and guard her.

They all moved on in the fading light,
In the distance, her troop was in sight.

The young one's father was their leader,
They were combing the land to find her.

The leaders approached each other at dusk,
They both had already put down their tusks.

The young one was happy and calm,
She'd been well protected from harm.

She was gently handed over,
She scampered to her mother.

The leaders knew the war was at an end,
From that moment they'd be friends.

Something had switched in their minds,
They knew it was better to be kind.

They touched, embraced, smiled,
Two troops became one tribe.

Animal became man,
Humanity began.

It was year zero.

John Sephton

Be kind to animals by not eating them

VEGAN FESTIVAL – 2003

As a follow-on from my last submission to Vegan Views, I did indeed manage to be present at this incredibly well-attended event; and I'm very happy to be enabled to report that!

I had two talks scheduled consecutively by the organiser of the festival highlighting my work-in-practice of Nutritional Medicine and how that can also relate to optimising the vegan diet in general, plus a further discussion more specifically relative to increasing people's exercise/endurance/strength potential – at which I exhorted everyone to be aware of their own personal strengths and weaknesses. We also debated various methods of manipulating food and any supplement intake to take control of this situation.

Our festival was extremely well-supported, no doubt helped out by the beautiful September weather. Accolades to global-warming for once! It had been five years since I was invited to speak at the festival and I well-remember that just two hands were raised when at that time I asked the audience how many used sprouted foods on a daily basis. There were more hands this year!

I was not as fully prepared with my talk-delivery this time around owing to an exceptionally heavy workload which impinged upon the time I had set aside for its preparation. I burned the midnight oil – and much later – during the early hours of September 14th with a red-hot keyboard – making pertinent discussion notes! I was exceedingly grateful of being driven the 130 mile journey – as my present health status prohibits such wanton luxury!

I also had had to arrange an immediate flight to Germany following this event.

In July, with my life-expectancy dramatically reduced, I sought further world-wide help. This was addressed in Germany and at that time I had a liver-implant designed to counteract the three areas of my liver which had become cancerous. I further injected into this implant on a three-times-daily regimen. Writing ten days on from festival, my current heart status is holding – though it still remains inoperable. Evaluation of the treatment by German naturopaths and my private orthodox specialists is that two out of three cancerous areas have responded. I have just returned from Germany with a further implant which hopefully will be expedient upon remaining unresponsive area.

Today's UK testing reveals I'm keeping heart function at a controlled level, with the tumour in my left arm unfortunately still active, though somewhat smaller.

I remain fully-focused on overcoming 2003's major setback.

I am also warmed by the arrival of my eldest son from Bangkok next month – if only for a short stay!

The oft-time tedious steps of my journey are both equally challenging and exhausting, but are made easier by the overwhelming influx of emotional and spiritual help I have

received, especially during 2003. I feel protected and guided as I travel towards my goal.

It was great meeting everyone – especially Harry who is a phenomenal example of present-day veganism!

Stay happy everyone!

Love, Light and Peace to you all, Pat Reeves, practitioner of nutritional and functional medicine. Email me anytime at pat.reeves@blueyonder.co.uk and access my newly-updated website at www.livingfoods.pwp.blueyonder.co.uk.

Editor: Pat Reeves has had cancer for around 10 years, since she has inherited a genetic disposition to contract cancer.

Appeals from Realfood

Realfood are setting up a new group using an old animal campaigning name, Artists for Animals, who are planning on setting up a website and are looking for artists to donate artwork to sell via the site. Paintings, prints, sculptures, clothes, anything considered as long as its vegan. No individual poems please as they do not have the finance to print them.

Next year they will be attending folk, jazz and music festivals running a vegan awareness stall. There will be a website picture of the vegan buddies trailer which was big success on its first outing at the Bridgnorth Folk Festival – it converted at least 1 person vegan and an 8 year old farmer's child veggie amongst others. They are planning to take the artwork to the festivals to sell, so come on you budding artists, help campaign for a vegan world. Contact: info@realfood.org.uk. Web: www.realfood.org.uk.

