

VEGAN VIEWS

A Forum for Vegan Opinion
Quarterly

No. 100

Spring 2004

£1



In this issue: 100th Edition Special Feature... Vegan Views: The Early Years
Vegan Organic Growing, Grassroots News, Beavering Away
Stockfree Organic Programme on Radio 4
Events, Cartoon, News, Reviews, Letters, Book Reviews, Recipes

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

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

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

Airmail outside Europe four issues for £7 including postage.

VEGAN VIEWS ON THE INTERNET

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

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

COPIES IN BULK

If you order a minimum of five copies, we will sell to you at 50p each (*but we can no longer accept returns*) including UK postage for sale at bazaars or local shops.

BACK ISSUES

Many back issues are still available for 50p each or eight for £3. Prices include postage to UK addresses only. Topics covered include:

- VV99 No More Fish
- VV98 Food coops
- VV97 Interview with Steve Walsh
- VV96 Interview with Karin Ridgers
- VV95 Interview with Liz Cook
- VV94 Vegan Organic Network
- VV93 Nutritional Supplements
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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 welcome all letters, articles, news, events, and constructive criticism – and try to print all that is relevant and of interest in the magazine. We welcome drawings too (colour preferred).

We rely on readers' contributions. Small ads are free to subscribers, or cost £2 for insertion in four issues for non-subscribers. If you don't want your letter published please make this clear when writing.

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

SUBSCRIPTION RENEWALS

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

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Produced by Harry Mather, with assistance from John Curtis. Front cover by Ruth Lewis. Printed on recycled paper by Footprint Workers Co-op, Leeds. 0113 262 4408. www.footprinters.co.uk.

From the editor....

This is issue no. 100 of Vegan Views so we thought we would take a glance backward over the years since we started in 1975.

So how has the world around us changed since those days of more than a quarter of a century ago? Signs of progress are hard to find. Meat still seems to be the mainstay of most people's diet. The burger 'culture' has increased, eggs are mainly from batteries and cheese is everywhere, so is fish in spite of disappearing stocks through over-fishing. Intensively farmed chickens are now imported from Thailand and Brazil.

Yet we can see that veganism has made progress. Many eating places include a vegetarian option, some even know what veganism means. Soya 'milks' are easily available, there are vegan 'cheeses' and vegan ices. Some food producers (mostly themselves vegan) are busily producing ready-made vegan foods. Several shops sell only vegan shoes. We even have cameras that avoid gelatine by going on a computer.

But progress seems slow when we think of all the food scares that related to animal produce: the salmonella scare with eggs; the shock of Mad Cow Disease (BSE) and its transmission to humans; the horror of the foot and mouth disease with the mass burnings of sheep that shook the nation; the present threat of epidemics from respiratory diseases (SARS) and bird 'flu, send a momentary shudder down most people's spines. Then it disappears from the news bulletins, they forget, and continue shopping as before. Many (perhaps 50%) say they are reducing their consumption of meat (meat-reducers) and an increasing number are turning vegan, but few have even considered that drinking milk is unnatural for adults and that the milk of cows has a different composition from human milk. Would a cow willingly "give you her milk" and would you find it natural to go and suck a cow's udder? Do you teach your children how to hunt down animals or wring a chicken's neck? Then you should go vegan!

Harry Mather

EVENTS

24 – 30 Apr World Lab Animals Week organised by NAVS. www.navs.org.uk. Or 261 Goldhawk Road, London W12 9PE. Tel: 020 8846 9777.

30 Apr – 2 May Permaculture course Includes sustainable design principles, permaculture ethics, organic gardening, community economics, LETS systems, forest gardening, wild food walk, optional yoga sessions, 'hands on' practical experience & more... Cost: £75 (flexibility/concessions available). You can camp at the venue, or indoor accommodation is available for £5 per person per night. Held at Dial House Centre for Dynamic Cultural Change, North Weald (near Epping), Essex. Course leaders are both vegan: Graham Burnett (Dip Perm Des) and Ron Bates. For details or to book, phone 01702 303259, email landandliberty@ukonline.co.uk or send SAE to Land & Liberty, 35 Rayleigh Avenue, Westcliff On Sea, Essex, SS0 7DS. Web: www.landandliberty.co.uk.

8 May North-West Vegan Festival Sachas Hotel, Tib Street, Manchester. 10.30 a.m. – 5 p.m. Admission FREE. Food, drink, clothing, chocolate, etc. Organised by Realfood. Email: info@veganfestivals.org.uk. Web: www.veganfestivals.org.uk. Tel: 0845 458 0146. *Please phone or email if you can volunteer to help out on the day.*

9 – 22 May Permaculture course at Stepping Stones Housing Co-op in Gloucestershire. Tutors: Steve Charter & Emma Jackson, both raw food vegans. £200 for two-week course. Details: www.permaculture-steve.net.

15 May Veggie Pride March in Paris to denounce vegophobia and to act on behalf of our fellow-creatures whose rights have been taken away. Details: David +33 478 699071 or Nathalie +33 618 179109. These are French phone numbers, and both contacts can speak English. Web: www.veggiepride.org (click on the UK flag).

24 – 30 May 2004 National Vegetarian Week Organised by the UK Vegetarian Society. The theme is simply: Vegetarianism. Tel: 0161 925 2000. Web: www.vegsoc.org.

5 – 12 Jun Vegan Summer Gathering See right.

6 – 19 Jun Permaculture course at Plaw Hatch Organic and Biodynamic Farm near Forest Row, West Sussex. Tutor: Steve Charter, a raw food vegan. £200 for two-week course. Details: www.permaculture-steve.net.

4 Jul National Vegan Festival Kensington Town Hall, Hornton Street, London W8. (underground: High Street Kensington). 10 a.m. – 7 p.m., £1.50 entry (under 16 free). Stalls selling vegan products, campaigning groups, speakers, vegan food & drink, bar, music, children's workshops and more. They are now holding it at a new and larger venue (where Animal Aid's Christmas Without Cruelty is normally held in November). Web: www.veganfestival.freeseerve.co.uk. Organised by Campaign Against Leather & Fur (CALF).

10 – 25 Jul Brynderwen Visitor Fortnight Come for a few days or a week. Meet other vegans, go on trips out, maybe help with cooking or gardening, etc. They're on the

outskirts of Swansea, with attractive sea and countryside nearby. Accommodation in or near Brynderwen, also a little camping space. Small donation to cover costs. Local Swansea Vegans meeting is on Monday 19th. Ring Malcolm 01792-792442 (see p.19 for more information on Brynderwen).

7 – 21 Aug Vegan Camp this year it will be held at Longhorsley in Northumberland. All Welcome. Come for a long stay or a short stay. More details from Veggies Catering Campaign, Sumac Centre, 245 Gladstone Street, Notts NG7 6HX. Web: www.veggies.org.uk/vegancamp.

12 Sep Festival of Life 10 a.m. – 9 p.m. £4 (concessions £2, under 16s free). Celebrating sustainable, compassionate, raw/living-food & holistic lifestyles. Web: www.festivaloflife.net. Conway Hall, Red Lion Square, Holborn, London WC1. Nearest underground station: Holborn.

11th VEGAN SUMMER GATHERING 5th-12th June 2004 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 for the week (excluding food), or £95 if booked after 24th 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 usually take part. Day visitors welcome.

SAE for details to Malcolm Horne at Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT (01792-792442). Or see www.veganviews.org.uk/vsg.

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

Vegetarian Society Cookery Classes

Run by the Cordon Vert Cookery School of The Vegetarian Society at Parkdale, Dunham Road, Altrincham, Cheshire WA14 4QG.

For more details + cost, contact Maureen. Email: cordonvert@vegsoc.org. Tel: 0161 925 2014. Web: www.vegsoc.org/cordonvert.

Vegan Views – copies in bulk

From this issue, we've changed the pricing for buying five or more copies of VV. Previously, it was 65p per copy including UK postage, sale or return. Now, it's only 50p per copy including UK postage, but we can no longer accept returns.



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VEGAN ORGANIC GROWING



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

Spring is Sprung!

Now the warmer and longer days are here and plant growth is increasing we can think about the sowing of more tender and "exotic" crops. These can be started on a warm windowsill, in a frame or the greenhouse.

The family of Courgette/Pumpkin and Squash can be started in individual pots or plastic plant cells with the large seed sown on its edge (to avoid damping off) an inch deep and planted out when all chance of frost is gone. Last year I grew the Squash variety "Buttercup" which produces quite a few to a plant and are of really nice quality and kept until March in cool conditions. It makes a nice steamed veg and excellent soup. The plant trails all over the shop, mine didn't need much persuasion to climb up and over a 6 foot high Beech hedge! The growing site should have a good hole filled with garden compost or leafmould to keep them going and hold moisture.



Sweet Corn must also be sown now (mid – late April). Good individual plants can be raised in the trusty reusable cell trays to get them to a good size for planting out where they will be able to get away with little damage as robust plants. The trailing Squash and Pumpkins can be planted at the edge of the Sweet Corn block and left to trail between the rows

where the shade from their leaves can help to conserve soil moisture for the cobs above. This was and still is a traditional planting scheme in South America going back to the time of the Incas.

The climbing beans, which are a must in any kitchen garden because they yield heavy crops for the area they take up, are also started off indoors for the first sowing. These are best in pots for their large roots, and again give us a bit of a start if conditions are cool or wet so that a nice strong plant is ready to go out. Later sowings can, of course, be direct sown next to the support poles. This year I am growing the old Runner Bean varieties "Painted Lady" (red/white bicolour flowers) and "Sunset" (the only pink type) as well as the longer newer ones.

