

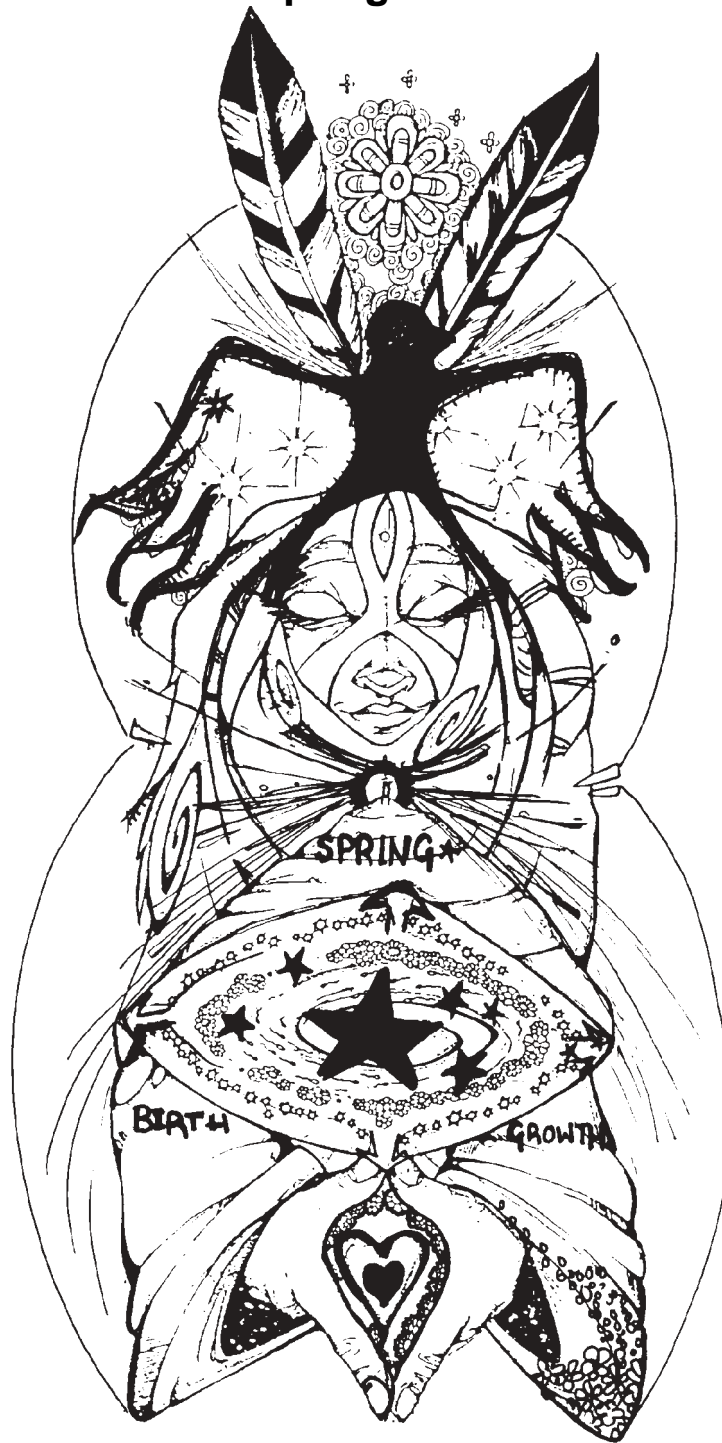
Vegan Views

A Forum for Vegan Opinion

No. 104

Spring 2005

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Animal groups

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

Animal Aid. Web: www.animalaid.org.uk
PETA. Web: www.peta-online.org

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 has for 30 years provided short and long-term Relief to People who have been the victims of drought, flood, cyclone or war. Website: www.veganvillage.co.uk/vegfam
Email: vegfam@veganvillage.co.uk

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

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

Magazines

The Vegan is published by the Vegan Society. (See page 18)

Arkangel An animal liberation magazine. £10 for 4 issues inc. p&p. Arkangel, BCM 9240, London WC1N 3XX. Articles to: arkangelweb@hotmail.com

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

Growing Green International is published by Vegan Organic Trust. See page 18. Web: www.veganorganic.net

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

New Leaves is published by Movement for Compassionate Living. See page 18. Web: www.MCLveganway.org.uk

Vegan Voice Quarterly Australian magazine. Promotes a non-violent way of living beneficial to the planet, all animals and human health. Credit card facilities available, approx £18 for 4 issues (ie 1 year) PO Box 30, Nimbin, NSW2480, AustraliaNSW2480 Australia. Web: <http://veganic.net> Email: veganvoice@lis.net.au

Viva!Life published by Viva. www.viva.org.uk
www.realfood is a monthly online vegan magazine, full of news, reviews, recipes, and details of our campaigns. (Food fairs, vegan buddies, NHS menu charts.) To subscribe free for our magazine contact us at news@realfood.org.uk

Projects

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

Religion + spiritual

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

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 overlaid table, have the divine right to live. Spiritual Vegans, Kent House Kent Place, Lechlade, Glos GL7 3AW.

Veg4Lent This campaign is active each year in promoting the benefits of ethical vegetarianism amongst Christians. For further information on this year's initiative, see www.veg4lent.org, or

contact: Veg4Lent, Pines Road, Liphook GU30 7PL. Tel. 01428 723747.

Printing + resources

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

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

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.geocities.com/vegetariancac/ E-mail: Psimpson@vegacac-mkveg.fslife.co.uk

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

Vegan communities

Brynderwen Vegan Community started in May 2002 when a large four-bedroom house with terraced gardens 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. 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. Email: vegancom@btinternet.com. Tel: 01792 792442. A small newsletter is available (send SAE). www.veganviews.org.uk/brynderwen

Vegan shops

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

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

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

**We love to hear from you!
Send us a letter or air your
views in an article.**

Vegan Views

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Sell Vegan Views:

Sell Vegan Views to friends, local shops, bazaars or at meetings. If you order a minimum of five copies, each copy costs 50 pence including postage within UK. (We can no longer accept returns.)

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

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

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

From the editor...

An English schoolgirl was sitting on the beach in Thailand when she saw the sea recede so violently that fishes were being stranded. She told her parents that her teacher had taught them that this is what could happen on the Indian Ocean and that they had five minutes before a huge wave would follow. They all left the beach, told the hotel reception, the other sunbathers were warned and many lives were saved.

By Harry Mather

A little, often quite simple, information, when acted upon can have great beneficial consequences.

The generous wave of sympathy resulting from the catastrophe of the recent tsunami has shown that the mass of humanity can react with generous compassion when faced with a great crisis. The number of victims of this disaster has shocked the world. Some hundred thousand killed and perhaps a million or so made destitute, suffering without food or safe water, moves all those confronted with it in the media. But we have to face the fact that in this modern world of plenty for many of us, millions are under nourished, have to walk miles every day to collect impure water which is making many ill and where millions even die of starvation every year. And yet enough food, such as grains, is produced to feed the entire world.

Animal Farming causes Human Famine

Wealthy nations import protein foods from those undernourished countries to feed to their intensively reared farm animals. Modern breeds of cattle can no longer thrive from grazing in the fields. They have to be fed with protein concentrates and since we do not have the space to produce them in our lands, we import them from poor countries. A simple fact, but not widely known. The information which had impressed itself in the mind of a schoolgirl, saved many lives. If people simply realised that our animal farming results in human famine, the compassion evoked by the disaster we witnessed following the tsunami, should bring about changes in farming and in diet that would benefit the health of the rich as well as that of the poor.

With all the suffering and strife, greed and killing that goes on in the world today, it may be that the present generation is facing a crisis that they will be unable to ignore. It sometime seems as though only great crises such as the two world wars can bring radical changes in society. Let us hope that this year will bring us at least one year nearer to the day when people will no longer ignore the simple fact that a change of lifestyle can restore harmony and peace to the world. Veganism in itself may not be the answer to all the world's problems, but it is a vital factor in the solution.

See the article in this issue about what VEGFAM is doing to help in the recovery process of the tsunami disaster.

Events

March – Vegetarian Month organised by Animal Aid, The Old Chapel, Bradford Street, Tonbridge, Kent TN9 1AW Tel: 01732 364546 www.animalaid.co.uk

1st-13th March. Fairtrade Fortnight. www.fairtrade.org.uk

April – Animals In Laboratories Month. Details form National Anti-Vivisection Society Tel: 020 8846 9777. www.navs.org.uk

Saturday 21st May Veggie Demo in Paris. see www.veggiepride.org

23rd–29th May National Vegetarian Week. This event does generate a lot of media interest, national and local. Tel 0161 925 2000 www.vegsoc.org/nvw Fax 0161 926 9182.

27th-29th May «Permaculture; A weekend for beginners». Course run by vegan permaculturists Graham Burnett and Ron Bates at Dial House, North Weald, Essex. Cost: £90.00 (flexibility/concessions available). There will be space to camp at the venue. Indoor accommodation will also be available in the main house at an additional cost of £5.00 per person per night.

11th-18th June 12th Vegan Summer

Visit www.veggies.org.uk/calendar.htm for the latest vegan and animal events. Vegan related events are also at:

www.veganviews.org.uk

Gathering. At Mumbles on Swansea Bay, at the Gateway to the beautiful Gower Peninsula.

Accommodation in self-catering houses (single/twin/double rooms). Approximate cost per adult £85 per week (excluding food). or £95 if booked after 30th April. One third or more off if unwaged or low income.

Discussions, talks, trips out (to coast and countryside), communal evening meals...and very good company! About 80 people of all ages take part. Day visitors welcome.

SAE for details to Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT (01792 792442) Or see website www.veganviews.org.uk/vsg which includes lots of photos from last year.

6th–20th August Vegan Camp in Shropshire. For couples, families and singles, all ages. Details from Veggies Catering Campaign, Sumac Centre, 245 Gladstone Street, Nottingham NG7 6HX. Web www.veggies.org.uk/vegancamp.

1st-7th October 9th European Vegetarian Congress in Riccione. Italy, on the Adriatic Coast. Hosted by AVI, viale Brianza 20, Milano. www.vegetariani.it email congress@vegetariani.it

Letters

Keeping Pets

Dear Editor,

Last week I discovered your magazine on the internet, more by luck than design. I was actually looking for information on vegan organic gardening, a method that appears to be the only really safe way of growing vegetables. Although I am not a vegan, more of a free range and preferably organic omnivore, I am very concerned with the quality of the food my family eat. Reading your many passionate articles from “the other side of the argument” as it were, was a thought provoking experience and in future I shall certainly prepare more vegan meals and minimise the carnivorous aspect of our diet.

However, there is one thing in your publication which struck me as hypocritical, in fact no, make that nuts, totally bonkers; an advert for vegan cat food. Presumably a product to be bought by vegans to give their feline friends. Who in their right mind with a passion for the sanctity of life would keep a murderous cat as a pet?? Anyone with a garden could tell you horror stories about the carnage caused by these predators. I am fortunate enough to live in the country and although I am not so naïve as to be offended when a sparrowhawk leaves a pile of feathers, my heart sinks when I find the mutilated corpses of birds and small mammals discarded by my neighbours’ cats. When I lived on a housing estate in England, where almost every home owned a well fed cat, their killings seemed even more pointless. The poor blackbirds and their young didn’t stand a chance.

Cats do not always kill for food, they kill because they are cats. You cannot be an ethical vegan and a cat owner. You either respect wildlife or you own a cat. You cannot do both! If you think I am being over dramatic then consult the RSPB and ask them for statistics, clinical facts on the impact domestic cats have on the wildlife populations.

Being a pet owner means being responsible for the actions of your animal. Being cat owner is a truly bloody responsibility!

Rose Hunter, France.

PS Perhaps this letter is not vegan friendly enough for you to publish, but I do hope it does at least cause some discussion in your office. It’s all well and good being a hunt saboteur or an active member of Greenpeace, but sometimes saving wildlife from a needless death can be achieved quite simply by not buying that cute little kitten.

A Haven of Peace

Dear Harry and Co,

Whilst on a tour of France in Autumn last year I decided to visit one of the adverts in Vegan Views ‘Small Vegan/Organic Community, etc’.

Well, if you want to take a step nearer heaven in this life, this is it. Bleuette is a most charming and may I say beautiful lady. I was with a friend and we were received most hospitably and invited to dine with the other 6 or 7 people there.

There was a lot of French flair that went into the food and it was delicious. It certainly gave me some ideas!

The building is very large – lost my way in the rooms - and the chapel had a great feeling of peace about it. Situated in a forest of chestnut trees, they were growing their own food (even passion fruit!).