Have you any videos, DVDs, music cassettes, CDs, books or video games that you no longer want or that are just cluttering up your home (please no bric a brac wanted)? Well please consider donating them to Realfood to sell at festivals, car boot sales or on Ebay. They can arrange to pick them up at animal rights demos, or send them to Realfood (contact above email address).

About Realfoods...

Realfood is a grassroots vegan campaigning group, trying to make it easier for people to follow a vegan diet using vibrant positive actions which educate the public about the vegan diet. Their free food fairs reach hundreds of people at a time, many of whom previously believed veganism to be "too hard". The diet is shown to be varied, exciting, healthy, and accessible for everyone. These fairs have generated a great deal of public awareness of the vegan diet. They provide a buddy service for people who want to go vegan but feel isolated and don't know what to expect. Their buddies are experienced vegans who can help people get used to their new lifestyle, while feeling part of a friendly community who understand and support them for what they are doing. They lobby companies and public services to provide more vegan food. Along with Veggies they are running a campaign to get individual portions of soya milk and margarine available all over the country.

RECIPES

Butternut Squash and Barley Casserole (Serves 4)

A recipe from Linda Majzlik's new book A TASTE OF VEGAN FRANCE:

1 lb/450g butternut squash, peeled and diced.
8oz/225g potato, peeled and diced
8oz/225g leek, trimmed and sliced
4oz/100g pot barley
1 onion, peeled and sliced
2 garlic cloves, crushed
20fl oz/600ml boiling water
10fl oz/300ml cold water
1 tablespoon olive oil
1 bay leaf
1 tablespoon vegan vegetable bouillon
1 dessertspoon dried fines herbes
½ teaspoon paprika
black pepper
grated vegan 'cheese'
chopped fresh parsley.

Soak the barley in the boiling water for an hour, then bring to the boil and simmer for 10 minutes. Heat the oil in a large pan and fry the leek, onion and garlic until softened. Remove from the heat and add the barley and its remaining cooking liquid. Dissolve the bouillon in the cold water and add, together with the squash, potato, bay leaf, fines herbes and paprika. Season with black pepper and stir well. Spoon into a casserole dish. Cover and bake in a preheated oven at 170°C/325°F/Gas Mark 3 for 1¼ hours. Sprinkle the top with grated 'cheese' and garnish with parsley. Serve with a green vegetable and warm bread.

EGGLESS RECIPES.

During the 1939-45 war eggs were in very short supply and James Miller (Food Products) Ltd, established in Manchester in 1847, the same year as the Vegetarian Society was founded there, took the opportunity to promote their Baking Powder. Here are some of the recipes taken from their Recipe Book produced in wartime:

Potato Pastry Without Fat

8oz warm mashed potatoes
A little salt
4oz plain white flour
½ teaspoon Baking Powder

Mash the potatoes when hot. Add the flour, salt and baking powder, previously sieved together and work into a paste without any liquid. Roll out as required for tops of savoury pies.

This pastry is very good if eaten hot.

War-Time Yorkshire Pudding.

4 tablespoons plain flour
pinch of salt
½ pint milk [use soya milk]
1 teaspoon vinegar
1 level teaspoon Baking Powder.

- 1) Mix the flour, baking powder and salt
- 2) Make a well in the centre
- 3) Pour in the vinegar and milk gradually
- 4) Beat well for 10 minutes
- 5) Allow to stand for an hour or more, then beat again
- 6) Pour into smoking hot fat
- 7) Bake in a fairly hot oven for about 30 minutes at 425°F (Regulo No. 7)

Milkless Scones

4oz plain white flour
3oz margarine
4oz wheatmeal flour or fine oatmeal
Cold water
½ teaspoon salt
1½ teaspoon Baking Powder

- 1) Sieve the flour, salt and baking powder, rub in the fat.
- 2) Work in enough cold water to give an elastic dough.
- 3) Roll out about ¾ inch thick. Cut into shapes. Bake on a greased tin in a hot oven 10 to 15 minutes.
- 4) If sweet scones are required add 1 or 2oz sugar and 2oz of any kind of dried fruit.
- 5) Electric temperature 475°F (Regulo No. 8).