Out in the open

As conditions allow and the top of the soil is workable with a rake to a fine tilth, seed drills for our direct sown crops can need a little watering if the top dries out like last summer with all that prolonged heat. Getting a succession of salads by sowing little and often (about every 2-3 weeks) will avoid gluts and gaps....

Many annual flowers can be scattered to give colour, cover and a source of food for many insects – I have always tried to grow lots of these amongst the fruit and veg. Sometimes people are surprised to see that the kitchen garden can be so colourful and we are encouraging our little friends to balance the ecology.

It's a Mad World

Uniquely in the EU, Britain has chosen to exclude the growers of apples, pears, plums and cherries from payment under a new EU farm subsidy scheme. Orchard owners will get nothing unless by January 1st 2005 they grub up all their trees, then they get the full £230 a hectare per year! This is particularly absurd in view of all the efforts in recent years to revive England's apple orchards and to try and encourage the buying and consumption of local food. More reasons to grow our own and choose from the many superb varieties selected and raised in the past without any GM madness. I live in hope that the UK has a rethink.

Vegan Organic Trust

Finally, look out for the launch of the Stock-Free Certification by VOT and Soil Association this summer – the world's first Vegan-Organic Standards for growers.

VOT also have many very useful fact sheets – see www.veganorganic.net.

Seed Catalogue

Seed catalogue: Suffolk Herbs, Monks Farm, Coggeshall Rd, Kelvedon, Essex CO5 9PG. Web: www.suffolkherbs.com.

Animal-free compost: B&Q Organic Peat free Multipurpose compost. Alternatively, composted municipal waste (i.e. grass and tree cuttings) is available in some areas – try your local recycling centre.

Useful Information

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

The Vegan Views website contains the current and all the of previous Vegan Organic Growing articles, and in many cases, has extra colour photographs. See www.veganviews.org.uk/vvcrossref.html#grow.

**GLOBAL WARMING CAN BE CHECKED
AND PEOPLE BETTER SUPPLIED WITH
FOOD AND OTHER NECESSITIES IF
WE USE LAND FOR TREES
THAT ABSORB CO₂ NOT TO
LIVESTOCK THAT EMIT METHANE
A MUCH MORE POWERFUL GREEN HOUSE GAS.**

Details: Movement for Compassionate Living, 31 Walton Close, Ernesford Grange, Coventry.

STOCKLESS AGRICULTURE PROGRAMME ON RADIO 4

Do you usually listen to Radio 4 at 6.35 a.m. on a Sunday morning? If, as I suppose you are then slumbering in sweet dreams of restfulness, you will have missed the Farming Today programme discussing Stockless Agriculture, or as vegans prefer to call it Vegan Organic Growing.

Many farmers who hear about veganism will criticise it on the grounds that animal manure is essential for maintaining soil fertility. There are huge amounts of animal manure produced on farms and this is conveniently spread on the land to be cultivated. This is however no proof that this practice is necessary and we can point to the fact that the fertile soil of the forests relies mostly on the decay of vegetable matter to maintain this fertility for centuries.

There have been examples of gardens which were cultivated on vegan organic principle. Kathleen Jannaway and her husband Jack maintained the fertility of their half-acre fruit and vegetable plot for at least 15 years. The Elm Tree Farm project proved that stockless farming on a larger scale was also viable. Other vegans have also tended their gardens without artificial or animal inputs to their satisfaction.

The present story began in December when a question was put to a panel on the Radio 4 'Farming Today' programme asking what would happen to the countryside "if everyone went vegan" meaning there would be no animal manure. The panel gave negative answers. Action by Jenny Hall of the Vegan Organic Trust, supported by many other e-mailers, resulted in a broadcast on 16 January prompted by Tony Weston of the Vegan Society emphasising the immense damage done by livestock production, land degradation, deforestation and pollution.

The farming team of Radio 4 became much more interested and devoted a half-hour programme to the visit of the vegan organic (also called 'stockless') market garden of Iain Tolhurst who supplies box scheme customers near Reading from his market garden at Whitchurch on Thames, Berkshire. He has a 1½ acre walled garden in the 16 acres under stockless cultivation. There is no input of fertiliser or manure. Soil is sampled regularly and he has found no loss of fertility over 3 decades. He maintains this fertility with green manuring. There is a 9 year rotation in the garden and 4 year rotation in the polytunnels. Green manuring means that plants are grown which add fertility to the soil – these are mainly leguminous plants that fix nitrogen in the soil and take it into the leaves. Peas and beans do not add nitrogen to the soil as popularly supposed because the plant is taken out. The green manuring plants are returned to the soil. Under this system as much as 35% of the land is lying fallow long term (that is for more than 1 year). So out of 17 acres, 6 acres are not producing.

The obvious comment is that this must be a great waste of land but Iain argues that if you had livestock on these acres considered to be out of production, you could only keep 6 or 8 beef animals with a gross income of £6,000. With the cost of fencing, providing water, vet fees, housing, straw, abattoir costs, it would not be profitable. It is better to get rid of the cattle and grow green manure, which means not

having to buy fertility from outside. There are some who produce cereals on a large scale using green manuring systems. The Chinese have used this sustainable agriculture for centuries. Even conventional farmers could benefit by using some green manuring system.

Could he expand on a larger scale? Iain does not want to be so big that he would be just a supervisor and organiser. He enjoys being involved with the actual production. The sales are taken care of by the box scheme. A number of drop-off points in the area of Reading take his produce and some 15 regular customers will come to the drop-off point to pick up their boxes, which consist of whatever is in season. Customers are local to the drop-off point so travel is reduced to a minimum. The system promotes social contact and people appreciate knowing where their food is coming from.

He makes a profit, although not a great one, and is able to pay a number of staff. Stockless Growing is environmentally friendly and lessens Global Warming. No pesticides are used that might pollute the water courses and stubble is left to provide overwintering habitat for insects and other wildlife.

Iain gives advice on stockless farming in many countries. He has advised over 1,000 farms on all aspects of conversion and maintenance of organic growing. He also mentioned the work of the Vegan Organic Trust which is setting standards for vegan organic cultivation under the wing of the Soil Association. Eventually, vegan organic growers will be able to certify that their produce satisfies the required standards.

Promotional material is also being developed for guidance, in the form of a video that will include scenes from Iain's garden. The Vegan Organic Trust will publish in 2004 a textbook for vegetable growers. A booklet on grain and pulse production is also being considered.

H. Mather

Vegan Organic Trust details: see back page.

THE FARM

Old Pig went out for a walk.
He liked to hear the farmyard talk.
The young cock up there on the wall
Gives everyone an early call.
"Not many of us left" he trilled.
(Surplus free range cocks are killed).
The sheep were bleating in their fold.
"Tomorrow's market day" they're told.
The old brown cow cries at the gate.
Now years of slavery is her fate.
Her new-born calf they took away,
She'd only loved him for a day.
Turkeys gobble in the shed,
Soon they'll be as heavy as lead!
Horses gallop to the fence,
Their conversation, makes more sense.
Old Pig wanders back to sty.
Soon her piglets too must die.

*From Poems to Amuse and some with Thoughtful Views by
Joan Bryan*

THE VEGAN CONCEPT

Composition of Milk Differs for Each Species

By Arthur Ling

Philosophy

A vegan is logical in stating that cow's milk was never meant for humans. Milk is a food secreted by female mammals to ensure that their offspring adjust from the womb to the outside world. The milk for each species of mammal is nutritionally tailored to its particular nutritional needs. THE EARLY DEVELOPMENT OF COWS AND HUMANS IS QUITE DIFFERENT. When a calf is born it must quickly build a strong bone structure in order to stand and move about. Cow's milk, richer in protein, minerals and fats than human milk, is designed to promote this. The greatest early development in humans, however, is not in bone and muscle, but in the nervous system. Human milk is therefore rich in easily digestible fats intended to build up the nervous system. It contains lighter, more digestible protein than cow's milk, and is sweeter and more alkaline.

	Time by which weight is doubled	Calcium contained in 100 parts of milk
Human	180 days	0.032
Horse	60 days	0.124
Ox	47 days	0.160
Goat	19 days	0.210
Sheep	10 days	0.272
Dog	8 days	0.453
Rabbit	7 days	0.891

Ethics

The whole system of the dairy industry is unnatural and abhorrent. Dairy milk is based on a principle of cruelty and inhumane practice. Within a few days of birth, the majority of calves are sold through auctions or dealers and a few are slaughtered almost immediately. Some calves go (mostly for export with horrendous journeying) to be reared for veal or baby beef. The rest are reared for a year or longer after marketing as young calves to be killed for beef. Rennet (for cheese making) comes from the stomach of a newly born calf, which is slaughtered. Constant births are brought on by artificial insemination and higher and higher milk yields (for profit) are induced. All are forms of systematic exploitation without regard to the pain, anguish and distrust of the animals. All this in order that so-called civilised man may have ("steal" would be a better word) the milk, which unquestionably was meant for the calf and no other species.

This is explained in more detail. The heifer (female calf) will give birth to her first calf when she is approximately two year of age. Her calf is then taken away from her a day or two after birth. About 10% of calves die before they are six months old. The heifer, developed for high milk yields, is then milked to capacity up to 45/50 litres (10/11 gallons) per day – ten times the amount a calf would drink. The

heifer is milked for ten months after her calf's birth. During this time she is already pregnant, having been artificially inseminated, and she is only rested for a scant few weeks before her next calf is born. The heifer is put in calf about 12 weeks after the birth of her calf, so she gives birth to a calf every year. The dual burden of pregnancy and lactation makes the heifer susceptible to disease – mastitis in particular, an infection of the udder, which occurs in one out of every three of our cows. Every year over 17 million shots of antibiotics are administered into the udders of the our cows. Dairy cows are slaughtered at an early age – 25% before they are 3 years old. Only 25% live for more than seven years. A cow's natural life span is 20 years.