I really recommend anyone who wants to get away for a time for peace and harmony to pay this one a visit.

It’s called “Douceur et Harmonie” (Sweetness and Harmony) el Faïtg, 66230 Serralongue, France Tel. 0033468396256.

Regards and a happy and peaceful ‘05.

Victor Kosby

Pre-historic Diet was the Best

Dear Vegan Views,

Alan Withnell’s article in VV102 on “The Nature and Importance of our Pre-historic Diet” is very interesting – and useful. Having existed happily and very healthily (by most people’s/vegan’s standards) on an essentially raw vegan diet for just over 10 years (3 years vegan before). I have certainly proved to myself that it is possible... and also very positive for people and planet.

There is much to learn on this path, and the movement to eat a high percentage raw vegan diet (greater than 50%, particularly 70–100%) is growing fast, both in the mainstream “me” culture, and amongst concerned activists seeking a better world (see www.funkyraw.org) We may have learnt that some vegans have done well for 20 years without supplementation – we also have learnt of many who have not. So “better safe than sorry” is the best approach, i.e. B12 supplements as necessary/appropriate. Growing your own greens and sprouting pulses, etc for an excellent source of low cost, highly nutritious organic greens is very beneficial – please do more of it! (especially in the UK, where the chlorophyll in greens gives us the sun’s energy directly). Wild greens are also of great value (learn what is what first). In the northern climates we are not in our ‘natural pre-historic’ climate – we need less fruit and more greens here.

So, combining vegan agro-forestry and permaculture with localised, small-scale horticultural/market garden will revitalise local food economies, cut the massive amounts of food waste we see, and give us much healthier food choices. We can feed the world without the inefficient, desert-creating, massive over-dependence on cereals that Alan Withnell suggests we need. Cereal farming = desert creating monocultures that mine soil minerals and destroy soil structure; fruit = trees, which bind CO2 and build and protect the soil.

Our protein needs are even lower than Alan Withnell indicates – human breast milk is less than 3% protein – all the long lived tribes are low protein consumers, that eat small quantities, and simple fare.

More and more vegans are trying the ‘eat more raw’ way, recommended by the wise and humble forest garden pioneer Robert Hart, as well as (I believe) the world’s most successful ‘success guru’ Anthony Robbins – a 70% raw

vegan diet.

Love and good luck to us all as we play our part in the culture of change.

Steve Charter

www.permaculture-steve.net

www.ecoforest.org

Osteoporosis, Bone-Health and Nutrition

I was motivated to write this by the experience of a close friend aged 75 who has osteoporosis, and whom I have been advising on bone-conserving nutrition over the last three years.

When she went off for a festive celebration with her middle class professional family, I supplied her with plant sources of protein, etc. for her to take whilst they feasted on the usual traditional standard British diet (which is bone-eroding!). The ignorant suggestion “just add calcium and protein to solve the difficulty” came up.

Fortunately, on 23rd December 2004, the book I had ordered from The Vegan Society, arrived in the post: *Plant Based Nutrition and Health* by Stephen Walsh PhD and I immediately set to reading it. I can recommend it to anyone who wants either to fine tune their vegan diet, or to reduce a specific set of health problems. But for those who have neither the time, energy or inclination to read such a book, I will briefly make a few points derived from the text.

The author speaks of foods detrimental to calcium balance. Great in protein yet calcium diminishing are: eggs, fish and meat. One fifth of calcium is depleted proportionately by these foods per unit of protein.

Chapter Seven. ‘Balancing Calcium: A Team Game’ dispels the point made to my friend: ‘just add a little calcium!’ Trying to fill a bucket with a big hole in it is somewhat futile. Unsurprisingly, a protein intake which is very small is bad for bones, yet, intakes of protein which are great also lead to losses of calcium greater than input.

Potassium tends to conserve calcium and plant foods are usually rich in potassium, unlike animal protein. Vitamin K in lettuce, broccoli and green leafy vegetables, reduce bone breakages. Magnesium, Vitamin C and possibly omega 3 fatty acids contribute to strong bones. Caffeine intake reduces calcium in the body.

Importantly, the Nurses Health Study in USA did not notice any reduction in femur fracture after extra calcium intake, mainly from dairy products. Lowering salt intake (i.e. sodium) also lowers calcium loss. Bread is a big source of sodium. Pane Toscano is a ‘no added salt’ bread now baked in Britain. Salt-free rice cakes and Matzos (a Jewish unleavened wheat and water, salt-free bread made by Rakusens) are useful.

Big losses of calcium come from chicken, fish, eggs and cottage cheese. Big gains in calcium levels come from almonds, spring greens, kale and soya beans, though oranges and bananas do assist. Red peppers help too. Bodily exercise is also needed

Fears about lack of protein in a plant based diet are covered in Chapter 11 of the book. Sprouted mung beans and tofu are very good

foods but almost every legume, almonds and cashews will supply sufficient protein. Red peppers, tomatoes and vegetables like cabbage and broccoli are rich in Vitamin C which help with the absorption of iron. Eggs which are often held up as an ideal source of protein, but are not well balanced with lysine (an imported amino acid).

There is more that could be written, but any reader wanting to know more will do well to order this book from The Vegan Society. May I also mention that the best margarines to conserve bones are Vitaquell, which are free from added salt. They do one called 'extra', a 'low fat' one, etc.

May the readers enjoy strong bones.

Cerys Brangwyn.

Further details for ordering this informative book will be found in our BOOKS section.

Vegetarian Champion Swimmer

It was with great pleasure that we welcomed our old friends Bill Pickering and his lovely wife Clarrie on August 22nd. Bill had come to give the Shropshire Veggies and Vegans Group a talk on his experiences as a long distance swimmer. Bill who had been a vegetarian since he was 17 years of age, and is now a young 83 year old gave a most interesting and enlightening account of what it was to be a World Champion Record Breaker, and of their friendship with Ken Dodd the comedian.

Bill has many achievements to his credit. He swam Morecambe Bay 17 times, a distance of twelve miles, in 1954. He swam from Dover to Ramsgate in record time in 1954, a distance of 18 miles; he broke the world record for swimming the Channel in 1955 at the age of 34. He swam the Bristol Channel at the age of 50, and swam it the following year in the other direction, and he is one of only two people to have swum the Firth of Forth in Scotland, 16 miles, and as far as we know he was the first person ever to have swum the Wash and as far as we know he is the only person to have done so.

Very Best Wishes,

Bob Cramp.

Editor: Older readers of Vegan Views may remember how Bill Pickering was held up as an example of vegetarian fitness when he swam the Channel. We can also remember the exploits of vegan swimmer Jack McClellan who also broke swimming endurance records.

McDonald's and the VegSoc Approval of McQuorn

I have heard many arguments on this subject. Here are my own thoughts:

When I first heard this I thought: "The Vegetarian Society have sold out. This is the worst thing they have ever done", and then I thought a bit more...

Personally, I would still boycott McDonald's and all fast food outlets, apart from the vegetarian ones. However, the VegSoc logo, like the Vegan Society trademark, is awarded to a product that matches the criteria, not the ethical stance, of the company. Anyone seeing the VegSoc logo has to think about the Vegetarian Society. It might seem like VegSoc are selling out, but it is actually vegetarianism that is seeping in. Fast food is on the way out. Supermarkets are struggling. Healthy food is in. Dairy farmers are going out of business.

This argument is not about the VegSoc but about McDonald's and animal food generally.

McDonald's have made a big decision and approached the VegSoc. What VegSoc decided is immaterial. I would personally have preferred it if they hadn't approved it and the Vegan Society hadn't approved Nestle or Coca Cola etc. for certain products, but if we looked at the whole company, then most people would never get to see the logo, and we would be accused of elitism.

To make big changes we have to live in the real world. The U.S. elections have shown us what negative campaigning achieves. People are turned off. Similarly people want to know what vegetarianism can offer.

So what will customers or employees of McDonald's think if they see the VegSoc logo?

1. They will not care, so no difference.
2. They will not want anything to do with vegetarians, so they will no longer patronise/work for McDonald's.

3. They will realise that there is no longer a gap between meat-eaters and vegetarianism as far as what they like to eat, in that meat-eaters can, and often do, eat vegetarian/vegan food. Obviously they often consume animals as well. If we compare what happened with smoking, it doesn't change as a result of demos and civil disobedience but constant arguing for sense, that eventually led people to make them change themselves. This is the key – awareness and motivation. Not awareness of the plight of animals, people already know much of that – though they should know a lot more – telling them can switch them off and they can hide from the facts. In order to be motivated they need to know how easy it is to be vegetarian/vegan, not feel guilty about what they are doing.

The fighting/guilty strategy will change some people, such as me (but I've always questioned everything anyway) but for the majority of people, aka sheep, it doesn't work. What does work are friendly, persuasive arguments.

The U.S. have demonstrated how futile fighting is, it just achieves the opposite to what is wanted. The McLibel trial shows how the might of McDonald's couldn't win with all their power. They had to make several admissions and changes.

McDonald's have always had their finger on the pulse, and what they're seeing now is a change in habits, at least in Britain. They've decided to change their logo, their world recognisable logo, to a question mark (on the adverts anyway). People do not change something this basic unless there is a very good reason. Their reason is that they have to move with the times. Despite all their market research, however, they have made a big mistake and don't know it.

It will be like Consignia (remember them?). Before they realise it McDonald's will be no more than a Scottish name.

This may seem fanciful nonsense, but things change very quickly. Who would have predicted the change of logo or even the VegSoc approval of a McDonald's product?

Yes, it is true. Nothing lasts forever and McDonald's have peaked. It is my prediction that supermarkets and fast food retailers are on their way out.

We talk about the evil McDonald's empire, but as far as I am concerned they are now on the back foot. Just as with the Roman Empire there is the first chink in the armour, and just as surely it will crumble. Some stores have closed such as the Manchester Airport, where

presumably people prefer slow, real food.

People are beginning to see, apart from the die-hard meatheads who will become an ever dwindling breed, along with the fox hunters and smokers.

McDonald's have helped us on the way with their logo change to a question mark, because some people will soon be saying: McWho?

Chris Childe.

Fighting back – and winning!

The middle months of 2004 have seen further developments in my health situation, ranging from an initially expected permanent requirement for dialysis – as cancerous cells multiplied alarmingly, compromising my right kidney – to amazing euphoria as pronouncement of remission was given last month. [December 2004]. Quite a year!

At times, this long sought-after dream was seemingly never to be fulfilled. I am absolutely thrilled!!

Our combined protocols have retained 60% function of my one remaining kidney. It is hoped that this will be sufficient to avoid the requirement for further dialysis. We will strictly monitor the non-functioning left kidney for any signs of infection. Should that occur a nephrectomy will be strongly advocated.

Remission status has been gained through the present cessation of activity in both tumours in left arm. Over the last several years, these two have acted like a spark-plug, igniting activity in one or more of the other eleven tumours sited throughout my body.

This news was ascertained a few days after speaking at the Festival of Life at Conway Hall, London on September 12th. It was sheer delight for me to be part of such a vociferous crowd of people who harmoniously embraced our vegan lifestyle: I asked everyone with ANY health issues to contact me – I have been inundated!!!

Though it has taken an enormous amount of radical action, expertise, faith in abundance, financial cost, countless miles of travel, perseverance and oft-times sheer gut instinct – I have finally arrived at what I trust will be a calmer period of time. It now behoves me to develop positive actions which will prolong this remission for as long as possible.

There are no guarantees – medics acknowledge that with four recent renal failures and a further cardiac arrest this year, my body has undergone an enormous amount of stress and they will not extend their current twelve-month outlook... hopefully, I can.

During October, I have been cautiously training, with a view to acquiring my 2005 British masters' qualifying status late November 2004 - which is just four short weeks' away!

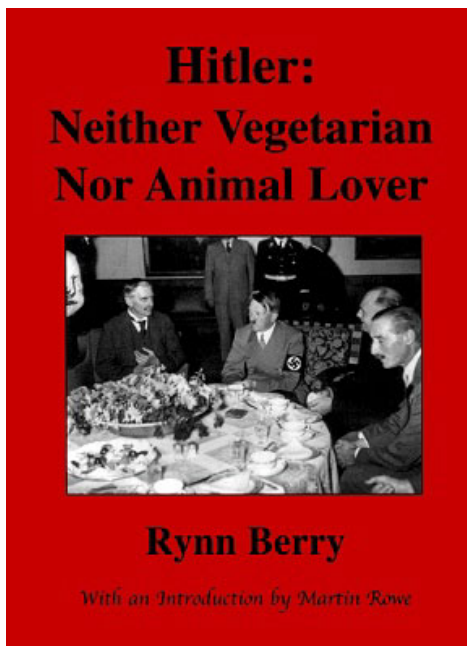
This will be the 'icing-on-the-cake' for me if my guardian angel sanctions the pulling off of this – after a very tough year.