PERSONAL ADS

More adverts on p 18

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.

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.

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.

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

NEW Is there a Like Minded Person? Are you 100% vegan (A.R.) / 100% organic (environment) and dislike cars/TV etc? (prefer a simple lifestyle). Please write me (woman 36) for support anyway. (I'm depressed now). I need like-minded friend(s) to meet, live/write with. More info; vgnwmn@yahoo.co.uk (no, do not have own PC!)

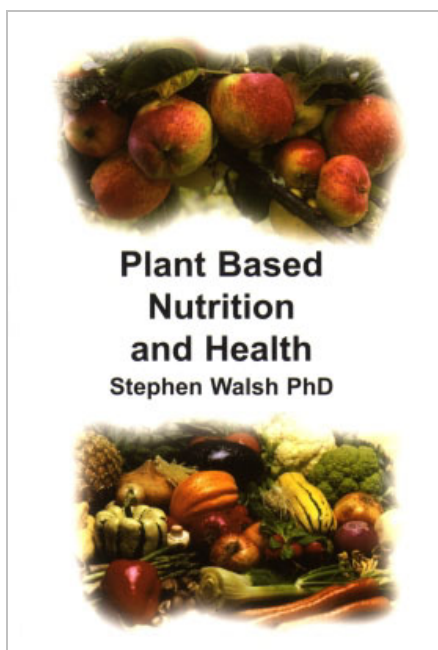
NEW Brand New Vegan Male (Nottingham) loves walking, countryside, seaside. Seeking opportunity penpals as new on path. Also females for possible long-term relationship. Non-smoker. ALA. Tom Healy, 19 Baldwin Court, Ilkeston Road, Nottingham NG7 3FZ.

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

BOOKS

PLANT BASED NUTRITION AND HEALTH

by Stephen Walsh PhD



Published by The Vegan Society. 240 pages £7-95 ISBN 0 907337 26 0 paperback.

This book is an up-to-date review of current scientific research on vegan nutrition. The author's background in process systems analysis has enabled him to process the latest data, construct models and analyse choices to optimise results. No use has been made of any information obtained by harming animals, but is based on studies of humans.

Using sound science he is able to show the health benefits of a plant based diet (ie a vegan diet) and to inform vegans about the best nutrition they can follow. There is a wealth of scientific references at the end of the book but the points made in various chapters are explained in simple language and each chapter ends with a clear summary of the practical points. There is clear guidance on the often raised topics of calcium, iron, vitamin B12 and fatty acids.

This book proves the benefits of a plant based diet and gives vegans clear information on how to achieve maximum health and clear arguments to argue with opponents. It is much more than a replacement for Gill



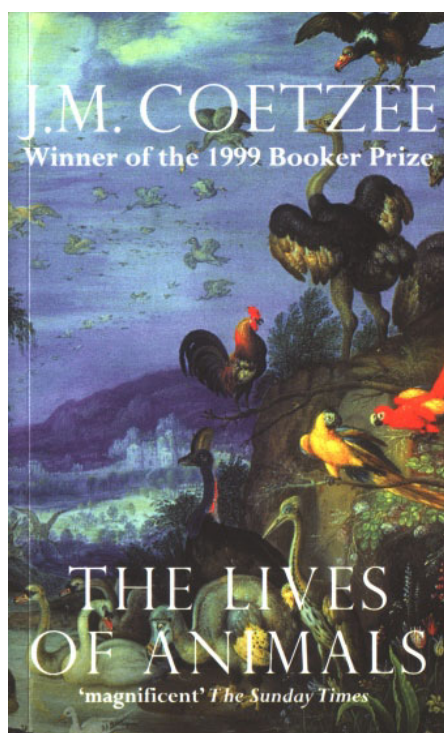
Langley's Vegan Nutrition (now out of print), it is a scholarly but clear exposition of the latest scientific findings on human nutrition relevant to veganism.