Harry Mather adds...

When Vegan Views first appeared calves were still allowed to be kept in boxes in which they were not able to turn round and were given feed devoid of iron so that their flesh would be white in order to satisfy the fancy of the consumer. As a result of strong campaigning, veal crates were made illegal in the U.K. in the 1990s.

Unfortunately veal crates were still being used in other European countries, and veal could still be found in eating places in Britain. The cruel trade of exporting small calves to the continent therefore continued and Compassion in World Farming organised demonstrations in Dover, Shoreham, Plymouth, Brighton/sea ports and at Coventry airport (where tragically Jill Phipps lost her life).

Although media coverage was extensive and strong and wide public sympathy was aroused, exports of live animals continued until the panic over BSE (mad cow disease) resulted in a ban on any cattle being imported into foreign countries and the trade ceased for more than a year until Britain was declared free of BSE.

The European Parliament has voted to ban the use of veal crates and we can hope that this cruel practice will eventually disappear. The surest way to end the cruelty involved would be for people to avoid the use of milk and milk products and to put an end to the false belief that consuming plenty of milk has a health benefit. For instance, the popular belief is that osteoporosis (brittle bone disease) can be avoided by consuming more milk when in fact the consumption of much milk may lead to an overacid diet which will result in the body leaching calcium from the bones and result in the very osteoporosis it is aimed to prevent.

There is also increasing evidence these days that a noticeable proportion of the population is allergic to milk because they have lost the lactase, the enzyme needed break down the lactose in milk This has been found in African populations where they do not normally consume milk after weaning and are unable to digest milk as adults.

Revelations

A day or so ago I came across a list of the "Aims and Objectives" of a group I founded in 1988 called "Vegan Business Connection" (VBC). This group has been admirably carried on by Patrick Smith of Veggies of Nottingham over a number of years.

It is interesting to see amongst the Aims and Objectives there was one worded in relation to labelling "For manufacturers to indicate clearly where the product is vegan". This need was met 2 or 3 years later by the Vegan Society adopting a trademark to appear on labels where applicable.

A crucial aim at the time and one that still seems very distant to being met reads "where a product is under the name of a company which is a subsidiary of a larger one, that the name of the parent company be placed on the label alongside (immediately after) the name of the subsidiary".

Donald Watson (founder of the Vegan Society) has provided an excellent lead by exclaiming that: "Vegans advance veganism by their purchases". Alas however, some dedicated vegans purchase products in all good faith, whereas in many cases they would be horrified to learn that at the end of the day their money is in effect helping an associate company who trade in meat and milk products.

How do we overcome this problem? Some may wish to put pressure on the labelling authorities to bring in regulations to make it mandatory for the holding company's name to be put on the label, but fear vested interests would be opposed to any progress in this direction.

For those of you who have the time to spare, it would be very revealing to examine company records at: Companies House, Crown Way, Cardiff CF14 3UZ. Tel: 0870 333 3636.

The result could be sent to Vegan Views (address page 2) to produce an interesting follow up article in a future issue of V.V.

May I suggest that you first look through the pages of the Animal Free Shopper (published by The Vegan Society) and you will see a symbol against companies where "the company has at least one vegan proprietor". You can also look up the names of the VBC members as listed by Patrick Smith in the Animals Contacts Directory published by: Veggies of Nottingham, 245 Gladstone Street, Nottingham. Tel: 0845 458 9595. Email: acd@veggies.org.uk.

These two sources will indicate manufacturing firms whose products you may happily purchase, but otherwise beware, bearing in mind Donald Watson's guideline: "Vegans advance veganism by their purchases".

Plamil has always been an independent (100%) vegan company and has a Trust in place to ensure it will remain independent and 100% vegan.

The History of Vegan Milk in U.K.

When Plamil pioneered British made soya milk in 1965, it undertook consultation with vegan medical doctors in order to conform to the vegan concept and arrive at a formula for humans with vegan infants particularly in mind, because there was nothing whatsoever on which vegan infants could be weaned. Quite naturally, the fortification was based on human milk compositional formula. As a result of this Plamil formula it has been possible over a period of thirty years to create records of

vegan infants successfully weaned on it, culminating in the current vegan infants case history booklet. In order to conserve packaging and transportation Plamil soya was initially marketed in concentrated form (to dilute one to one) and it is in 2003 still the only one available in this form. Furthermore in November 2001 the Woman's Own magazine voted it the winner of all the soya milks available, to quote, "it has a much nicer flavour than the others tested".

Around the early 1980s, two multinationals (not vegan orientated) imported soya milks but they were not fortified. After two decades one (in the year 2000) fortified one of their brands but this fortification was not with any thoughts of veganism in mind but was commercially directed, i.e. by adding calcium to the level of cow's milk purely as a sales gimmick. In turn the other multinational decided to bring out a fortified version and this included even more calcium purely in an endeavour to gain sales, but with no thought whatsoever on vegan nutritional requirements. This perpetuated the fraudulent propaganda, on which the Dairy Council has been spending millions of pounds for years (mostly subsidised), stating the people need high levels of calcium to avoid osteoporosis. This is contrary to the vegan concept whereby the composition of milk varies with each specie and which shows that humans do not need the high levels of calcium which are in cow's milk (cow's milk 119 grams per 100 grams, human milk 32 per 100g).

Ed: it's worth noting that Provamel, who make the Alpro range of soya milks include fish, etc, in their recipes.

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

A Shocking Diet – A Human Experiment

In February 2003, Morgan Spurlock, a 33 year old, strapping 6ft. 2 New Yorker set himself a mission: he would eat three meals a day for 30 days at McDonald's He started out at a healthy 185 lb but he put on 25 lb. Weight was not his only problem, the doctors who examined him were shocked at how rapidly his entire body deteriorated. His liver became toxic, his cholesterol shot up, his libido flagged and he suffered from headaches and depression. His doctor reported "He was an extremely healthy person who got very sick eating this McDonald's diet. None of us imagined he could deteriorate this badly – he looked terrible. The liver test was the most shocking thing – it became very, very abnormal.". Spurlock has now returned to normal health. The treatment was just to stop doing what he was doing. Spurlock, who had previously only eaten sporadically at McDonald's, was really doing this as an experiment, but was shocked at the result. "My face was blotchy and I had this huge gut, which I've never had in my life. My knees started to hurt from the extra weight coming on so quickly. It was amazing and really frightening."

From the New York Post 22.1.2004 and acknowledgements to Vegan Voice, Australia.

GRASSROOTS NEWS

If you run or help out with a 'grassroots' vegan group, project or community and would like news from it listed in this section, please send us details. See p 19/20 for contact details + websites of the following groups/projects.

Vegan Organic Trust (VOT)

A breakthrough in publicity for the cause of animal-free growing came in January, when the **BBC Radio 4 'On Your Farm' programme featured a visit to Iain Tolhurst's stockfree organic market garden** in Berkshire. Iain explained the reasoning behind his methods and why they were of benefit to people, animals and the environment. A link to VOT's website was on the BBC website for some two weeks afterwards and VOT hope that more attention will follow from this. The original interest from the BBC and the widespread publicity before and after the programme was generated by the mostly email networking of VOT's supporters.

Co-operation with Soil Association Certification Ltd to enable growers to register as stockfree-organic is continuing.

The **VOT website www.veganorganic.net is being constantly updated** and now contains comprehensive information sheets, plus many articles from past issues of *Growing Green International*. An **email discussion group for VOT supporters** has now started and has about 45 members so far. New supporters are very welcome; further information is on the website.

Vegan-Organic Trust **supporters in Canada are looking into using chipped branch wood as a soil improver**, since getting enough vegan organic material from other sources can be problematic. Woody material can, while it's breaking down, rob the soil of nitrogen, which is a serious problem. However, this doesn't seem to be such a problem if finely chipped twigs and small branches are used, in conjunction with green manures. Perhaps coppice woodlands of trees such as ash could be established on marginal lands, damp pastures, uplands, etc; which is currently often occupied by farmed animals and not usually considered suitable for crop growing (apart perhaps from grass). Such woodlands could form a huge resource of organic material to replace the animal manures and chemicals that are used now. Later on in the life of the coppice, stem wood could be available for various purposes. The story of chipped branch wood and how to use it is in a continuous series of articles in *Growing Green International*, the magazine of Vegan-Organic Trust.

Ancient Woodlands Project, Yorkshire

This 29-acre site near Scarborough, North Yorkshire, is owned and run by Louisa, who is a VV member.

She had another volunteer event in March 2004. Previously, she has had a volunteer week in September 2003, but this time she wanted to hold a volunteer weekend instead. The idea was for people to help with the planning and preparation of the permaculture growing areas, tree planting, tree guard removal, path clearing, etc. Experience was not required, just enthusiasm for

woodlands, permaculture and the environment! Unfortunately, it rained very badly that weekend so the volunteer weekend had to be cancelled. Louisa hopes, however, to hold other volunteer weekends.

During the volunteer week last September, the bracken was cleared in some areas, and this year many woodland plants have appeared. For instance, primroses are now more widespread. It was encouraging to see the difference that the clearing makes, helping to bring back normal woodland growth.