During 2005, I promise to return to writing further nutritionally informative/inspiring articles for you all.

LOVE, LIGHT and PEACE in the coming year.

Pat Reeves, practitioner of nutritional and functional medicine. Always available at pat.reeves@blueyonder.co.uk or via my website:

www.livingfoods.pwp.@blueyonder.co.uk



Vegetarian Visitor 2005 – Where to stay and eat in Britain.

Annemarie Weitzel (editor) Paperback ISBN 1 897766 91 2 112pages £2-50.

Available from bookshops or post free from publisher: Jon Carpenter Publishing, Direct Sales, 2 Home Farm Cottages, Sandy Lane, St. Paul's Cray, Kent BR5 3HZ tel/fax 01689 870437. Visa/Mastercard accepted.

Completely updated edition of the only annual guide to private homes, guesthouses and hotels in England, Wales and Scotland which offer hospitality to the vegetarian or vegan traveller and holidaymaker.

Descriptive information also codes showing whether they are exclusively vegetarian/vegan or also cater for others, whether licensed, non-smoking or close to public transport. Includes more than 200 cafes, restaurants and pubs that cater well for vegetarian/vegans,. All checked just before publication.

The Vegan Guide to New York City by Rynn Berry & Chris Abreu-Suzuki

9th Edition, revised and updated 2004, published by Ethical Living (USA) \$9-95

Over 100 restaurants, recommended restaurants are indicated. Information on shopping, bookshops, green markets (farmers' markets), raw food resources, shopping tips, useful for vegans visiting New York and available in Britain from Vegetarian Guides www.vegetarianguides.com

Hitler: Neither Vegetarian nor Animal Lover By Rynn Berry, with an Introduction by Martin Rowe.

Pythagorean Publishers, New York, Los Angeles \$10-95 USA £7-50 UK ISBN 0 9626169 6 6

Only 80 pages but very important for all those who are sick of hearing people say "Well, Hitler was a vegetarian".

Although it may seem difficult to be certain about Adolph Hitler's diet, it seems certain that he thought meat dishes caused him stomach cramps, perspiration and smelly flatulence. That is why he avoided meat. Joseph Goebbels, the Minister of Propaganda who boasted that people will believe any lie, if you repeated it often enough, has proved his point in this. He wanted to promote him as a clean living, celibate, selfless leader dedicated to his people and abstaining from tobacco, alcohol and meat, but cooks, for example have written about his favourite meat dishes like liver dumplings and stuffed squab which he ate with relish when he could. He was also partial to Bavarian sausage, ham and liver. He was far from abstemious, and had a sweet tooth. He loved cream cakes and sweets.

Although facts are few, they convincingly prove that any tendency Hitler may have had to vegetarianism was purely a selfish move unconnected in any way to any moral aspect. In the 1930s there was a thriving Vegetarian movement in Germany which was cheered to hear that Hitler was a vegetarian, but when he came to power he suppressed vegetarian groups and never took any actions that would promote a vegetarian diet. Hardly the attitude of an idealistic vegetarian!

For more details refer to this book and also Charles Patterson's book *Eternal Treblinka*..

More Books For Vegans

Animal-Free Shopper 6th Edition £4-99 + £1-50 P&P from The Vegan Society. 7 Battle Road, St. Leonards on Sea TN37 7AA.

Web: www.vegansociety.com

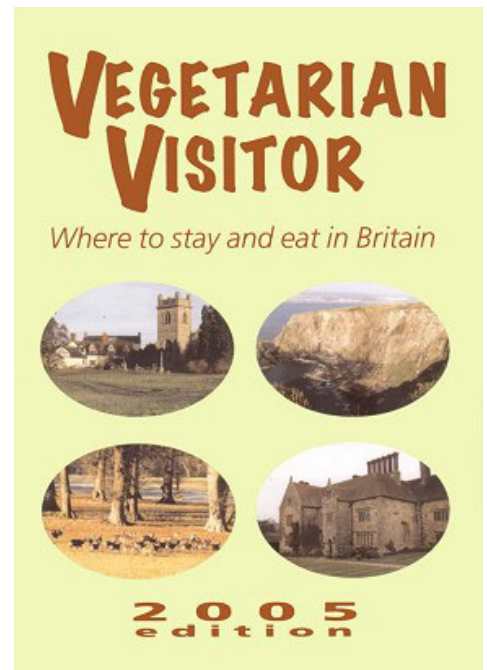
Specious Science by C. Ray Greek, MD and Jean Swingle Greek, DVM Authors of *Sacred Cows and Golden Geese*. How Genetics and Evolution Reveal Why Medical Research on Animals Harms Humans. ISBN 0 8264 13986. US\$ 26.90.

Vegan Stories Vegans around the world tell their stories of how and why they went vegan. Collected by Julie Rosenfield. £5-99 excl. p&p from The Vegan Society. Julie's Vegan London website: www.veganlondon.freeserve.co.uk

Plant Based Nutrition and Health by Stephen Walsh Ph.D. Published by The Vegan Society (address as above). 240 pages. £7-95 + £1-50 p&p.

An up-to-date review of current scientific research on vegan nutrition, with guidance on calcium, iron, vitamin B12 and fatty acids (e.g. omega 3).

Vegetarian Britain 2005 3rd edition. Over 500 pages of restaurants, cafes, accommodation and health food shops. £9-95 + £2 p+p from Vegetarian Guides, PO Box 2284, London W1A 5UA. Also Guides to Europe £9-99, France £6-99, London £6-95.



www.vegetarianguides.com

Where To Eat Vegetarian Restaurant Guide Compiled by Daryl Burton. Published 2004 by Grapevine Guides Ltd. £9.95. ISBN 0 954724305. Web: www.grapevineguides.co.uk

A well laid-out and informative guide to eating out for vegetarians in England, Scotland and Wales (not Ireland).

Sacred Cows and Golden Geese - The Human Cost of Experiments on Animals. by C.Ray Greek MD and Jean Swingle Greek DVM Foreword by Jane Goodall ISBN 0 8264 1226 2. US \$ 18-95.

Healthy Vegan Infants/Children. Case histories of vegan children and professional advice. £2 from: Plamil Foods, Bowles Well Gardens, Folkestone, Kent CT19 6PQ Web www.plamilfoods.co.uk

The **Vegan Summer Gathering** website www.veganviews.org.uk/vsg now features over 30 photos, mainly from last year's event.

For details of this year's Gathering from 11-18 June, again in Mumbles, near Swansea, see the events listing on page 3.

... Similarly the **Brynderwen Vegan Community** website www.veganviews.org.uk/brynderwen has been updated and features over 30 photos also. See notice on page 2 of this issue.

The Swansea area is turning out to be quite a Mecca for vegans. Apart from Brynderwen and the Summer Gathering, there's an active Swansea Vegans Group, and a couple of good vegetarian restaurants in town. And a number of people have moved into the area over the last year or so, helping to swell this growth. More welcome!.

Vegan organic growing: Growing Green Again

The day length in March increases, the temperatures rise and we are off with another growing season and I am always filled with that eagerness to sow seed!

By Graham Cole

However, some patience and caution is necessary because from past experience I know the weather can still throw cold and wet at us, and in the north of the country it will be even later before things settle down and it is frost-free. With the climate changing and the trend towards milder conditions things are moving up to a couple of weeks earlier than 20 years ago according to some surveys. Now with nature stirring from the winter dormancy, in the milder areas some seeds may be sown outdoors. When the soil is drying on the top, is workable and warmed by the sun, try a few sowings of broad beans, peas, radish, spring onion, lettuce and carrots, and plant onion sets and shallots. In the south I get the shallots planted earlier than this along with garlic at the end of January or early February. However some time can be stolen by starting things off under cover in frames, cloches and the greenhouse with half-hardy annuals such as tagetes, lobelia, nicotiana, busy lizzies etc. and the «exotics» such as sweet peppers and of course the tomato...

March will see the start of grass cutting in most areas and the mowings are a very valuable addition to the compost heap causing the temperature to rise which helps the biological process along, adding nitrogen and moisture as

Victory for McLibel Two

The European Court of Human Rights in Strasbourg has ruled that Helen Steel and David Morris did not have a fair trial when McDonald's sued them for libel for distributing leaflets criticising McDonald's food, and employment methods. Under the then legislation, legal aid was not allowed in libel cases. The case was very complicated and the defendants, both on very low incomes, had to defend themselves against a multinational corporation able to afford the best legal minds. The judges considered that the correct balance had not been struck between the rights of the protesters to express their views and the rights of McDonald's to safeguard their reputation. They ruled that "denial of legal aid had deprived them of their opportunity to present their case effectively before the court." The European Court also found the damages against the defendants were disproportionate and awarded them £24,000 in financial damages and also their costs.

This case might result in some alteration to the British Libel Laws, which have so far seemed very unfair. It will no doubt make wealthy corporations think twice before they rush to court.

HM



long as they are used in layers and not heaped in a pile with little else to stop a slimy black mess forming! The heap needs fibrous bulky greenstuff and a variety of waste mixed with the grass to get good compost.

Different Colours and Shapes

As in previous years I will grow several types of tomato from the huge choices available now in the seed catalogues and shops giving us the chance to savour many varieties (that you will never get in the supermarkets and greengrocers) with thin skins and nice flavours. This year I will grow my self-saved seed of «Claire's Delight», renamed by me because it's actual name is «Bloody Butcher», a terrible name for a delicious and large variety! Also consider growing the reliable «Harbinger» – a good early standard size one with flavour, the cherry types «Gardener's Delight» and «Sungold», the latter being one of the best yellow cultivars, plus «Shirley», one of the better flavoured modern types. Most of these will remain in the greenhouse and a few will find themselves planted outside against a sheltered and hot south-facing wall. By the way, saving tomato seed is quite easy if the variety is open-pollinated and not an F1 hybrid (F1 will not come true from seed). You just select a fruit in late summer, take the seeds out, wash in a fine sieve and place on a saucer to fully dry out, then store in an envelope in the fridge until the next growing season.

Other vegetables that come in different colours include courgette (yellow), beetroot (yellow), carrots (purple – new, I have not tried these yet), climbing French bean (purple, yellow, mottled red), the capsicums or peppers (red, yellow, orange and purple) and the leafy Swiss Chard or leaf beet that is a mix of green, red and yellow. So you see not everything is green and then there are yellow raspberries....

Late Spring

The month of April signals a period when nature gets a move on with the sun getting

stronger and higher in the sky, days lengthen and winter is behind us but look out for late frost and cold winds. Many vegetable seeds can be sown outside including beetroot and parsnip, and later in the month climbing beans – runners and French. I find the climbing type of French bean does better – away from the slug damage and rotting that happens to the dwarf bush types. Planting of early and maincrop potatoes can be completed, drawing up the soil over the emerging tips will protect them from late frost damage and stop tubers that swell later from being exposed to the light. Straw, if it can be obtained, is another good way to grow potatoes, just spread out on the soil surface at a good thickness and plant the tubers through the straw into the soil. Weeds can be discouraged by this layer and moisture conserved – important for the tubers as they bulk up.

Orchards saved

Further to my comments last year about the threat of more orchards being lost there seems to be a reprieve thanks to English Nature and DEFRA. It was thought they would not qualify for the Single Payment from the EU Common Agricultural Policy. However, under the policy, exceptions are made for environmental reasons(!!!!) as orchards provide habitats for wildlife such as birds, insects such as the noble chafer beetle and horseshoe bat and many are planted with old varieties that are still useful. It has to be said that more fruit should be grown in the UK anyway for many good ecological reasons and that the subsidies that still support unsustainable chemical farming and abuse of livestock should be shifted to encourage more plant-based horticulture/market gardens and smaller scale farming in the UK. The EU does not enable this to happen and won't for the foreseeable future – so we have to grow our own as much as is possible...

A PILLAR OF VEGANISM

In memory of Arthur Ling

Arthur Ling, who died on 18th January aged 85, after a short illness, lived a life dedicated to veganism. When he was on holiday aged 7 with his meat-eating parents, he saw a large fish hauled up from a pier and the way it was hacked revolted him. From that moment he could not face any flesh on his plate.

By Harry Mather

Though well-meaning, his parents had no ideas on nutrition and he had no replacement protein. All his uncles and aunts said he could not grow up big and strong if he did not eat meat, but Arthur was only the more determined to prove them wrong. During a long life he remained keen on sporting activities. He took a daily swim in the sea from his home near Folkestone until his last illness. He also played tennis and badminton. In the 1970s he founded and ran a local boys football club.