However, it may give the impression to non-vegans that becoming vegan is something complicated and difficult, instead of being the natural, simple thing that it is.

H.M.

THE LIVES OF ANIMALS

by J.M. Coetzee



Profile Books 126 pages, £4-99. ISBN 1 86197 2377.

In the framework of a lecture on animal rights given by a successful novelist which is followed by discussions, the author puts forward all the arguments for respect for animals, including not eating them. The author is a successful novelist and the winner of several literary prizes. He has just been awarded the Nobel prize for literature.

The novelist of the story sometimes appears vague and hesitant and yet the case for animal rights is strongly made. The conclusion may reflect what many of us feel:

"I no longer know where I am. I seem to move around perfectly easily among people, to have perfectly normal relations with them. Is it possible, I ask myself, that all of them are participants in a crime of stupefying proportions? Am I fantasizing it all? I must be mad! Yet every day I see the evidences, The very people I suspect produce the evidence, exhibit it, offer it to me. Corpses. Fragments of corpses that they have bought for money."

H. Mather

THE ANIMALS DIARY 2004

by Mark Gold

ISBN 1 8997766 79 3. £5. 128 pages. Published by Jon Carpenter, Alder House, Market Street, Charlbury, OX7 3PQ.

This year's Animals Diary follows the pattern of previous years with a page for each week and an opposite page of information, concentrating this year on profiles of individual animals to show that they are beings with feelings which society wants to deny them. There are also a few recipes and a directory of relevant organisations.

A VEGAN TASTE OF GREECE

ISBN 1 897766 84 X.

A VEGAN TASTE OF NORTH AFRICA

ISBN 1 897766 83 1

A VEGAN TASTE OF FRANCE

ISBN 1 897766 82 3

All written by Linda Majzlik. published by Jon Carpenter Alder House, Market Street, Charlbury OX7 3PQ.

Another three cookery books to add to several already popular vegan cookery books that Linda Majzlik has written based on dishes from around the world. A useful list of relevant ingredients is given and dishes include starters, main dishes, desserts and baking. These books prove what a huge variety of tasty dishes can be provided on a vegan diet.

H.M.

B&Bs & ACCOMMODATION

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

North Yorkshire Moors Organic vegan natural foods in peaceful coastal village overlooking Robin Hood's Bay. Close to the best fossil beach in Europe. Non-smoking. Special diets. Children really welcome. B&B 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. Web: www.frasercottage.com.

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

Lydford, Devon Room to let for VEGFAM supporters, vegan, non-smoking. 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. Email: 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. Email: simon@making-waves.co.uk.

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

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

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

BOOKS

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

NEW New book now available by Dr Gina Shaw 'Nutrition and Emotions: How to Transform your Life Through Optimum Nutrition'. Price £7.99

ads free to subscribers

including P+P (cheques to be made payable to GLS Publications). Please send orders to GLS Publications, 22 Webber Close, Ogwell, Devon TQ12 6YL.

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.

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

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

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.

FOR SALE

NEW Vitamix TNC the best blender in the world! Still guaranteed. Hardly used. Still boxed. Comes with recipe book and video. £379. (RRP £479). Tel: 01626 352765.

NEW Stainless Steel Manual Wheatgrass Juicer Ex demo model. Still boxed. £99 (RRP £139). Tel 01626 352765.

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.

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.