Louisa now lives in the woodland, which allows her to spend more time working on it.

For more information, contact Louisa on 07748 101117. Email: Ancientwoodlands@aol.com. Web: www.woodlandproject.org.uk.

Welhealth Fruit Farm (North Wales)

This is a **20 acre vegan organic farm** which also has strong interests in **self-sufficiency and 'growing power'** – using wind generators and solar panels to generate electricity. The house there also has solar water heating, and they have rain water collectors from the roof of the house.

They try to grow their own food, mainly herbs, vegetables and fruits. **They are starting to grow white lupins**. The seeds of this plant can be used in a similar way to soya, and similar products to soya-based products can be made from it.

The farm is approx. **1,200 feet above sea level, and roughly one acre is currently cultivated**. In the last few years, they have planted five hundred to a thousand trees to act as a wind break.

The fruit trees grown there include apples, pears, cherries, plums and damsons. The pears do not grow well in this high location, since they need a warm sheltered spot. The cherries grow well – they are in fact wild cherries. Fruit bushes grown include blackcurrants, redcurrants and gooseberries.

The ground near the house is very tough since it's mainly slate, which made tree planting very difficult. The owner, Vic, moved in around eight years ago. He tried to plant a rhubarb plant shortly after he moved in, but the ground was so hard that he couldn't find anywhere to plant it! Further from the house, however, the land gets better. The farm is set in a forest clearing near Alwin reservoir, with pine trees all around. **No-dig cultivation is used, and extensive mulching is applied**. They have plenty of grassland, so some of this is mowed and used as a mulch.

They have around 45 members who sometimes come down to help out, and they have four gatherings per year for members and their friends.

They are appealing for people to stay there short term to do some work on the farm. For full details, see the advert on p 17 in the General section.

Welhealth can be found on the internet as part of the "Diggers and Dreamers" website at www.diggersanddreamers.org.uk/Gallery/wlhealth.

LOONEY VEGAN TOONS 66666 **VIRTUAL REALITY MEAT EATING!!!**

IT'S THE 100TH EDITION OF VEGAN VIEWS. LET'S CHECK OUT VEGANISM IN 100 YEARS TIME!!!

HMMM!! I THINK I WILL FIRE UP THE TIME MACHINE AND HAVE A LOOK!!

WHERE ARE THE KEYS??

ENGAGING SIMULATOR NOW!!

THOSE WHO WANT TO EAT MEAT PLUG INTO A VIRTUAL MACHINE IF THEY WANT TO FEEL LIKE THEY ARE EATING STEAK!!

MUNCH CHEE YUM

STREAK PROGRAM

RETRO POWER

CAROL BAILEY

G.M. FOOD MUTATES AND IS HUNTED BY INSTINCTO-HUNTER VEGANS!

EEEEK!! -YIKES HELP!!

RAAAA!!

ROFF!! ROFF!!

ANIMATED SOYA BEASTS + BIRDS

RADICALS WATCH BANNED 'HORROR' DVD'S!!

THE TERM VEGETARIAN WILL HAVE NO REAL MEANING!! (PSEUDO VEGGIES !!)

POLITICIANS PASS NEW LAWS!!

SCARY STUFF MAN!

WOW! THIS IS HARD CORE STUFF DUDE

I ONLY EAT MEAT FROM ANIMALS THAT WERE FED VEGETABLES.. THAT MAKES ME A VEGETARIAN.. BLAH! BLAH!

OH REALLY

I PROPOSE THE BANNING OF ALL AQUARIUMS AND THE KEEPING OF BEES AND STICK INSECTS!!

HEAR!! HEAR!!

STEAK MEALS

MEAT DISH DVD'S

G.M. CAT BRED WITH NO TEETH OR CLAWS

MEAT LOOK ALIKES THAT LOOK LIKE MEAT THAT LOOKS LIKE A LOOKALIKE!!

COMMUNITIES OF AIRARIANS DISCUSS THEIR FAVOURITE AIR-MEALS..

BACK TO REALITY!!

I LIKE A MIX OF LONDON AND SCOTLAND AIR FOR ME!!!

I PREFER THE STRONG BOMBAY TASTE.

MANDARIN AND CANTONESE I LIKE BEST OH YES!!

EVEN IF THIS IS ALL FICTION. ONE THING'S FOR SURE. VEGANISM WILL STILL BE GOING STRONG IN 100 YEARS TIME! THAT MUCH I'M SURE OF!!!

WHICH ONE DO WE CHOOSE? I DON'T KNOW!!!

LENTIL GAS POWERED LEVITATION ROCKETS...

C.U. SOON

VEGAN FOODS

PORK	TEELS	PO
BKNO	BKNO	PO
TRPE	STEAKE	RELSTE
KIDNEY	RELSTE	
LEZLY	BAK	
STEAKE	BKNO	
BKNO	RELSTE	
RELSTE	RELSTE	
FISHO	SALMON	CHICK
SALMON	CHICK	SWAGE
CHICK	SWAGE	MUSSELT
SWAGE	MUSSELT	
MUSSELT		

HEAR!! HEAR!!

BEAVERING AWAY

This is an actual letter sent to a man named Ryan DeVries by David L. Price, Representative of the Land & Water Division, Michigan Department of Environmental Quality, State of Michigan, USA.

SUBJECT: DEQ File No. 97-59-0023; T11N:RIOW. Sec.20:Montcalm County

Dear Mr. DeVries:

It has come to the attention of the Department of Environmental Quality that there has been recent unauthorised activity on the above referenced parcel of property. You have been certified as the legal landowner and/or contractor who did the following unauthorised activity: Construction and maintenance of two wood debris dams across the outlet stream of Spring Pond. A permit must be issued prior to the start of this type of activity. A review of the Department's files shows that no permits have been issued. Therefore, the Department has determined that this activity is in violation of part 301, Inland Lakes and Streams, of the Natural Resource and Environmental Protection Act, Act 451 of the Public Acts of 1994, being sections 324.30101 to 324.30113 of the Michigan Compiled Laws, annotated.

The Department has been informed that one or both of the dams partially failed during a recent rain event, causing debris and flooding at downstream locations. We find that dams of this nature are inherently hazardous and cannot be permitted, The Department therefore orders you to cease and desist all activities at this location, and to restore the stream to a free-flow condition by removing all wood and brush forming the dams from the stream channel. All restoration work shall be completed no later than January 31, 2002.

Please notify this office when the restoration has been completed so that a follow-up site inspection may be scheduled by our staff. Failure to comply with this request or any further unauthorized activity on the site may result in this case being referred for elevated enforcement action. We anticipate and would appreciate your full cooperation in this matter.

David L. Price.

This is the actual response sent back:

Re: DEQ File No.97-50-0023; T11N;R10W. Sec: Montcalm County.

Dear Mr. Price,

Your certified letter dated 12/17/97 has been handed to me to respond to. I am the legal landowner but not the contractor at 2088 Dagget, Pierson, Michigan. A couple of beavers are in the (State unauthorised) process of constructing and maintaining two wood "debris" dams across the outlet stream of my Spring Pond. While I did not pay for, authorize, nor supervise their dam project, I think they would be highly offended that you call their skilful use of nature's building materials "debris." I would like to challenge your department to attempt to emulate

their dam project any time and/or place you choose. I believe I can safely state there is no way you could ever match their dam skills, their dam resourcefulness, their dam ingenuity, their dam persistence, their dam determination and/or their dam work ethic. As to your request, I do not think the beavers are aware that they must first fill out a dam permit prior to the start of this type of dam activity. My first question to you is:

(1) Are you trying to discriminate against my Spring Pond Beavers or

(2) Do you require all beavers throughout this State to conform to said dam request?

If you are not discriminating against these particular beavers, through the Freedom of Information Act, I request completed copies of all those other applicable beaver dam permits that have been issued. Perhaps we will see if there really is a dam violation of Part 301, Inland Lakes and Streams, of the Natural Resource and Environmental Protection Act, Act 451 of the Public Acts of 1994, being Sections 324.30101 to 324.30113 of the Michigan Compiled Laws, annotated.

I have several concerns. My first concern is – aren't the beavers entitled to legal representation? The Spring Pond Beavers are financially destitute and are unable to pay for said representation, so the State will have to provide them with a dam lawyer. The Department's dam concern that either one or both of the dams failed during a recent rain event causing flooding is proof that this is a natural occurrence, which the Department is required to protect. In other words, we should leave the Spring Pond Beavers alone rather than harassing them and calling their dam names. If you want the stream restored to a dam-free-flow condition please contact the beavers – but if you are going to arrest them, they obviously did not pay attention to your dam letter they being unable to read English.

In my humble opinion, the Spring Pond Beavers have a right to build their unauthorized dams as long as the sky is blue, the grass is green and the water flows downstream. They have more dam rights than I do to live and enjoy Spring Pond. If the Department of Natural Resources and Environment lives up to its name, it should protect their natural resource (Beavers) and the environment (Beavers' Dams). So, as far as the beavers and I are concerned, this dam case can be referred for more elevated enforcement action right now. Why wait until 1/31/2002? The Spring Pond Beavers may be under the dam ice by then and there will be no way for you or your dam staff to contact/harass them then. In conclusion, I would like to bring attention to a real environment quality (health) problem in the area. It is the bears! Bears are actually defecating in our woods. I definitely believe you should be persecuting the defecating bears and leave the beavers alone. If you are going to investigate the beaver dam, watch your step! (The bears are not careful where they dump!) Being unable to comply with your dam request, and being unable to contact you on your dam answering machine, I am sending this response to your dam office.