In his teens, he realised “what a lot of bunkum it was to be told we were doing the cow a favour by drinking its milk” and he became a vegan, before the name existed or The Vegan Society had been formed.

In the early days of the Vegan Society, a sub-committee was formed to look into ways of getting a vegetable milk on the market, because there were no non-dairy milks available in this country. This sub-committee included Leslie Cross, Barry Green and some others, but some of them moved away to different parts and nothing resulted from this initiative. Years later, Arthur saw an advert in the *Vegetarian News* inviting any persons interested in making available a milk made from plants to attend a meeting at the Friends’ Meeting House at Euston, London. Arthur found that it was Leslie Cross who had convened the meeting and Leslie invited Arthur to take the chair. The thirty or so present decided to meet again and adopted the name of Plant Milk Society.

Granose and Mapletons were well established firms selling vegetarian products and were approached with a view to putting a vegetable milk on the market, but both firms could not see any market for such a product. A plant milk powder was being produced in USA by Loma Linda, a Seventh Day Adventist organisation. On being approached, they replied they could only deal with Seventh Day Adventists. Granose was part of that belief and could have been an answer, but they once again declined.

Arthur Ling had trained as an accountant and had knowledge of company law. He offered to set up a company to produce a vegetable milk. Dr. Hugh Franklin, a food technologist who had produced *Barmene*, and Leslie Cross were employed by the new firm. Experiments followed on various commonly growing plants even grass. Cabbages produced a palatable

drink but retained a green colour which was found to be unacceptable to consumers. On 15th July 1964 a feature in *The Daily Mail* reported on Dr. Franklin’s experiments in a “milk” factory in a walled off section of a large firm producing dehydrated vegetables. The reporter confessed that when diluted, the product seemed remarkably like genuine milk. Success came in 1965 when a plant milk based on soya beans was produced in a small factory in Iver, Buckinghamshire.

But Plamil was not simply a concoction of soya beans. Drs. Alan Stoddard, Douglas Latto, Bertrand Allinson, Frey Ellis and J.G. Davis were consulted to formulate a milk that would be nutritious and be close to human milk, including calcium and vitamins B2, B12 and D2. The original site was owned by property developers. So, in 1972, thanks to 16 vegans taking out Debenture shares, they acquired the freehold of a site in Folkestone which remains the company’s factory and offices. I can remember a TV news item featuring the launch of Plant Milk with a test-tasting on passers-by in a street in Slough. My wife was allergic to cow’s milk and as new vegetarians we were happy to buy the new Soya Milk from local Health Food Stores. Sales however seemed confined to vegans purchasing it from specialised outlets, and even these were mostly reluctant to stock it. Arthur therefore had also to work hard at advertising and promoting the new product to vegans and to people allergic to cow’s milk (the latter are more numerous than one would suspect). His funds were very limited, but he had the determination to seize every opportunity to promote the Plant Milk. The first product was made double strength, which could be diluted one to one with water to give a consistency of milk or used neat as a replacement for cream.

As sales of the ‘milk’ were too low to make the company profitable, he developed a milk-style chocolate bar and as he did not have the necessary moulds, etc., he found a chocolate manufacturer to produce it for him. They even declared that his chocolate was better than the one they were producing for themselves. Eventually a different chocolate was produced in the Folkestone factory where a wide range of chocolate and carob bars are produced today.

From that beginning, Arthur Ling continued to expand his range of products that vegans could buy in all confidence, because they were produced by dedicated vegans.

Soya cream was a natural follow-up. There were rice puddings, pease puddings, fudge, egg-free mayonnaise, Veeze which was an alternative to soft cheese, all to vegan specifica-



tions. Another innovation was mini pots of soya milk, suitable for travellers and for picnics and which ideally would have been supplied to airline caterers for the use of vegan passengers (or others wanting to avoid dairy produce). Demand for the latter was not sufficient to justify its continuation. Concern over the threat of Genetically Modified Soya Beans brought a new challenge. Arthur Ling countered by sourcing a milk made with white peas and sunflower seeds., now marketed as White-Sun.

This means that if it was no longer possible to find soya beans that are not genetically modified, then an alternative exists to maintain the supply of a plant milk. Dr. Franklin had originally developed milks from various plants that could be easily grown in the British climate, but these had the disadvantage of being slightly green in colour. A successful product was obtained from cabbages, but it had a green colour which it was thought would not be acceptable to the public. Now a product is available without reliance on imports from USA. The white peas used for the production of White Sun are obtained from France. A soya bean has now been developed that will grow in this country and is being successfully cultivated.

The word ‘milk’ was sometimes contentious as people usually associate it with the product of a cow, although the terms ‘almond milk’, ‘coconut milk’, ‘milk of magnesia’, even ‘tiger nut milk’ were accepted. In the early days it was local Labelling Laws that had to be contended with, later it was a European directive, promoted by Dairy Interests that felt threatened by the rapid growth in sales of Soya Milks. Arthur rose to this new challenge and combined with other Soya Milk manufacturers to lobby against proposed regulations, fearing that customers would be deceived into thinking the new labels marked ‘Soya Drink’ meant that the product had been changed to something inferior to what they had been accustomed to. In fact when finally the labels had to be changed, customers continued to buy the Soya Milks and might not even have noticed the change of name, relying more on the general appearance of the pack.

Being himself keen on sports, Arthur thought of celebrating the 21st Anniversary of the founding of Plamil with a sporting event. This resulted in a half-marathon competition held in Folkestone, exclusively for vegans and vegetarians. The event was a great success and it was hoped that other organisations might have taken it up as a yearly event. Unfortunately no one else took on the organisation of further events.

He was also concerned with the nutrition of small children, having himself brought up three children as vegans, and being in contact with many vegan parents of young children brought up the vegan way. Mother's milk is considered best until weaning time and it is not recommended that ordinary Plamil should be exclusively relied on before weaning. But he was keen to show that children could be brought up without the use of cow's milk and thrive. Details were obtained from mothers who had brought up their children with the help of soya milks and published in a booklet that also gave nutritional guidance. This has helped young parents to have confidence in bringing up their children in the vegan way, and helped them counter the scepticism they often encounter from relatives, especially the dismayed grandparents who may be anxious about a diet that seems so alien to them. It should also be remembered that some parents, relying on too restrictive a diet for their babies have (albeit very rarely) unwittingly damaged their offspring on diets branded as 'vegan' although they were not following the advice of The Vegan Society. The booklet has been more recently updated, including advice from qualified Nutritionist Sandra Hood, who is now taking on the task of updating the booklet. (See our Books page for more details).

It should be remembered that Plamil 'milks' are made to a high standard of nutrition and contain minerals and vitamins that are absent from soya milks that only contain the soya beans. So, as usual, reading the label is important, especially if you are looking to maintain the levels of vitamin B12 and vitamin D in your diet. When some Soya Milks were marketed with "added calcium", Arthur pointed out that this was not necessarily an advantage and that Plamil was based on clear nutritional standards. It is now known that increased intake of calcium will not result in increased



One of the earlier labels of Plamil.

absorption of calcium unless the diet has sufficient potassium to balance sodium intake (i.e. salt). Stephen Walsh's book *Plant Nutrition and Health* gives sound information on these points (published by The Vegan Society – see our Books Page).

Arthur seemed to be always coming up with ideas: producing recipe sheets, quizzes or Resolutions to AGMs in order to keep Plamil to the fore and was always keen that vegans should be kept informed about sound nutrition, and that it was possible to bring up babies and children on a vegan diet, although dismayed grandparents may be undermining the confidence of young parents. He regularly wrote to *Vegan Views* to help readers informed of his latest news.

In 1987 Serena Coles resigned as president of The Vegan Society and Arthur was chosen to present her with a bouquet of flowers for the occasion. He was obviously surprised to find that Colin Howlett then nominated him for the Presidency which was voted by common accord. This led him to be directly involved with difficult times when most of the executive members resigned, having run out of money and inspiration. Arthur presided over some stormy AGMs when various factions created problems. He was also instrumental in finding more economical premises for the Vegan Society offices, thus helping to restore the finances, involving the move from their offices in Oxford to the present offices in St. Leonards on Sea

Arthur Ling was the first to produce Soya

Milk in the U.K. and built up a market from small beginnings when no one else was prepared to do so. When they realised the market was there, others came in force. But Arthur always recognised that he owed his first success to the Health Food Stores and similar shops who first bought his produce, and out of loyalty to them, he refused to sell to larger outlets where

others were able to cash in on. Loyalty, vegan principles and sticking to what he believed was right were for him guiding principles. Making a profit was necessary, but not the chief aim.

His achievement was widely appreciated and the Institute of Health Food Retailing awarded him a Certificate for his work on the development of vegan foods and shortly before he died he was delighted to be awarded by the Young Indian Vegetarians a Mahaveer Award for 'playing a pivotal role in the promoting a Vegan lifestyle.'

During 2004, his feet were affected by a blood infection which his immune system was unable to cope with. He leaves the legacy of a thriving business which is dedicated to producing vegan products and tied to this by its Memorandum of Association. He has built up a wide range of popular products, and a firm ready to take up new challenges.

He is mourned by his three children. His son Adrian has long been associated with the business as a manager and is keen to expand the business abroad. Arthur started with an idea and small difficult beginnings. His quiet manner masked a strong determination, which brought him success and recognition and gratitude from the vegan movement. Dedicated from childhood to lessen the unnecessary suffering of animals, he has played a part which few of us can hope to emulate.

Tribute Arthur Ling

From Adrian Ling, 18 January 2005 14:01

It is with deep regret we announce that our father Arthur Ling passed away in the early hours of 18th January 2005. Many, through his work and life interests, knew our Dad. He was a private man, uncomfortable in the public arena, but who reached out to many, touched and influenced them with his life style and views. His life and relationships were shaped by a strong sense of direction, distinct unwavering and uncompromising views on many subjects. It is these attributes that helped him to forge a way for the vegan lifestyle to be recognised in the face of much social unawareness.

He was not one for social norms, indulging in almost anti-establishment activities with unassuming relish from an early age. To his parent's horror, he became a vegan at the age of seven (in 1926 veganism was completely unheard of) when he witnessed a fish being killed at the seaside. He spent a lifetime promoting the vegan ideal.

His views on many subjects were essentially

liberal. He was anti-war, egalitarian, a supporter of 'the common man'. A lover of the outdoors he was an active Naturist, known to many in his home village for his early morning swims in the sea. He was also a lover of sports, played tennis and badminton for many decades and in the 1970's founded and ran a local boys football club.

An accountant by profession he was involved in his first commercial project in the post war years. A company called Sunoil, based in Wales, was created to produce biodiesel from Sunflowers. Unfortunately this project was 50 years ahead of its time and did not enjoy commercial success. He is known by most for his work at Plamil and the Vegan Society. From his association with the Vegan Society in the 1950's he joined a group interested in producing a non-dairy milk, which eventually became Plantmilk Ltd, later changing to Plamil Foods Ltd, to which he dedicated himself. It produced in 1965 the first widely distributed Soya milk, a true achievement and again far

ahead of its time. At retirement age in the 1980's, he continued to work actively for many years, being honoured with a number of 'lifetime' achievement awards. Whilst still participating in running the company he latterly and gradually dedicated himself more and more to research of the nutritional aspects of the vegan diet, his true love and passion.

He was made virtually house bound in the spring of 2004, by a rare skin disorder, known to be a symptom of the gradual breakdown of the immune system and cause of depression. In November 2004 he was admitted to hospital with a serious heart condition. Struggling with complications he died peacefully in his sleep.

He leaves us, his three children, Julie Trevor and Adrian.

HELPING THE TSUNAMI VICTIMS

At 1:25pm UK time on Boxing Day 2004 Vegfam received a telephone call from Pastor Paul Jesudoss (with whom it has worked on various philanthropic projects over a ten year period), to say there had been a massive tidal wave that had hit the coastal plains of the Tamil Nadu state in India, some distance from Madurai where he lives and runs a welfare mission. In the past he has quickly assembled a relief team to go and help in an emergency (for example, earlier in the year his teams helped with flood victims in Bihar and Assam).

He proposed that one relief team and two rescue teams set off that evening with 3,000 food packets of plant based foods - vegetables, pulses and rice - to help the people who had been living on the seashore and had survived this tsunami wave. He requested that Vegfam fund these food packets at a cost of £3,000. His proposal and request was discussed and agreed by Vegfam Council members and he was informed that same day he could go ahead, and that the money would be sent electronically as soon as possible. Instructions were prepared the next day (a Bank Holiday) for the Co-operative Bank, and the fax was there for the start of business on Tuesday - and the transfer was made on Wednesday 29th December. Pastor Jesudoss has reported that the areas visited were Nagapattinam, Kanya Kumari, Cuddalore, Kulachiel and Velankanni.