Vegetarian Web Designer Websites for the vegetarian and vegan community by VegDesign. For more info, rates and portfolio see www.vegdesign.com. Tel: 07742 336858. Fax: 08714 335402. Email: cathy@vegdesign.com.

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. Tel: 023 9261 1607.

HEALTH

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.

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

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

Nutritional Therapy Improve your quality of life and get to the root of your health problem. Pat Reeves, qualified, registered, and practising Nutritional Medicine. Oakfield Cottage, Bromley Lane, Kingswinford, W Midlands DY6 8JP. 01384 270270. Email: pat.reeves@blueyonder.co.uk. Web: www.livingfoods.pwp.blueyonder.co.uk.

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.

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. Tel: 023 9261 1607

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.

Vegan Health and Nutrition Consultant available for personal consultations in person or by telephone. Short fasts including group retreats, Iridology and emotional healing sessions also available. Contact Dr Gina Shaw on 01626 352765 or email DrGinaShaw@aol.com. Web: www.vibrancy.homestead.com/pageone.html.

NEW Microcare Tooth Powder from Health Connections. Contains no fluoride, Sodium Lauryl Sulfate, saccharin, preservatives, animal ingredients, aspartame, artificial colours or flavours. For free sample, tel: 01892 683439.

SHOES

Veganline.com sell vegan shoes online – Freeport LON10506, London, SW14 1YY 0800 458 4442. Web: 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.

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

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

Vegan Shoe Repairs and large range of vegan shoes. Total Liberation c/o Lyme Leisure, South Street, Axminster, Devon EX13 5AD. Tel. 01297 631133. Web: www.lymeleisure.org.uk. Also making vegan moccasin slippers. Will shortly make shoes starting with children's.



notices



ANIMAL GROUPS

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

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

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

CHARITIES

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

Vegfam Feeds the hungry without exploiting animals. See Box advert p 10.

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.

FRUITARIAN + RAW FOOD

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

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

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

MAGAZINES

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

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

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

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.

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, run by a VV subscriber who wants to convert it back into a native woodland. Details: Louisa 01723 514525 or 07748 101117. Email: Ancientwoodlands@aol.com. Web: 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: springoftruellife@aol.com.

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

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

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

SPORT

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

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. A small newsletter is available (send SAE). Web: www.veganvivors.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.

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

WEBSITES

General

www.veganvillage.co.uk popular noticeboard + list of UK vegan restaurants
www.btinternet.com/~bury_rd Vegan News: free on-line magazine
NEW www.eco-centric.co.uk A website for vegans and people interested in alternate lifestyles in the UK/Ireland

Listings of Vegetarian Restaurants & cafés

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

Travel

www.vegetariansabroad.com (worldwide) places to stay abroad

Vegan Shopping

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

Vegan-run business lists

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

Vegetarian information

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

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.

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. Web: www.veganorganic.net.

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

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

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

Vegans in your area

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 for a list. The Vegetarian Society have affiliated local groups and information centres which often have vegans in them – see 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. Also wants to hear from families anywhere wanting to holiday together.

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

Vegetarian and Vegan Gay Group (London) Informal social & 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. Web: www.vvgg.freeseve.co.uk.

Vegan Essex meet 1st Tuesday every month at Brentwood School Sports Hall (Courage Hall, Middleton Hall Lane). www.vegansex.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.

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. Email: 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. Web: www.vegfolk.co.uk.

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

Bournemouth Vegetarians & Vegans Tel. 01202 555712. Email: timwest@onetel.net.uk. Web: www.ivu.org/uklocal/bournemouth.

Isle of Wight Vegetarians & Vegans Tel. 01983 407098. Email: iow@ivu.org. Web: www.iwv.org.uk.

WALES

Swansea Vegans meet on third Monday of each month. Details: George Barwick. Tel: 01792 518773. Email: 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, Lammas St, Carmarthen. Just come, or to check phone 01267 241547 or hippocharity@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.

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.

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.freeseve.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.