This article appeared in an English language magazine in Spain and was sent in by Victor Kosby.

Letters

Meat Look-Alikes

Why do I have more non-vegan friends than vegan friends? After all I have gone to nearly all the Vegan Summer Gatherings, where I have met some wonderful people. Ah yes, its because of those not so wonderful vegan people, the ones who insist in the most dictatorial way that what I am eating isn't the right sort of vegan.

If I were no longer vegan I would expect and accept any criticism I got from vegans whatever their background. But, as a vegan of 25+ years I absolutely resent being dictated to by other vegans whose diet is no more vegan than mine, what should and shouldn't be on my dinner plate. I find Nicola Watson's letter in VV 99 highly offensive, as do the rest of my vegan family, as I'm sure do a lot of my vegan friends.

Chris Sutoris

Finding the Answers

With regard to your articles on health and nutrition, we have found them invaluable. We feel they are so important. One has to be sure that one does veganism the right way.

Also, when other people query the health aspect of veganism, we know the answers. We appreciate the work you do for the cause.

Mary and Sid Swann

Misleading Wording

Malcolm Cramp of Shropshire Vegetarians and Vegans, warns us of misleading information on one particular packaging. He wrote to the manufacturer as follows:

To: Super cook, Sherburn in Elmet, 20 February 2004.

Dear Sir,

I wish to complain about your Scotbloc Plain Chocolate Flavour Cake Covering. The packaging is very misleading. I am a Vegan, which I'm sure you know means that I do not eat meat, dairy products or honey. Recently whilst shopping in my local supermarket, I noticed your product, and looked on the back of the packet to see if it was suitable for vegans. At the bottom of the packet, I noticed that it said 'Suitable for Vegans'. I was really pleased at this and was thinking about buying it, but then I looked at the ingredients higher up the packet. I was astonished to read that your product contained Lactose and Whey powder which meant that the chocolate was clearly not suitable for vegans. I thought you had made a terrible labelling error and looked under the foil flap which partially covers some of the ingredients. I then looked further down the packet and saw that hidden under the flap next to 'Suitable for Vegans' was an 'X'. I think it is very misleading to label your chocolate in this way.

This is not just a Vegan issue either. It says Gluten Free on the label, but hidden under the foil flap there is an 'X'. A Coeliac could eat this product in error, and could become

ill. It would be far better to delete "Suitable for Vegans" and "Gluten Free" from the packet, or alternatively you could put "Not suitable for Vegans" and "Contains Gluten".

Friends and family who have difficulty knowing what to buy for me could easily make the mistake of thinking the product was vegan. They would think they had made a safe choice when they saw Suitable for Vegans, and may not look any further, which could lead to upsetting, but avoidable consequences. Even Vegans could be caught out by this.

I feel strongly enough about this to contact the Trading Standards. I will also be alerting the Vegan Society to the misleading wording on the packaging of your plain chocolate cake covering. It makes me wonder how many more or your products have misleading information on them.

I look forward to hearing from you at your earliest convenience.

Yours faithfully,

Malcolm Cramp, on behalf of the Shropshire Veggies and Vegans Group.

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The Overseas Aid Charity for Vegetarians & Vegans is
VEGFAM
 (British Registered Charity No. 232208, Inland Revenue Ref. XN8555)
FEEDS THE HUNGRY WITHOUT EXPLOITING ANIMALS
 The Fragile Environment of Developing Countries cannot support TWO populations
Humans and their Food Animals.

For over 30 years VEGFAM has provided short and long-term Relief to People who have been the victims of Drought, Flood, Cyclone or War in over 40 countries. Our Supporters control how much of their Donation goes on Administration since VEGFAM operates three separate Funds for the use of Donors/Testators the particulars of which are:

GENERAL DONATIONS paid into a/c No 65023307 00 will be apportioned (by % shown) between
 PROJECTS (91%) a/c No 65023323 00
 Administration Expenses (7%) a/c No 65023310 00
 Office Building Fund (2%) a/c No 65023336 53

Accounts are at The Co-operative Bank plc, 242 High Street, EXETER, Devon, EX4 3QB, Sort Code 08-92-90. (Midland Banks a/cs retained for use by existing Donors). Postal cheques, IMO's, MO's and PO's to Lydford address, please.

SUPPORTERS ARE INVITED TO PAY DONATIONS DIRECT TO ANY OF THESE ACCOUNTS

Tel/Fax Lydford (01822) 820203 or (01550) 721197 for more details – Covenant Forms/Bankers Order Forms etc (& self catering visitors accommodation) or write (SAE appreciated) to: VEGFAM, "The Sanctuary", Nr Lydford, Okehampton, Devon, EX20 4AL.
 Website: www.veganvillage.co.uk/vegfam. Email: vegfam@veganvillage.co.uk.

THANK YOU FOR YOUR SUPPORT

VEGAN VIEWS: THE EARLY YEARS

Compiled by Malcolm Horne, one of the VV founders, to celebrate the 100th edition of Vegan Views.

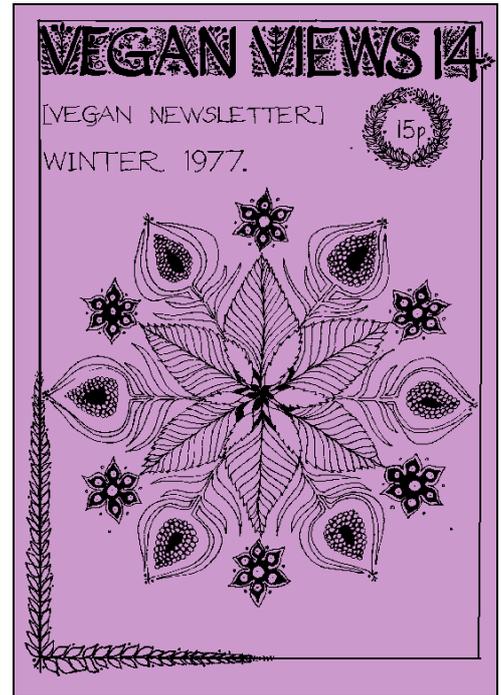
Way back in April 1975 the first issue of this magazine was produced and distributed from a house in North London. A group of about a dozen mainly young people, including Marijke McCartney, David Barrett, Keith Bryan, and myself, met up one weekend and compiled a nine-page A4 issue, typed on stencils, and then laboriously duplicated on a rather hard-to-handle machine.

It was a newsletter then, not really a magazine. And it had no name. From issue 2, almost by default, it was called the VEGAN NEWSLETTER – and it was not until issue 14 (in 1977) that the name of VEGAN VIEWS came along, coinciding with the change from duplicating to printing, and effectively from newsletter to magazine.

The newsletter/magazine went hand in hand with our vegan community and vegan café, so those were heady days. Many people helped produce VV in the early years, especially Marijke, myself, David, Sue Taylor, and later Valerie Alferoff and Maggi Taylor. Eventually, in 1979, Vegan Views left London and moved north to Edenfield, near Manchester, where Valerie & David edited it until 1984. In 1985 I produced a couple of issues, before Harry Mather took it on from issue 35. And, of course, Harry is still going strong!

The very first issue can now be seen on the VV website www.veganviews.org.uk, as can some early articles and contributions. My article 'Twenty years of Vegan Views' (from VV68) is also on the website, as are reminiscences from Marijke and Valerie (both from VV50).

These four pages feature assorted snippets from the early 'pre-Harry' years of VV, a personal selection from those issues, bringing back many memories. Hopefully the words are still relevant twenty or more years on.



VV14 – the first magazine to be called "Vegan Views". Cover by Valerie Alferoff

Veganism in its Place – A Personal View

James Okell (Vegan Newsletter 1, April 1975)

Veganism is essentially a reaction to certain negative aspects of society, and there would be no more need for a Vegan Society in a vegan world than there is need for a Society of Non-Cannibals at present. But veganism doesn't provide the complete answer to all that is negative in ourselves and society, and is but one component part of the complete reaction that is needed...

...By some quirk of fate, vegans have recognised the validity of the vegan ethic, but how many other great 'truths' have many of us not recognised? Many non-vegans have literally and selflessly given their lives for their fellow men. Most of us, as vegans, are living materially comfortable lives on a planet where half the human population starves and millions more suffer unspeakable agonies by man's insane violence. How much do we care? What would we be prepared to die for?....

The whole of this article can be seen on the VV website. The rest of the first issue is up there too, including Harry Mather's 'A New Form of Society' ("...vegans are drawn away from the sophistication of urban living towards a closer link with the country and agriculture...").

Letter

Elsbeth Innes (Vegan Newsletter 3, August 1975)

A very big thank you for Newsletter One. I have been following the vegan way of life since the early 1940s. Although it cost me the companionship of most of my family and friends – because of what they considered were my extreme views – it brought great peace and happiness into my life...

Ignorant Layman's Guide to the recognition of Typical Species of British Vegans

James Okell (Vegan Newsletter 10, November 1976)

No.1 DIETARY EXPLORERS (Determined to get to the Outer Limits. Unfortunately, those who go beyond fruitarianism seem to mysteriously disappear.)

No.3 PET LOVERS (Often pose fascinating philosophical problems such as "Am I being fair to my pet alligator by feeding it on nutmeat?")

No.9 ANGRY ACTIVISTS (Determined to liberate everything, but are so altruistic they occasionally forget about themselves.)

No.13 RELIGION TRIPPERS (Know that Jesus must have been a vegan, and hope to persuade the Pope to join the Vegan Society.)