Shortly afterwards the **VEGFAM INDIAN OCEAN EARTHQUAKE APPEAL** was set up. It is hoped that money can be raised to set up longer term vegetable growing projects, which will be placed with on-the-spot charities/organisations with whom Vegfam has worked over a number of years. No deductions for administration will be made from these donations.

Vegfam's usual work as a charity (registered in 1963, and "feeding the hungry without exploiting animals") does of course continue alongside this appeal - providing short and long term aid to countries whose people have been the victims of drought, flood, cyclone, famine and war, as well as earthquake. In 2004 over £26,000 was distributed to projects (emergency feeding, seeds for planting, water supplies, etc) in countries such as Tajikistan, India, Ghana, Sudan, Mozambique and Bangladesh. In 2003 over £50,000 (an all-time high) was distributed.

See the Winter 1994/1995 edition of *Vegan Views* (No 67) for a lengthy overview of Vegfam's work and interview with Frieden Howard, Vegfam's trustee. This can be found on the VV website at www.veganviews.org.uk

(click on Articles and go to VV67). Although now ten years old, most of what was said then is still fully relevant today.

We asked Frieden Howard a few questions specifically about the 2005 Indian Ocean Earthquake Appeal (interview by Malcolm Horne).

What will the money raised by this appeal be spent on?

Vegfam was fortunate in having sufficient funds, not destined for particular projects, that it could place at the earliest moment (instead of raising the money first before being able to do anything), for emergency feeding of tsunami survivors through Pastor Jesudoss and his organisation. So the question I am frankly answering is "What will the appeal monies be spent on once the sum of £3,000 has been met?" - and we are well on the way towards that - and

If anyone would like to donate to the appeal, or help to publicise it (leaflets available), contact Vegfam at The Sanctuary, Nr Lydford, Okehampton, Devon EX20 4AL (tel: 01822-820203, also 01550-721197 in Wales, website: www.veganvillage.co.uk/vegfam). Donations can also be made directly to the "Vegfam Indian Ocean Earthquake Appeal" account at the Co-op Bank (Customer Services, PO Box 250, Skelmersdale, Lancs WN8 6WT). The sort code is 08-92-99 and a/c number 65158447 (if outside UK, bank identification code CPBK GB22, international bank a/c number GB57 CPBK 0892 9965 1584 47). UK tax payers can increase the value of their donations by completing a Gift Aid form.

my answer is "Seeds for vegetable gardens, and/or water supply".

And which countries will the money be spent in?

Vegfam has been funding some of the projects of a major charity, which we have recently learnt has been working in Sri Lanka and Indonesia from 1996 onwards and went into action immediately after the tsunami wave struck, and for this reason we will be considering its project proposals to be sent to us early in March. I should add that Vegfam financed a Leaf Concentrate project (1982), and a well for drinking water and vegetable garden watering (2001), both in northern Sri Lanka, whereas this would be the first time we are looking at a project in Indonesia.

Pastor Jesudoss is also asking us to consider further help for the Tamil Nadu State area of

India.

What will Vegfam do that other organisations don't?

The Vegfam principles of using plant foods direct for the feeding of humans, and moreover using local (non GMO) varieties (where possible) to achieve this, with minimal impact on the fragile environments in these countries, are understood by the organisations that Vegfam works with, and whose projects are funded (in part or full) by Vegfam.

In the short term there's been a massive fundraising effort worldwide to help the tsunami victims. But there must also be a need for longer term support and aid. Do you think the various governments and aid agencies will do enough to help in the longer term?

There has been a very generous response to this tsunami disaster by individual people, organisations and governments.

However, the needs of the survivors are very great and will last for a long time, until they are sufficiently fed by growing their own food, and organised so that they have their dignity and are independent of charity (or government) assistance. A non-governmental organisation (NGO), or aid agency, must always seek the views of those people it strives to serve as to **what they need** rather than

marching in with what the NGO **thinks** they need. My experience of voluntary work in other (than Vegfam) Overseas Aid charities (albeit whilst in the UK) suggests that some governments will find other pressures upon them that leave the NGOs to continue the work until they are no longer needed. And that should be the aim of every charity/NGO - to do itself out of a job when the community it helped is (at last) self-sufficient.

There are scores of aid agencies/NGOs, as well as the governments in the affected countries, working to overcome the destruction caused by this tsunami disaster, and whilst I hope and pray that they will do enough in the longer term, experience tells me that this may not be so. There is real need to be met, and it will be there for a long time. With help and support, Vegfam will be able to contribute to this work.

GLOBAL WARMING CAN BE CHECKED AND PEOPLE BETTER SUPPLIED WITH FOOD AND OTHER NECESSITIES IF WE USE LAND FOR TREES THAT ABSORB CO2 NOT FOR LIVESTOCK THAT EMIT METHANE A MUCH MORE POWERFUL GREEN HOUSE GAS
Details from MCL address on page 18.

Dawn of a New Age for Vegans

As vegans we are likely to be vigilant about our food choices, carefully inspecting labels and checking for hidden ingredients. But what about how our plant foods are actually grown in the first place? Many of us presently choose organic produce but then a dilemma arises because this is extensively grown using animal manures, an environmentally harmful by-product of fellow creatures that will all too soon be slaughtered. This is usually ignored by vegans unless they grow their own.

By David Graham, Jenny Hall & Peter White
(Vegan-Organic Trust)

Now vegans have good cause for celebration! A significant objective has been achieved that will give choice to us and will benefit the whole eco-system. There is now the real possibility of profound structural change in how food is produced. This change will be a beneficial influence on the dominant culture that is currently reliant on the exploitation and death of farmed animals.

The **Stockfree Organic Standards** have now been published and represent one of the most important advances in horticulture and agriculture because for the first time a method of growing food without the exploitation and death of farmed animals is set out clearly. These Standards classify a method whereby only plant-based fertilisers are used in growing food. Vegan-Organic Trust with its network of supporters and experts has developed the Standards in compliance with EC regulations. By law no produce may be sold as organic unless the grower has been certified with a recognised body. Commercial growers who wish to adopt these standards can now do so.

Although primarily aimed at commercial growers the Standards will provide guidance for all those who wish to grow food vegan-organically. We will encourage existing commercial vegan-organic growers to register and use our symbol on their produce. As more new vegan farms are established, and as cattle farmers who are disillusioned because of the devastating effect of Foot and Mouth Disease and BSE epidemics become stockfree, growing grains, fruit and vegetables, the symbol will spread and become recognised. As this comes



Iain Tolhurst.

about, then for the first time ever, vegans and other consumers will know that they will have the choice of eating animal-free food, not just organic. By taking animal by-products and artificial chemicals out of food production, the Stockfree Organic Standards point the way to a new solution, as part of an evolutionary process. Indeed, the Standards will also evolve as new techniques develop and become widely available.

The next important phase is publicity. VOT is extremely fortunate to have Iain Tolhurst as its advocate; Iain is one of the most respected horticultural advisers, both in the UK and overseas. On 8th November 2004 Tolhurst Organic Produce in Berkshire became the world's first grower to be inspected under the new Standards. The inspection was carried out by Soil Association Certification Ltd on behalf of the Stockfree Organic Services, an independent department of VOT. The Stockfree Organic standards do not represent the views of the Soil Association. Iain's celebrated market garden is now growing to the new Standards. It's early days yet for this new initiative but already there have been enquiries from other growers about adopting this system. Iain Tolhurst has recently spoken to many growers and said that he found nothing but positive feedback for the Stockfree Organic Standards.

It also appears very likely that the Welsh College of Horticulture will adopt the Standards, become a Stockfree Organic demonstration centre and provide a formal qualification in Stockfree Organic food production. In January Iain addressed a conference of Californian organic growers, giving a slide presentation compiled with Jenny Hall, the brilliant administrator of our Stockfree Organic Services Office, showing the Americans that we are still in the vanguard of radical, non-

violent social change with weapons of mass ethical production!

We are inevitably, and properly asked, why we have not called the Stockfree-Organic Standards, "Vegan-Organic Standards". After much debate and consultation there was a significant majority view that communicating with farmers and growers with terminology that was familiar and understood by them was critical. "Stockfree" is unambiguous. We have changed the original term, which was "stockless" into "Stockfree" as we consider this more positive. This concept of food production enables an objective discussion about growing methodology to take place. We are not asking growers to be vegan in order to apply for our certification. And it is going to be a fact that most growers will not be. We initially wanted to do the certification ourselves but at present we do not have the resources to do this. That is why we need your involvement.

Everyone can play a part in this exciting development: Vegan-Organic Trust needs your support in the vital task of spreading the word about the Stockfree Organic Standards. This is the real challenge for the vegan movement. We must reach out and obtain support from the estimated 750 thousand vegans. Among other initiatives, a publicity campaign is being planned to raise awareness of these topics and everyone can help with this. Please join us. We need money, regional/local organisers, and distributors of our magazine Growing Green International. It's not everyday that vegans have the opportunity to participate in a successful movement for non-violent social change which gets to the very roots of life. Don't pass it up!

To join us, make a donation, obtain information about help needed etc contact Patrick Browne, VOT, 161 Hamilton Rd, Longsight, Manchester M13 0PQ. E-mail: veganorganic@riseup.net or ring 0161 928 3614 (10am to 10pm)

To obtain a copy of the Standards and Application Pack for growers contact Jenny Hall on 01942 621769 email: sowandgroworganics@phonecoop.coop.

Vegan-Organic Trust registered charity number 1080847

www.veganorganic.net

VEGAN CONVERSATIONS I GOT WRONG

Last week I met a young woman – let's call her Number One –who told me she has a new message for her friends. 'Did you know that for every plane journey you take you should plant 50 trees? It's for the environment' she explained with zeal. 'Because of the exhaust gases. Air travel's one of the worst things for global warming'.

Danw November reflects on how she should propagate veganism.

I smiled a superior smile. 'You don't need to go on. I know all that. That's why I never fly.'

Her face fell. 'I do fly,' she confessed. 'I go to South Africa four times a year to visit my parents.'

'I suppose we all have to make choices' I said frostily. 'And I suppose there are other things we can do about global warming. I don't have a car for instance.'

'Nor do I', she enthused.

'And I'm a vegan.'

Her face fell again. 'You too?' (I later learned her partner is vegan – 'for health reasons'). 'I eat meat', she added hesitantly.

'Do you know why it's good to be vegan? It's because we could feed so many more people that way. And have loads of room left over for trees. And did you know farm animals produce huge amounts of greenhouse gases? We don't need them and they're bad for the planet.'

A pause. She rallied valiantly.

'Well I'm going round telling everybody 50 trees for every trip! Why don't you help me spread the word?'

I grimaced and turned away. I wondered sourly why she needs to make 4 trips a year to South Africa. Is she really going to plant 200 trees a year Is she really going to plant 200 trees every year (or is that 400?) Where's she going to put them? Who's going to look after them? Trees, like other living things need care.

I wanted to confront Number One about meat-eating too. I just managed to stop myself giving her a mini-lecture about animal suffering. Enough's enough, I thought. Leave that for later..

But Number One made sure there was no later. She disappeared as fast as she could and didn't come back.

I realised I'd put the dampers on someone who's beginning to think about issues of importance. I'd been patronising and judgmental instead of applauding her new-found awareness and encouraging her in her enthusiasm. Later, I agonised over whether I should have kept my big mouth shut. Somehow or other whatever I say ends up sounding like a sermon. I scolded myself.

On the other hand I feel I'm being a coward if I don't bring up veganism and related issues when it's appropriate. Is it all too easy to say nothing? Or sometimes diplomatic? Maybe my

reluctance is due to my cynicism about people's lack of awareness.

The belief that unlimited choice in all areas of our lives with no thought for the impact our choices have on the world we so take for granted. The mantra *personal choice for all* is a marketing ploy which diverts us from looking critically at our 21st century way of life and seeing how harmful it is to us and our Planet. Recently it's being heavily promoted by political leaders too – as well as advertising – and I'm very suspicious about that.

I'm continually amazed at people's attitudes to food. There seems to be only one ethic: you've got to eat what you like. It's a duty! *Whatever turns you on* is the message. Nothing else matters. (I'll qualify that: knowing that eating and body-weight are linked, large numbers of women choose food for other reasons beside naked enjoyment – the wrong reasons.)

Despite all the hectic propaganda, the messages about diet and health have penetrated the UK population only scratchily. And the people who practise dietary choices as a grass-roots political act are rare indeed.

It's difficult but I do believe we should have a stab at talking about this unpopular topic. Superior silence or cautious hesitancy won't change the world. My Number One was right to *spread the word* about tree-planting and global warming. It takes guts. And tact: is not *my* strong point!

Later the very same day, a teenager started up a food conversation with me. His complaint was he doesn't seem able to take advantage of all the choice offered him in the supermarket and he feels a failure.

'I trawl around just gawping and always end up buying the same thing: a bag of muesli and a bag of dried apricots' protested Number Two. 'There must be something wrong with me.'

I tried to reassure him. I began explaining it's all false choices. And rotten ethics: First-world availability at the expense of people in much poorer parts of the world as well as local suppliers and their on-off labour force*. He ought to be proud of himself for not being taken in by all the advertising and hype! And so on and on, in a supportive vein.

He wasn't listening but gazing far away.

Local Campaigner Receives Award for Saving Animals

Europe's largest vegetarian and vegan group, Viva!, is delighted to announce Billericay resident Karin Ridgers as one of the recipients of its Action for Animals Award, in recognition for her outstanding commitment and dedication to saving animals and promoting vegetarianism and veganism. The Awards are a special, one-off event and part of Viva!'s celebrations of its 10th anniversary on 26 October 2004. Karin was presented the award by Viva! patron, actress Jenny Seagrove (Woman of Substance, Judge John Deed), at the organisation's 10th Anniversary Dinner on the SS Great Britain, in Bristol last Saturday. Karin is one of Viva!'s most enthusiastic supporters - she says the campaigning group has changed her life. Through her tireless campaigns in Essex she has reached tens of thousands. From becoming veggie when Viva! launched in 1994; she went on to form Viva! Essex. She runs a celebration event for World Vegan Day which attracts 300-400 locals; distributes thousands of leaflets and tirelessly fundraises for Viva!. Karin's group is very active - always getting numbers out for Days of Action - from stopping the factory farming of ducks to holding photo calls outside shops selling Adidas kangaroo boots; and distributing 10000 vegan leaflets to local restaurants to help them give vegetarian options and increase their customer base. Karin has also produced the Veggie Guide to Essex - and is now working

on her dream of getting her own veggie TV programme.

«I grew up veggiewise with Viva! and I am proud to be an active member - since about day one!», said Karin, «A few years ago Juliet, Tony and the team even came over to Essex and launched Viva! Essex with me. Since then we have given many radio interviews, talks, run Viva! demos and stalls, organised many vegan events and been on TV. Knowing Viva! has given me the confidence and the inspiration to be active - spreading our message is my biggest passion. I owe it all to Juliet, Tony and all the Viva! team. Thank you Viva! so much for this special award.»

Juliet Gellatley, director of Viva! said: «Karin is an absolute star. She is a campaigning dynamo - and that is why Viva! is delighted to be able to acknowledge her drive and determination to help animals and work towards a cruelty-free, veggie world.» Viva! is a campaigning group that exposes animal cruelty with high-profile, nationwide campaigns, often based on undercover work and secret filming. Viva! also produces a wide range of materials to help people change to a vegetarian diet. Their work has won many tributes, including the Daily Mirror 'Pride of Britain Linda McCartney Award for Animal Welfare'.

Karin Ridgers was interviewed in Vegan Views 96.

'My parents are vegan you see,' he interrupted. 'I was brought up vegan. I'm not now. I eat eggs, sometimes cheese. But still. 'Yes, he was blaming his parents for his inability to be mesmerised into making false choices around food! And putting me in the blame-frame since he'd already found out I was vegan.

Not realising this, I was launching into a view that choice is phoney and consists largely of choosing one set of packaging over another when he just walked away.

Two down! And only halfway through the day!

What's going on here? I asked myself.

Well it's not all my fault. Vegans don't get a very good press. We're viewed as killjoys who make other people feel uncomfortable. Worse still we may be some disaffected non-vegans person's parent or partner or ex.. We're just about OK if we're vegan 'for health reasons'. (Who doesn't pay respect to the Goddess Health these days?). But vegan ethics? It's a turn off!

Much later the same day yet another stranger appeared on the scene. Number Three immediately brought up the topic of diet. Third time lucky? I wondered. I decided not to hide my light under a bushel, but I'm afraid I soon quailed.

'I've heard oysters are good for you', she began. 'Raw oysters of course.'

'Live animals,' I screamed, but silently.

'It's not just a myth. They really do bring the

zing back into your life. You know?'

Keep a grip on yourself. I told myself. Try a bright cheery tone!

'Well actually I'm a vegan and I eat lots of raw food. O but not oysters!' (I managed a watery smile). 'Especially this time of year. It's absolutely the best time for fresh raw local produce', I added merrily.

'O, I couldn't do that. Not in a zillion years'. She looked horrified. After all I was proposing she limit her right to unlimited choice.

'But I'm not vegan just for health reasons' I added firmly. 'I'm appalled at the way people are so obsessed with their health actually. Pure vanity.'

A silence hung between us. Was she waiting for me to expand on my sex-life? I carried on regardless.

'There's lots of other reasons for being vegan. Beside health reasons. You know?'

I grinned and waited. And waited. She turned the conversation rapidly to something else.

I am totally useless at *spreading the word*, I told myself miserably that night. Different people have different talents and I'm a lousy communicator.

I do think it's hard to talk creatively and winningly about being vegan. It's hard to find the right way through to people: through all the barriers and misconceptions. Some people are actively hostile. There are those with personal baggage (like my Number Two). Other people are just not interested in changing their cosy

lives. I find these the hardest to connect with. Communication is made all the more hazardous when we're pampered and wooed by the mantra *personal choice for all*.

One problem is the word itself. 'Vegan' sounds clinical and puts people off. I think it needs replacing. 'Vegetarian' belongs to us by right and sounds jolly and accessible when shortened to 'veggie'. It was stolen from us and given to those who still eat animal products. Stuck with 'vegan' we've got to use it – for now anyway. And no shying away into euphemisms like 'cruelty-free' and 'animal-friendly'. I think it's important to be honest and direct.

It's up to us vegans to present ourselves and our message in a persuasive and a palatable way. I certainly haven't learned the knack. Although I don't enthuse over The Fresh Network I have to say they've got it right where presentation and marketing are concerned.

Yes: palatable. My feeble pun reminds me of the most successful proselytiser for veganism I ever met; a woman who regularly cooks for large gatherings in the open air. She conjures feasts out of blackened cooking-pots over open fires and every meal she makes is unique and generous and delicious.

It's only when asked for her secret that she tells her grateful patrons: 'It's 100% vegan.'

© Danw November. October 2004.

* Not on the Label: What really goes into the food on your plate. By Felicity Lawrence. 2004.

PRESS RELEASE: From the Vegan Society, 22nd February 2005

VEGAN DIETS AND CHILD DEVELOPMENT: WHAT'S THE REAL EVIDENCE?

The claim that milk and meat are vital to children's development, which swept through the media earlier this week, originated from an American press release based mainly on a two-year study of 544 undernourished Kenyan children, completed in December 2000 and published in the *Journal of Nutrition* in November 2003. (1)

As usual, the original information evolved beyond all recognition as it moved from scientific paper to press release to soundbite: «There's absolutely no question that it's unethical for parents to bring up their children as strict vegans», proclaimed certain sections of the media. (2)

The scientific paper compared groups of Kenyan children given three food supplements: meat, milk and vegetable oil. Three measures of mental development were taken: Raven's visuo-spatial test, verbal meaning and arithmetic. On all three measures, the vegetable oil group beat the milk group and on two measures the vegetable oil group beat the meat group.

«Even on the paper cited, the soundbite attributed to Professor Allen is clearly far fetched» said Stephen Walsh, author of *Plant Based Nutrition and Health*. But there is far stronger evidence than this that vegan diets support healthy development in children. In the UK a study of 39 vegan children found that «the growth and development of children reared on both vegan and vegetarian diets appears normal.» (3)

In the USA, a study of 400 vegan children reached the same conclusion. (4)

Both these studies were carried out in the 1980s and the results should be well known to any scientist presuming to comment on vegan diets and child development.

The soundbite that went the rounds this week comes from taking the results of the one test on undernourished Kenyan children where meat seemed to have a better impact than vegetable oil and ignoring all the contrary evidence both from the Kenyan study and from direct studies of western vegans.

«This is not science but blatant spin», said Vegan Society Chair Alex Bourke, «and representatives of the media who have uncritically passed on the soundbite have been sadly misled.»

REFERENCES:

- (1) <http://www.nutrition.org/cgi/reprint/133/11/3965S.pdf>
- (2) <http://news.bbc.co.uk/1/hi/health/4282257.stm>
<http://www.aaas.org/news/releases/2005/0218-micronutrients.shtml>
- (3) http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=abstract&list_uids=3414589
- (4) http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=2771551

PUBLICATIONS:

Plant Based Nutrition and Health, by Stephen Walsh, published September 2003. Also a new book called *Raising your Vegan Infant - With Confidence* will be published later this year.

Asian Tsunami

From the International Vegetarian Union's «IVU Online News», February 2005...

The Asian Tsunami has already faded from the world's headlines, but the work will obviously continue for a long time to come. IVU has done what it can to support our member society, Food For Life, in their outstanding efforts to provide free vegetarian food for tens of thousands of people. Paul Turner, Director of FFL and a past member of the IVU International Council, is currently in Sri Lanka to ensure that the generous donations they received are being used in the most effective manner.

IVU works on a very small budget, but we do sometimes give grants for well planned projects. However even the best of plans can go wrong and a grant of 1,000 UK pounds recently had to be returned from a project that didn't go ahead. Rather than simply put it back in the bank the International Council agreed to donate this money to Food For Life. Just a small token, but along with the money donated by vegetarians around the world we can make a little difference to those in need. All of IVU's funds come from our members and supporters, so if you have paid a subscription we trust that you will be in agreement with just a little of your money being used in this way.

For further updates from FFL go to www.ffl.org.

RECIPES

It is recommended that vegans should include a small quantity of iodine in their diet. The best source of iodine is from sea vegetables, commonly referred to as seaweeds, but if we look on them as useful to our nutrition why call them weeds?

The idea of eating 'seaweeds' is far from encouraging, yet carrageen also agar can be used to make jellies to replace the conventional gelling agents derived from animal hoofs and horns

Gelozone is the Brand name of a carrageen based gelling agent which can be used. One teaspoonful of the powder should be mixed in a little cold water and stirred until completely dissolved.

Put a pint of apple juice or orange juice into a pan, add the gelling mixture, stir it in and heat until steaming but do not boil (say to 80°C. - 180°F.)

Pour into a mould or serving bowl. You could chop some banana or other fruit into the bowl before pouring in the jelly.

Nori Flakes or Atlantic Dulse are other forms of sea vegetables I find palatable when sprinkled on salads or included in stews. There are more adventurous ways of preparing sea vegetables, as included in some vegan cookery books.

Hot Cross Buns

These spicy buns are traditionally eaten on Good Friday, but with modern marketing they appear in the shop much earlier. Buns from the shops may contain cow's milk in the mixture and may be glazed with egg white. But you can easily make your own using soya milk.

1lb (500 gr) plain wholewheat flour
1oz (25gr) yeast or a tablespoon of dried yeast
7 fl.oz (200ml) warm water and soya milk

mixed

1 teaspoon mixed spice

1 teaspoon sugar

4oz (100gr) currants

1 teaspoon salt and 2 oz chopped candied peel are optional

1. Stir the yeast into the warm water and milk mixture and add sugar. Leave 5 mins in a warm place to froth up.

2. Mix the flour, spice, currants (salt and candied peel if used) in a bowl and add yeast liquid.

3. Knead thoroughly until smooth. Shape into 12 balls and place onto an oiled baking sheet. Leave in a war place until double in size.

4 Cut a cross on each bun with a knife.

5. Bake at Gas 7, 250C/450F for 15-20 mins. Buns should be brown and sound hollow when tapped.

H. Mather

HERE AND THERE

Hunting

The 'Hunting with Dogs' Act took effect on 18th February. The date of the Waterloo Cup Hare Coursing event at Altcar near Liverpool was brought forward so that it could be legally held this year. The 'Countryside Alliance' has already lost in two court appearances where they claimed that over-ruling the House of Lords by the House of Commons was illegal, but they will try further legal action including an appeal to the European Court. Hunt supporters are dismayed that their centuries old custom has become illegal. They were out in force the day before the ban took effect and the following weekend they turned out in numbers to, as they put it, test the law not break it. They claim the law has loopholes that allows them to flush out foxes with two dogs and a gun, to hunt rabbits with dogs and to exercise their hounds. They can take the opportunity to do drag hunting, when a scent is laid out for hunts to follow but without a fox and a kill at the end.