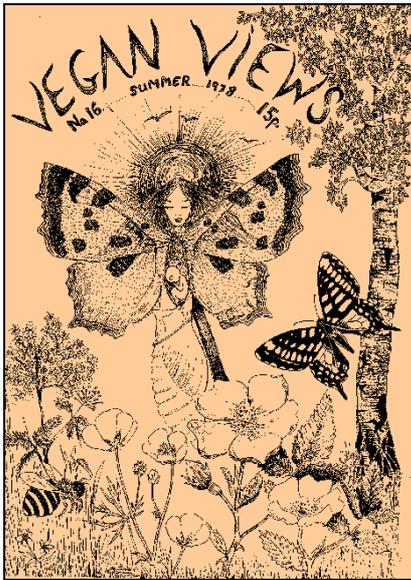
See the VV website for the full version. This humorous piece was later reprinted by London Vegans as a leaflet, and it then appeared subsequently in The Vegan.

Interview with Kathleen Jannaway

(*Vegan Newsletter 11, February 1977*)

...For me very definitely veganism is only one small part of my whole philosophy of life. But at the moment it's rather crucial because so many other things are contradictory. Take Christianity for instance – to preach, as the Christians do, compassion and a belief in reality as being like a loving father, and yet think that such a God could make a world in which animals should have such strong feelings just in order to be thwarted so that human beings – I mean it's so incongruous isn't it, so contradictory. I think most people haven't been confronted with the situation – it's a real shock if they are.

Kathleen was Secretary of the Vegan Society from 1971-1984, and a most influential and inspiring figure. Marijke McCartney and I talked at length to her at her Leatherhead home. The full interview is on the VV website.



VV16 cover by Anne Lovejoy

Letter

Anne Hoose (Vegan Newsletter 11, February 1977)

Since I became a vegan I have become, both spiritually and physically, a different person. I am so happy, so undeservedly madly happy! I feel as if I am flying and dancing on our poor and beautiful earth. And this feeling of release, and sometimes even mystical breakthrough, has lasted now for nine months or a year, and becomes stronger, as I become stronger.

Letter

Patricia Leitch (Vegan Newsletter 13, August 1977)

...I cannot help but be conscious of the falsity of all my pretentious beliefs when I live in the protection of a materialistic society. How long would my vegetarianism last, never mind my attempts at veganism, if I was starving? I often think it is all tied on with string. But I've only to think that to know it is not. The incredible giggling god who created us! I doubt if I could survive one autumn night without shelter, and one winter night would certainly kill me unless I was wrapped in animal skins. This use of animals for human benefit seems at times woven into the fabric of breath. Sometimes the idea of veganism seems totally ridiculous. And I have only to write that to know that vegan living is one of the green shoots pushing to the

light; smashing, shattering the concrete deserts. So...tremendous thanks for your newsletter.

Special Diets

Audrey Thompson (Vegan Views 14, Winter 1977)

I get very concerned about the increasing number of 'special' diets many people are exploring, so if I share my thoughts with others, already following a highly specialised diet, perhaps some people can help to clarify my thinking, and convince me I'm worrying unnecessarily.

The 'special' diets I have in mind, from encountering many people on them, are Macrobiotic, Fruitarian, Raw Food and Natural Hygiene. I'm not worried, at all, about the nutritional value of any, knowing that, with common sense, the body's needs can be catered for on any of them. I feel, however, that food should be enjoyed, and there should be no guilt or torment about what is eaten. If I was offered the most succulent meat, cooked in the most skilful manner, I would feel no temptation to take some. The same feelings apply to other animal foods, so it seems right that I should eat vegan foods – there's no effort on my part. Surely, while there's any desire to have certain foods, such as cooked vegetables if you're a fruitarian, sugar if you're a macrobiotic, etc, it's better to have these things, enjoy them, and feel no guilt – knowing that the desire will gradually pass if you are on the right diet for you. If I have a strong desire for some chocolate biscuits, I buy a packet, scoff them down, enjoy them, feel no guilt, accept the fact I'll have catarrh as a consequence, and eat some fruit to counteract the catarrh. It's all over and finished with, and the length of time between 'binges' gets longer, with no effort on my part. I don't like to think that people impose guilt on themselves through what they eat, or lose joyfulness in eating by suppressing longings.

Perhaps in following special diets, people are exploring and experimenting, searching for a better way of life, which is good, but many people seem to be torn between what they feel they ought to eat, and what they would really like to. Is this doing more harm than good?

For any friends reading this, I do assure you I have no particular persons in mind. I still love you all and am very happy to cater for your special needs! Please keep coming.

Letter

Rog McFadden (Vegan Views 18, Winter 1978)

I really sympathise with some of your readers when they describe some of the problems that they have being vegan in a carnivorous world. Because of the pressure of having to exist in an intrinsically carnivorous society, I eventually had to forego the label of 'vegan' and revert to the more acceptable 'vegetarian'. The problem with being vegan is that there are no half measures and even the most mundane items have to be scrutinised for contamination by dairy products, etc.

...I seem to have reached a fair balance now by being mostly vegan at home and only eating dairy products occasionally (I can't resist cauliflower cheese). I do have pangs of guilt occasionally but console myself with the thought that if most people treated meat the way I treat cheese (ie as a rare luxury) then the world would be a much, much better place – and it would be much easier to be a vegan.

The complete letter is on the VV website.



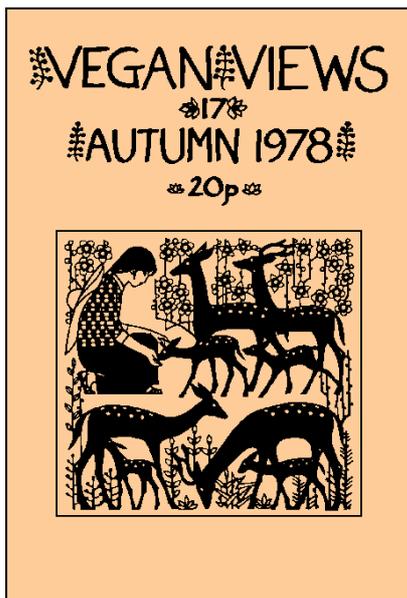
Excerpt from 'Parents' (VV30, Autumn 1983) by Flam. The first VV cartoon appeared in 1983, and followed the adventures of a young couple Richard & Mandy and their son Sean. The whole of this cartoon is now on the VV website, along with some of the other Richard & Mandy cartoons.

Human and Animal Rights

Colin Edward Hicks (Vegan Views 18, Winter 1978)

Nine out of ten people in this world consider human life infinitely more important and valuable than animal life. This belief has been indoctrinated over a period of centuries. Yet in the same world life is held cheaply in so many places. Till human life becomes dear everywhere there can be little overall hope for animals. When and if human rights becomes the rule, then animals will improve on their present status of degradation. I believe that without human rights first, animal rights will never come. In democratic-style countries where human life is valued more highly, rights for animals are generally better than elsewhere...

The rest of the article is on the VV website.



VV17 cover: Paper cut by Koh Kok Kiang, who quoted a Japanese haiku by Sora (648-710): "My broken fence: on purpose left unattended, As passage for the fawns I befriended."

A Way Forward

Brian Holland (Vegan Views 23, Autumn 1980)

...I see vegans as being people who are really trying to show the way forward for our society, and veganism as part of an overall philosophy. That might sound conceited but it's really not meant to be. For my part, I feel that the only way to convince people in general is by example, and by adopting the right attitude, which should be one of understanding, tolerance and leadership – not, as I've had the misfortune of witnessing, by ridiculing people who are genuinely trying to help, or by making unnecessary and

savage criticisms over a minor difference of opinion between vegans.

See the VV website for the whole article.

Science fiction – The Modern Way to Communicate our Message?

Bronwen Humphreys (Vegan Views 25, Autumn 1981)

...As far as I can recall there is only one 'Sci Fi' novel that has a vegetarian as its central character and that is Ursula Le Guin's award-winning 'The Dispossessed'. Shevek is a vegetarian because the planet his people have colonised supports no animal life on land so, of necessity, they have to learn to make the most of plants. This is a mere descriptive detail, not essential to the plot, but as you read on you realise the theme of the story is about responsibilities and choices that are highly relevant to everyone concerned with the environment, peace and compassion.

See the VV website for the whole article. Does anyone know of more recent Sci Fi books with vegetarian/vegan characters or themes?

Letter

Colin K Watson (Vegan Views 25, Autumn 1981)

I am 64 and have been a vegan for six years...I have lived and worked in the countryside on farms, gardens and woodland for 34 years (the first three of which were spent in what is now called self-sufficiency) and I have come to the conclusion that Darwin's theory applies to human beings as well as plants and animals – ie, that life is a perpetual struggle to survive, and that one must battle with the elements and other forms of life in order to do so. The idea of perpetual peace and harmony does not seem to apply in nature – carnivorous animals destroy others, plants suffocate each other, and human beings, who are far too numerous for the space available, periodically slaughter each other, in competition for the natural resources of the earth...

The complete letter is on the VV website.

Problems With Friends

Myer Samra (Vegan Views 27, Spring 1982)

I've recently had a very frustrating argument with one of my non-vegetarian friends. She claimed to 'respect' my beliefs and diet but said I should respect those of other people. That really riled me. In most things, I do see the other person's point of view. I got really angry because as I tried to explain my point of view, she wasn't really listening. The angrier I got, the more smugly convinced she was of my 'problem' in seeing the other side...

The whole article is on the VV website.