Those who enjoy riding and socialising can continue their innocent pleasures. Many who follow the hunt do not want to see the brutal end of the chase. It is only those who enjoy a kill who are upset by the law. It should be repeated that hunting is an ineffective way of controlling the fox population and when hunting was held up for a year during the recent foot-and-mouth crisis, there was no noted increase in the fox population. By the time you read this, the situation may have become clearer.
HM.

Tidal Wave

The Asian tsunami was a catastrophe for the local human population, but what happened to

the animal life?. The following web references have been found www.ffl.org for providing vegetarian food and www.noahswish.com for updates on the animal situation. The World Society for the Protection of Animals also has an information on its website www.wspa.co.uk. Vegan help can be given through VEGFAM - see our article in this issue.

Laws Against Animal Rights Activists

The government is planning a law targeted at curbing the actions of animal rights activists., such as demonstrating outside the homes of researchers.

Extreme rights activists are reported to have committed desperate acts such as digging up a grave and throwing a brick through the window of someone who supplies oil to a breeder of animals for research. Activities of recent years have become more desperate and extreme. And could awaken revulsion in the general population that we need to bring over to our point of view. The original aim of the ALF was to harm the commercial interest of those involved in animal cruelty and the purpose of the proposed legislation is aimed at maintaining the commercial viability of what is a sizeable industry.

Those who defend research on animals refuse to answer the points based on facts that are raised by such doctors as Vernon Coleman, Ray Greek, Robert Sharpe and others with first hand experience, showing that animal experimentation is bad science, misleading and sometimes disastrously harmful to human patients.

Many are now turning to the 'alternatives' of 'complementary medicine' that are not based on animal experimentation. Sometimes people who have been given up as hopeless cases by conventional practitioners find a cure from the 'alternatives'. If everyone turned away from

treatments based on animal experiments, then animal experiments would cease completely. Staying healthy is not only good for you; think of the money you will save!, but it will also be good for millions of animals.

HM.

Cows for Africa

Before Christmas, charitable organisations asked people to donate funds for supplying cows to people in Africa. The purpose is to help the native populations to feed themselves. But animals are inefficient ways of providing food and are wasteful of water, which is a problem for most Africans. Supporting VEGFAM and HIPPO, which promote the more efficient plant proteins is a far better way of helping poor people to help themselves. (See our Advert pages).

HM.

Fur in Fashion

Fashion leaders have reverted to the stone age and making fur fashionable again. Primitive peoples were justified in killing animals in self-defence and for food in times when other food was lacking. This is no excuse in modern times when furry animals are kept in small cages and we have alternatives that will keep us warm more efficiently.

HM

Stormy Seas

In January 2005, unprecedentedly strong gales swept the Outer Hebrides and broke the cages of the many fish farms there. Most of the salmon were killed and a very few may have swum out to the wild sea and may mix with the wild salmon.

HM

Advertisements

B&Bs & ACCOMMODATION

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.

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

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 Bleurette, Douceur et Harmonie, 'el Faitg', 66230 Serralongue, France. Phone 00 33 4 68 39 62 56.

Email enthousiasme@wanadoo.fr

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

Australia Continental House, 9 Lone Pine Avenue, Hepburn Springs NSW. Vegan Life Sanctuary. Accommodation, Restaurant, yoga, massage, etc. www.continentalhouse.com.au ifo@continentalhouse.com.au

BOOKS

Sunshine and Shadow by Wilfred Crone. Autobiography of well-known vegan & fruitarian. £7-50 inc.p&p: Harry Mather, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB

Vegan Recipe Book by Rachel Henderson This electronic recipe book contains 100 delicious vegan recipes. It is designed both for vegans and people who have

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

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

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

1000 Doctors Against Vivisection by Hans Ruesch. £13 inc p&p.

Slaughter of the Innocent by Hans Ruesch. ISBN: 0951 964631. This book was first published in 1978 and was in 2003 published by Slingshot Publications. £12 inc p&p.

Skewed by Martin J. Walker £12 inc p&p.

A Cat in Hell's Chance £10 inc p&p. ISBN: 0951 565524. Published by Slingshot Publications.

All four of the above books can be bought from Philip Duckworth, Dormers, Outwood Lane, Chipstead, Surrey CR5 3NF. Cheques payable to Philip Duckworth.

CAFÉS & RESTAURANTS

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

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 cafe and bakery. 37e Robertson Street, Hastings. Tel. 01424 712206.

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

Good For You! 23 Firs Parade, Matlock, DE4 3AS. Fully vegetarian cafe + shop + veggie info centre. Tel: 01629 584304.

CATERING

Purple Penguin Café: Vegan Organic Catering have marquee will travel! Catering for specialist diets, cake fanatics and people who love good food... based in the Yorkshire area over Winter (and looking for work) and on the road over the Summer at festis, gatherings and parties... see www.purplepenguin.org, or

call Emma on 07786 262 864 for more info.

GENERAL

The Shellfish Network works to end the cruelty involved in, and eventually end the slaughter of shellfish for human consumption. Springside, Forest Road, East Horsley, Surrey KT24 5AZ.

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.

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 (47p 2nd class) to Frieden Howard at The Sanctuary, Nr Lydford, Okehampton, Devon EX20 4AL.

Translations into English from French, German, Italian & Spanish (personal, commercial, legal, technical), over 30 years' experience, big discount for VV readers, no VAT. Patricia Tricker MIL Cert Ed (FE). Tel/Fax 0845 4584714 (BT local rate).

Email: patricia@p-m-t.freeserve.co.uk

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) All year round vegan camp! On Forest Garden Land. We are down shifting, co-operative anti-consumerist, vegan diggers and have land to create an alternative renewable sharing forest garden community. We are seeking holiday members and full-time members. Tel: Vic 01490 420074 or Tel/txt: Frank 07980 158661.

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

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

Email: chriskennett01@hotmail.com

HEALTH

Yoga & Colonic Retreats 5-10 day Tropical or UK Courses involving juice fasting & supplementation, yoga & meditation, nutritional talks, personal consultations and a lot of TLC! Web: www.karunaretreats.com

Meat is Self-Inking Rubber Stamps **Murder** £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.

SWANSEA VEGAN FOOD

From the Vegan Village Noticeboard
(www.veganvillage.co.uk)...

There is now a fab Vegetarian Café in Swansea serving 99% vegan food called The Retreat, 2 Humphrey St, SA1 6BG. We want more vegan customers and vegan volunteers to help out in the café and the mind body spirit centre. We have rooms to hire too and the best vegan chocolate fudge brownie in Wales! All welcome.
Email: info@TheRetreatCentre.org.

“That of God” in all Living Creatures

Of all God’s creatures great and small,
None should by man be hurt at all;
To ev’ryone, its life is dear,
To be enjoyed without the fear...

...That man’s destructiveness does bring,
Instead, should be allowed to “sing”
‘Bout all the things that make life good,
Not be destroyed and used as food...

...To satisfy the greed of man,
Who clearly does deny God’s Plan,
That ev’ry creature has a part,
Responding to His loving heart-

Fulfilling what was meant to be,
Right now and to eternity;
That all with all in peace should dwell,
Not giving “lesser” ones sheer “hell.”

There’s “That of God” in ev’ry life,
So let us banish all the strife,
And pain, as humans, we do cause;
‘Twill surely meet with God’s applause!
Alan Spinks, 2004.

Black Box

Brutal harvester of sorrow,
How long can you bend to this task
With a sickle of destruction in hand
Reaping flesh and blood of innocent beings,
Tearing with a butcher’s knife through
Crops of throats, valleys of innards?

How long can you rend behind this mask
Before the blunt hammer of oblivion
Drives out the last vestige of consciousness,
Numbs all sensation, splits you down the
middle
And strikes you dumb like the cattle
Crawling on all fours in shocked gasps?

These green fields were once a haven to
Free-roaming beasts of the Earth
But then greed subsumed their rights,
Made man the industrial, agricultural
King of the world, king of cruelty and
Abuser of all powers over others.

Now these fields are black factories,
Impenetrable boxes shut off from the light,
Hiding within trapped secrecies of shame,
Dark instruments of pain and torture.
And who is ever to gain by pretending
We don’t know where it comes from?
Mat Turner © 2004

Advertisements

Natural Nutrition And Naturopathy

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

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

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

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 are 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. Contact: Chris Kennett, Diploma in Nutrition, Sports Coaching Certificate Tel: 023 9261 1607 Email: chriskennett01@hotmail.com

Whatever your transition, Psychospiritual counselling offers powerful and creative ways to facilitate change, reconnect with your true Self, unlock your potential, support yourself to really be who you want to be the most! Free initial consultation. For more information call Gian on 07764 308525 (London)

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.

Email: DrGinaShaw@aol.com

Web: www.vibrancy.homestead.com/pageone.html

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.

Dissolve Cataracts with Bright Eyes nutritional eyedrops. Safe, gentle. Also used by doctors. As seen on the Richard and Judy show. Tel: 01892 683439 for details.

Chinese Yoga Try something old! Deep breathing, stretching and relaxing exercises based on Chinese Medicine principles in Wakefield, West Yorkshire. £3 per class. Enquiries: Mark Popplewell 01924 462261.

Chinese Herbal Medicine and Acupuncture Commonly used for many conditions. Mark Popplewell MRCHM, MBAC, practising in Dewsbury, West Yorkshire. Enquiries and appointments: 01924

462261

PERSONAL

Attractive Female 39, into health and fitness. Happy go lucky personality. Enjoy nature, friendships, children, reading. Ready to meet someone special to build mutually supportive relationship. Ph/txt: 07951 302970.

www.vegansrock.net I run a vegan forum network on line at www.vegansrock.net

Many topics other than veganism are discussed in a pleasant, friendly atmosphere, from permaculture, environmental sustainability or vegan consumerism to computer games, anime & books. We’re friendly, informative & eccentric, pleasant when we meet new people. Feel free to drop in.

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

Jamie Burrell-Corey, Male, 25, Brampton, Cumbria. jamieburrell_corey@hotmail.com. I’m a trainee electrician with a degree in Environmental Biology and would really enjoy the company of someone who doesn’t get frustrated with me at meal times. Does such a person exist? I hope so because I’m beginning to feel like I’m on the wrong planet!!

Vegan male, 57 N/S 6’1”. Sensitive Caring Calm Nature. Enjoy Music Art Travel Animals Reading History Cultures of other countries. Seek Kind Compassionate Female to share Joy & a deep Love For which the soul yearns. ALA Brian Robinson, 117 Somerton Rd, Newport NP19 0JX.

SHOES

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

Freerangers sell animal free footwear. Send for brochure to 9B Marquis Court, Low Prudhoe, Northumberland NE42 6PJ.

Web www.freerangers.co.uk

Tel: 01661 831781. Fax 01661 830317.

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. Web: www.lymeleisure.org.uk. Tel: 01297 631133. Also making vegan moccasin slippers. Will shortly make shoes starting with children’s.

What is veganism?

So What Do Vegans Eat?

There are all the fruits and vegetables of course and there are lots of products that taste like meats and cheeses: vegaburgers, sosalatas, "jerky", "caviars", "Cheatin' chicken" and many more that can help people turn vegan without affecting their taste buds.

Other vegan dishes include: all pastas and noodles that don't have egg in them, rice dishes, beans and lentils, wheat, oats, barley, rye, maize, cous cous and chick peas. Vegan cookbooks are full of tasty recipes to guide you.

There is soya milk, rice milk, oat milk, almond milk, soy yogurts, soy cream and soya ice creams as well as sorbets.

Vegans avoid gelatin. It is made from animal bones, but alternatives can be made from vegetable sources.

But what do you do for protein?

Protein is everywhere because it is in all living cells, but many foods have a higher concentration of protein. In the East they swear by the nutritious value of rice, in the West of wheat ('bread, the staff of life') or on oats (for the Scots!) or rye. Nutritionists are satisfied that vegans do have a nutritious diet. Beans, lentils and nuts are rich in protein.

Yes, but what about vitamin B12?

The Vegan Society recommends that vegans eat foods fortified with B12, like yeast extracts, plant milks, breakfast cereals, margarines, soya meat substitutes. But check the ingredients to make sure the ones you use are fortified with B12. Otherwise take a tablet of B12.

I bet you wear leather shoes!

The Vegan Society was founded on changes in what people eat and that is the basis of defining a vegan, but from the start vegans have wanted to avoid all animal exploitation in their way of life. Nowadays it is reasonably easy to find non-leather footwear and belts. Leather coats and leather furniture, purses, suitcases, etc. should be avoided. Fur coats and trimmings are obviously out, as are silk and wool.

Anything else?

Toiletries and cosmetics can have animal ingredients or have been cruelly tested on animals. Vegan alternatives are easily obtainable. The Body Shop became a huge success selling cruelty-free products.

Conventional medicine is often based on cruel animal experiments. Alternatives are herbalism, homeopathy, acupuncture and other ways.

Vegan organisations

The Vegan Society If you would like more information on Veganism send two 1st class stamps for an information pack to The Vegan Society at Donald Watson House, 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.



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

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

The Movement for Compassionate Living (The Vegan Way) founded by Kathleen Jannaway, works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and free from all animal exploitation. Annual subscription £5 (or what you are able to afford) includes the quarterly journal *New Leaves*. SAE for details to 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. Tel: 01639 841223. Web: www.mclveganway.org.uk

Vegan Organic Trust encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green International* to spread knowledge, and reports from vegan organic growers worldwide. Contact Patrick Browne, 161 Hamilton Rd, Longsight, Manchester M13 0PQ. Tel: 0161 248 9224.

Email: veganorganic@riseup.net

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

Subscribe to Vegan Views!

It is easy to subscribe to Vegan Views. Fill in the form or write a letter. (Remember to include your payment.)

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Send form to: Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth, BH1 1JB, UK.

Be kind to animals!

Vegans in your area

SOUTH

London Vegan & Vegetarian Families Group If interested contact Lesley on 020 8861 1233 or email Lesley@vegan4life.org.uk

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

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

Web: www.londonvegans.org.uk

Email: info@LondonAnimalAction.org.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: vvvg@freeuk.com

Web: www.vvvg.freereserve.co.uk

Bedford Vegetarians Tel 01234 365651.

Web: www.bedfordvegetarians.co.uk

Veggiesocials Social group covering London + South East. Web: www.veggiesocials.co.uk

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

Web: www.veganessex.org

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

Harlow Lian Tyler, the Vegan Society and Vegetarian Society Local Contact for Harlow has compiled an online Vegan guide to Harlow and the surrounding areas. Tel: 07754 166813.

Web: www.veganharlow.co.uk

Email: info@veganharlow.co.uk

Hastings Animal SHAC meet every second Tuesday of the month. Phone: 01424 430 425 or e-mail: sarah@b1066.wanadoo.co.uk to

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 their website at www.vegansociety.com for a list. The Vegetarian Society have affiliated local groups and information centres which often include vegans – see www.vegsoc.org/network for a list.

check where/if the meeting will take place.

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: t.west@onetelds.net. Web: www.ivu.org/uklocal/bournemouth.

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

Web: www.iwvv.org.uk

Penzance Vegans social group currently meet each Wednesday, 8pm in the Bath Inn pub (right-hand bar), Cornwall Terrace, Penzance. To confirm details, please call 01736 786473 or email wilf_frith@lineone.net

Web: www.wiz.to/penzancevegans

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

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

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

Shropshire Malcolm Cramp Tel: 01952 432874. Malc@3173.freereserve.co.uk

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

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

Leicester & Rutland Campaigning for Animals to promote ways people in their everyday life can help animals by making a few simple changes such as buying non animal-tested products & adopting a vegetarian or vegan diet. Sam McCreesh (youth local contact for Animal Aid, PETA VIVA! and The Vegetarian Society).

Email: info@campaigningforanimals.co.uk

Web: www.campaigningforanimals.co.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 PO Box 537, Rotherham S66 7WW. Tel: 0114 258 8869.

Web: www.sheffieldvegansociety.org.uk

Doncaster & Area Vegans & Vegetarians meet about once a month for socialising in various ways (e.g. walks, picnics, meals out, yoga). Ring Vivien on 01405 769730.

East Riding Vegans meet once a month for socialising. New members welcome. Mark, 140 Victoria Avenue, Hull, HU5 3DT. Web: www.merrydowncontrolware.co.uk/ervegans

Email: ervegans@merrydowncontrolware.co.uk

Tel: 01482 471119.

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

North Riding Vegetarians & Vegans Meals, walks, theatre etc. Patricia, tel/fax 0845 458 4714 (BT local rate).

Email: patricia@p-m-t.freereserve.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.

Useful websites

General

www.veganvillage.co.uk

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

www.eco-centric.co.uk (A website for vegans and people interested in alternate lifestyles in the UK/Ireland)

Lists of Veggie Restaurants & cafés

www.happycow.net (worldwide)

www.veg dining.com (worldwide)

www.veggieheaven.com (UK)

www.vegetarianvisitor.co.uk

Travel

www.vegetariansabroad.com

Vegan online shopping

www.isitvegan.info (vegan foods/drinks)

www.isitveggie.com (vegan foods/drinks)

www.crueltyfreeshop.com (Dr Hadwen Trust)

www.veganstore.co.uk

Vegan-run business lists

Artists, accountants, translators...

www.veggies.org.uk/vbc.htm

www.veganvillage.co.uk/services.htm

Vegetarian information

www.vegsoc.org (UK vegetarian Society)

www.ivu.org (International Vegetarian Union)

www.planetveggie.co.uk (Planet Veggie)

www.campaigningforanimals.co.uk

Campaigning for Animals

The story of a dedicated young animal rights campaigner and horse-lover, Sam McCreesh

The new kid on the block of Animal Rights campaigning has got to be 15 year old Sam McCreesh, who lives at home in rural Leicestershire and Rutland.

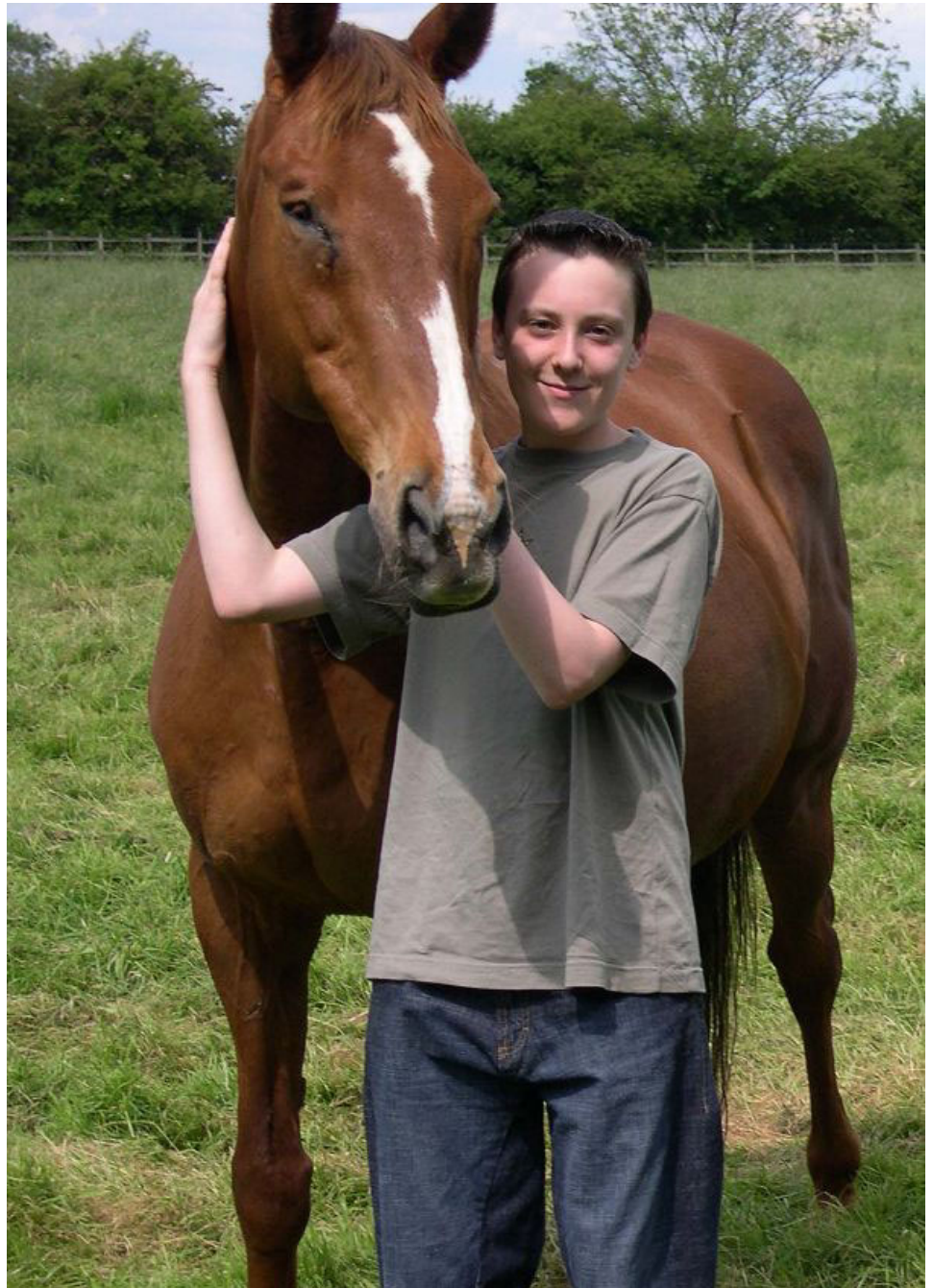
Sam first got into animal rights two years ago after picking up a leaflet about Hillside Animal Sanctuary in a Norfolk holiday cottage whilst on a summer break. Then a meat-eater, he was intrigued by the sanctuary's investigation work into Factory Farming, which was an eye opener as he was previously unaware of the conditions in which meat is produced. Two months later Sam announced he was going vegetarian, and it took him three months to stop eating meat, and a further seven months to give up fish, at which point he joined The Vegetarian Society. Says Sam "I became vegetarian because I couldn't justify the cruelty involved in factory farming, and although I could have chosen to eat so-called free range or organic meat, factory farming just put me off eating meat altogether. It just isn't necessary to eat dead animals when you can live perfectly healthily on a plant-based diet".

Around the time of going vegetarian, Sam also discovered his love for horses. "I took up riding after seeing some quite advanced riders jumping and thought it looked really fun" explained Sam, who has now been riding for one and a half years and is at Pony Club Gold level. "I want to campaign for the rights of all animals but my greatest love are horses, and I fully support Animal Aid's Horse Racing campaign and Viva!'s campaign to end the export of live horses from Poland to Italy".

In September 2004 Sam was made the first youth contact for Animal Aid, the UK's biggest animal rights organisation. Around that time Sam also became a youth contact for The Vegetarian Society, a local contact for Viva! (Vegetarians International Voice for Animals) and a member of the PETA2 Street Team (People for the Ethical Treatment of Animals). Sam is also an ardent member of the RSPCA, Viva!, Animal Aid, Redwings Horse Sanctuary, Dr.Hadwen Trust and The Vegetarian Society, and sponsors horses at Hillside Animal Sanctuary, Redwings Horse Sanctuary, Bransby Home of Rest for Horses, and a dog called Sam at Dogs Trust Snetterton!

Sam has also written a series of guides aimed to encourage others to follow in his footsteps. The series consists of 3 different guides called *In the Eyes of a Teenage Vegetarian – A Teenager's Guide to Going, Being and Staying Veggie!*, *Getting Involved with The Vegetarian Society – A Guide for All Ages and Abolish Cruelty: The Essential Guide to Campaigning for Animal Rights*. The enthusiastic teenager has also launched his own website, www.campaigningforanimals.co.uk and does several information stalls and displays every year.

One thing is for certain – a hard working and determined animal rights campaigner has been



born, destined to change the history books forever, and things will certainly go from a local to national level if he fulfils his ambition of working for a peacefully campaigning animal rights group in the future. Comments Sam "All animals should be treated as equally as humans and I am determined to make a positive difference to their lives. Too many animals are used and abused in this appalling world and I am going to help put an end to their suffering!"

If you would like to contact Sam you can do so by e-mail at info@campaigningforanimals.co.uk or to receive monthly email updates about Sam's work send a blank email to e-news@campaigningforanimals.co.uk with the subject **SUBSCRIBE**.

Sam's own website, www.campaigningforanimals.co.uk aims to promote ways people can

help animals in their everyday lives, by making a few simple changes such as buying non animal-tested products & adopting a vegetarian or vegan diet, and includes copies of his series of guides, local campaigning work and various national campaigns, as well as a brilliant fun & games section suitable for all ages.

**HUNTING IS KILLING
in the name of SPORT
SAVAGERY in the
name of TRADITION**