A Letter from Greenham Common

Carol (Vegan Views 30, Autumn 1983)

Here at the 'Blue Gate' of Greenham Common Women's Peace Camp eight of us have decided to become vegan. We would like to ask for recipes and ideas from other VV readers, bearing in mind that we cook over a wood fire. I particularly would like to know about soya 'cheese', as I remember being given some at a festival once. Yours in peace.

Poems

Dead Cat and Car (Ros Kane, VV20, Summer 1979)

Dead cat in the gutter.
Heavy dread,
'Ginger, is it you?'
I can't see well,
Dare not go nearer.

If it's my cat,
Can I bear the pain?
How will I know if it's mine
If I dare not look?
How long will it be
Before I know?

Half-demented, I question people -
'Where's Ginger?'

My good friend looks,
Goes to look at the cat.
She's not sure.
'It's not a pretty sight.'

all this time
my cat was reclining
beneath a shrub
in a neighbour's garden

By tea-time the children were playing,
Playing near the dead cat's gutter.
The cat had disappeared.

The owner will grieve for a while.
Everyone will soon forget the dead cat.
I expect they'll say,
'It was only a cat,' or
'These things happen.'

but I had petted that cat
and fed it milk
it had sad green eyes
and I won its trust

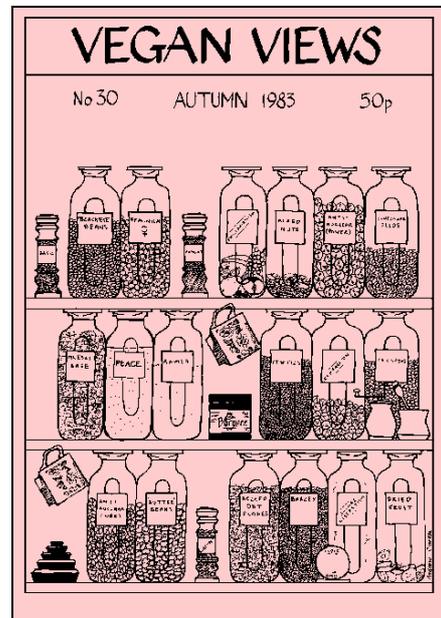
It was a car,
A car that killed that cat -
A Philistine murderer
Pitting itself
Against a tiny wanderer.

Spring (David Carr, VV19, Spring 1979)

Up in the sun-soaked
shimmering meadow,
enjoying the freedom
of their limbs:
the lambs.
Each one with its own
individual shadow.

Fox (Maggi Taylor, VV15, Spring 1978)

Fox you are so beautiful
but I know you are afraid
If I had not felt it so
you know I would have stayed
Just to gaze into your eyes
and feel your gentle stare
We were so very close for
a few moments there
But I felt your apprehension
and slipped quietly away
Maybe the day will come when
we can sit and be,
You a fox so graceful and I,
Just me.



VV30 cover by Andrew Clarke

Laura Langhorne's Agony Column

This spoof agony aunt column ran for several issues in the 1980s, but caused a few problems because a number of readers took it seriously...

Dear Ms Langhorne,

At Easter my boyfriend promised me he would turn vegetarian as a preliminary to becoming vegan by the time we plan to get married next year. But last week, by accident, I noticed him coming out of our local fish and chips shop with another woman. Maybe I should have turned the other way and ignored it, but I'm quite impetuous and I ran over to confront him. He stuttered that the woman was his cousin down from Rochdale, but I wasn't worried about that, I was more concerned about the package he had come out of the shop with. He wouldn't open it, saying he didn't feel hungry just at that moment, but I know – I just know – that there were more than chips inside. I caught him with his trousers down as it were, and he has been unfaithful. He won't talk about it. What should I do? Miss J.D. (Luton)

Laura: I think your boyfriend is (perhaps understandably) rebelling against the pressures you have put on him. Perhaps he only intended to become vegetarian (and later vegan) just to please you, and this is a weak base for him to operate from. If having a vegan partner is so important to you, you've got to face it now – say goodbye to him and start fishing around for somebody who is already vegan. If you try to change somebody against their will, sooner or later – I'm sorry to say – it will rebound on you. Better to realise it now than when it's too late. (VV31, Winter 1983)

Dear Laura,

Recently I discovered that modern-day mirrors invariably are not vegan. Apparently a small amount of animal fat is used in their manufacture, in order to obtain glossier and more reflective surfaces. I'm finding it easy enough not to have mirrors in my own home, but it's much harder when I go out. I have to be on constant alert in friends' houses (especially their bathrooms) so as not to get my image caught on their mirrors – and of course those modern shops with four-sided mirror columns, or even whole walls of mirrors, are pure hell. Do you have any advice? Do you know of any suppliers of vegan mirrors? What do other vegans do about this problem? T.P. (Huddersfield)

Laura: I think most vegans take the attitude that it's sufficient not to own mirrors of their own, and that it doesn't matter to be seen in other people's. However you have taken the hard-line but ethically consistent approach, and of course this will necessarily cause severe practical problems. Mirrors are a dilemma for all those vegans who enjoy agonising over what else they can give up, and I do sympathise. I'm afraid that as yet no vegan mirrors are on the market in Britain, so for the foreseeable future you're just going to have to be very alert. At least we can be sure our shadows are vegan, so all is not gloom. (VV33, Winter/Spring 1985)

RECIPES

Our thanks to the UK Mushroom Bureau www.mushroom-uk.com, (who are sponsoring National Vegetarians Week this year) for letting us reproduce these recipes.

Tangy Mushroom & Tomato Casserole

Serves 4. Preparation time: 15 minutes. Cooking time: 20 minutes. Use closed cup mushrooms if exotic mushrooms are not available.

500g (1lb 2oz) *blewit and horse mushrooms*
2 red peppers, *de-seeded and sliced*
125g (4oz) *green beans, halved*
6 shallots, *halved*
350ml (12 fl.oz) *light vegetable stock*
200ml (7 fl.oz) *dry white wine*
30ml (2 tbsp) *tomato puree*
3 cloves *garlic, crushed*
15ml (1 tbsp) *fresh tarragon, torn*
Salt and pepper
To serve: *cous cous*

- 1) Preheat oven to 190°C, 375° F, Gas no 5.
- 2) Put all the vegetables in a large, deep ovenproof dish with lid. Combine vegetable stock, white wine, tomato puree, garlic, tarragon, salt and pepper and pour over vegetables.
- 3) Cook in the oven for 20 minutes until vegetables are firm but cooked. Serve with *cous cous*.

British Mushroom and Hazelnut Pâté

Serves 8. Preparation time: 10 minutes, Cooking time: 5 minutes + 1 hour

350g (12oz) *closed cup mushrooms, chopped*
1 *medium onion, peeled & finely chopped*
60-75ml (4-5 tbsp) *olive oil*
15ml (1 tbsp) *fresh rosemary, chopped*
15ml (1 tbsp) *fresh thyme, chopped*
5ml (1 tsp) *yeast extract*
400g (14oz) *can butter beans, drained*
½ *lemon, juice only*
100g (4oz) *chopped roasted hazelnuts*
45ml (3 tbsp) *fresh parsley, finely chopped*

- 1) Heat 30ml (2 tbsp) of the olive oil in frying pan. Fry the mushrooms and onions together

until soft. Stir in the rosemary, thyme and yeast extract. Remove from the heat and drain off any liquid.

- 2) Place about half the mixture into a food processor with the butter beans, lemon juice and enough of the extra olive oil to make a smooth paste. Transfer to a bowl and stir in the remaining mushroom mixture, hazelnuts and parsley. Season to taste.
- 3) Cover and allow to stand at room temperature for about an hour before serving to allow the flavours to develop. Serve on toast or crackers or use as a sandwich filling with lots of crisp salad.

Mushroom & Saffron Herb Salad

Serves 4. Preparation time: 15 minutes (+ marinating time 4 hours). Cooking time: 15 minutes. If enoki mushrooms are not available, use two packs button mushrooms.

30ml (2 tbsp) *olive oil*
2 shallots, *finely chopped*
1 clove *garlic, finely chopped*
300g (11oz) *baby new potatoes*
6 *saffron threads*
400ml (15 fl.oz) *light vegetable stock*
12 *coriander seeds, crushed*
12 *black peppercorns, crushed*
½ *lemon, zest & juice*
Salt and pepper
150g *pkt button mushrooms*
100g *pkt enoki mushrooms**
30ml (2 tbsp) *chopped fresh coriander*
15ml (1 tbsp) *chopped flat leaf parsley*

- 1) Heat one tablespoon of oil and sauté the shallots and garlic until soft.
- 2) Boil or steam the potatoes until just tender. Drain and set aside.
- 3) Soak the saffron threads in 30 ml (2 tbsp) boiling water for 5 minutes until liquid is bright orange. Combine with the stock, sautéed shallots and garlic, spices, lemon zest and seasoning. Bring to boil and add the mushrooms. Simmer for one minute then leave to marinate for 4 hours.
- 4) Mix remaining oil with the lemon juice, herbs and 90 ml (6 tbsp) of the marinade to make a dressing. Drain the mushrooms, place in a serving bowl with the potatoes. Pour over the dressing.

B&Bs & ACCOMMODATION

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

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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.

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

NEW Lovely Attic Room available in house in Leeds 8, to share with one vegan and cat! £45 per week. Tel: Natalie 0113 248 4044 for details.

BOOKS

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

New book now available 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.

CAFÉS & RESTAURANTS

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

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

Allsorts Psychic Café Drinks, 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.

NEW Rendezvous Vegetarian Restaurant 31 Pier Street, Aberystwyth SY23 2LN. Tel 01970 626444. Web: www.rendezvous.co.uk Open every day. 99% vegan 100% vegetarian. Fully Licensed. Vegetarian Society Approved and Vegan Society Sunflower Standard Met.

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GENERAL

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Murder 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.

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PERSONAL

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

London-based Gay Guy vegan/vegetarian, slim, quiet, honest, 50ish; interested in history, buildings, gardens, cinema, cycling & recycling, not spiritual, not interested in "pets", would like to correspond with/maybe meet younger (18-30) similar, in the country. Box 202, Vegan Views, Flat A15, 20 Dean Park Road, Bournemouth BH1 1JB.

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

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

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

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

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.

NEW Jamie Burrell-Corey, Male, 25, Brampton, Cumbria. jamiieburrell_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!!

SHOES

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

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

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

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

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

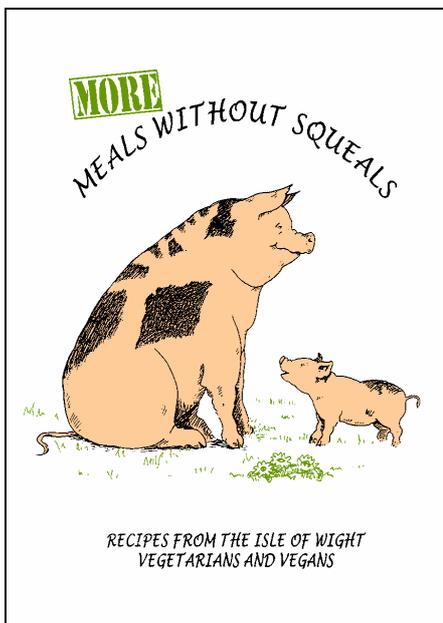
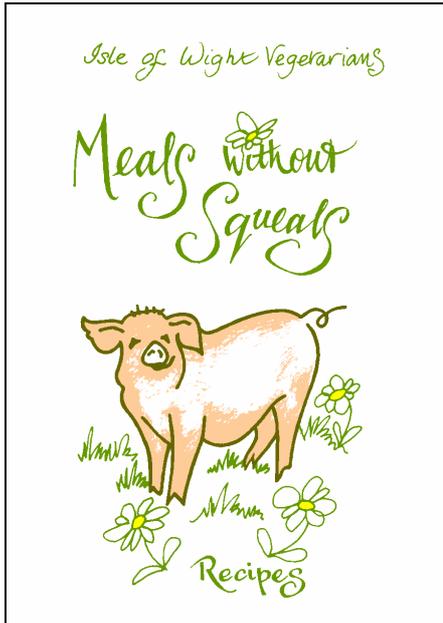
BOOKS



Meals Without Squeals + More Meals Without Squeals

By Isle of Wight Vegetarians & Vegans

Available from IWVV, 5 Arthurs Hill, Shanklin, Isle of Wight PO37 6EW. Tel: 01983 868261 or 568984. £2.50 each including postage. Make Cheques payable to IWVV. For 10 or more copies: £1.50 each + post and packing.



These attractive booklets are produced by the Isle of Wight Vegetarians and Vegans and each presents more than 100 recipes headed under Starters, Snacks & Dips; Main Meals; Cakes &

Biscuits; and also a small Kid's Kitchen section.

There are intriguing dishes such as Mock Caviar, Soya Mayonnaise, Brazil Nut Roast en Croute, Chilli-sin-Carne, Sweet and Sour Chick Peas, Stuffed Okra, Mixed Mushroom Stroganoff and Savoury Plait. But there also simple dishes like Cottage Pie, Chunky Vegetable Casserole, and Flapjacks.

The original book, "Meals Without Squeals", was published many years ago. And there is now a "More Meals Without Squeals" from the same source.

See p 20 for Isle of Wight Vegetarians & Vegans contact information.

Recommended Books...

Vegan Rustic Cooking For All Seasons by Diana White. Published by Vegan Organic Trust (see page 20). Book profits go to this trust, dedicated to education and demonstration of 120 working towards vegan organic agriculture and away from the conventional chemical, animal exploitative methods. £7-99 inc. post from VOT, 10 Charter Road, Altrincham, Cheshire WA15 9RL. p.a.white@ukgateway.net.

Animal-Free Shopper 6TH Edition £4-99 + £1-50 P&P from The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Tel: 01424 427393. Web: www.vegansociety.com.

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

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

Plant Based Nutrition and Health by Stephen Walsh phased. Published by

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

An up-to-date review of current scientific research on vegan nutrition. Using sound science he is able to show the health benefits of a vegan diet, and to inform vegans about the best nutrition they can follow. The points made in various chapters are explained in simple language and each chapter ends with a clear summary of the practical points. There is clear guidance on the often raised topics of calcium, iron, vitamin B12 and fatty acids (e.g. omega 3's).

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

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

Vegetarian Visitor 2004 – Where to stay and eat in Britain. Edited by Annemarie Weitzel, £2-50, ISBN 1 887766 78 5. Published by Jon Carpenter, Alder House, Market Square, Charlbury OX7 3PQ. 01689 870437.

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





notices



ANIMAL GROUPS

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

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

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

CHARITIES

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

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

FAMILY + CHILDREN

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

Contact Network for measles, mumps, rubella, for families who would prefer children to catch childhood diseases and gain natural immunity instead of the MMR vaccination. To go on list to notify of cases, call Lesley on 020 8861 1233.

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

FRUITARIAN + RAW FOOD

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

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

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

MAGAZINES

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

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

The Green Queen Twice yearly lesbian, gay, bisexual, vegan & veggie mag, welcomes short stories, poetry, articles, opinion, book/film reviews, campaign information. Issue 11 now available, please send £1-13 to K Bell, Green Queen, BM Box 5700, London WC1N 3XX.

Vegan Voice is a quarterly Australian magazine for those who want to spread the message of respect and love for all life. It promotes a non-violent way of living beneficial to the planet, all animals and human health; gives a platform for like-minded groups and individuals. Credit card facilities now available – approx £18 for 4 issues, a year's subscription. PO Box 30, Nimbin NSW2480 Australia. Web: <http://veganic.net>. Email: veganvoice@lis.net.au.

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

PROJECTS

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

RELIGION + SPIRITUAL

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

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

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

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

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

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 Web: www.menmuir.org.uk/sunrise, Tel: 01356 660430. The owners are vegan, environmental, and use non-bleached organic, fair trade materials.

SPORT

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

VEGAN COMMUNITIES

Brynderwen Vegan Community started in May 2002 when a large four-bedroom house in a semi-rural location on the outskirts of Swansea was purchased. It has a huge double garage with planning permission to convert to further accommodation or part accommodation, part workshop. Two acres of adjoining land is being purchased. Some people live at Brynderwen, others independently nearby. If you're interested in visiting or living at the house or nearby contact Malcolm Horne, Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Tel: 01792 792442. Email: vegancom@btinternet.com. A small newsletter is available (send SAE). Web: www.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.

WEBSITES

General

www.veganvillage.co.uk popular noticeboard + list of UK vegan restaurants
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

Listings of Vegetarian Restaurants & cafés

www.happycow.net (worldwide) www.vegding.com (worldwide)
www.veggieheaven.com (UK)

Travel

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

Vegan Shopping

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

Vegan-run business lists

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

Vegetarian information

www.vegsoc.org UK vegetarian Society
www.ivu.org International Vegetarian Union (IVU)
www.planetveggie.co.uk Planet Veggie

Veganism & vegan organisations

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

The Vegan Society If you would like more information on Veganism send two 1st class stamps for an information pack to The Vegan Society at Donald Watson House, 7 Battle Rd, St Leonards-on-Sea, East Sussex TN37 7AA. Tel: 01424 427393. Web: www.vegansociety.com. The Vegan Society publishes *The Vegan*, a quarterly magazine which members receive. Also available from a few shops.

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

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

for details to MCL, 31 Walton Close, Ernesford Grange, Coventry CV3 2LJ, UK. Web: www.MCLveganway.org.uk.

Vegan-Organic Network (VON) encourages and researches into non-animal growing techniques. Publishes a magazine *Growing Green International* to spread knowledge, and reports from vegan organic growers worldwide. They also have a charity arm called the Vegan Organic Trust (VOT). Contact 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.

Vegans in your area

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

SOUTH

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

London Vegans meet on last Wednesday of the month (except December) 6:30 – 9:30pm at Millman St Community Rooms, Millman St, London WC1. 24 hour info line on 020 8931 1904. Web: www.londonvegans.freeserve.co.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. Email: laa@londonaa.demon.co.uk. Web: www.londonaa.demon.co.uk. Tel 0845 458 4775.

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

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

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

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

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

Harlow Lian Tyler, the Vegan Society and Vegetarian Society Local Contact for Harlow has compiled an online Vegan guide to Harlow and the surrounding areas. Tel: 07754 166813. Web: www.veganharlow.co.uk. Email: info@veganharlow.co.uk.

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

Norfolk Vegetarian & Vegan Society Jane Johnson, 17 St Austins Grove, Sheringham, Norfolk, NR26 8DF. Tel. 01263 821609. Email: janejohnson@vegfolk.co.uk. Web: www.vegfolk.co.uk.

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

Bournemouth Vegetarians & Vegans Tel. 01202 555712. Email: t.west@oneteldsl.net. Web: www.ivu.org/uklocal/bournemouth.

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

NEW Guildford Vegetarian Society 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.

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

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.

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

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 about once a month for socialising. New members welcome. Mark, 140 Victoria Avenue, Hull, HU5 3DT. Tel: 01482 471119. Email: ervegans@merrydowncontrolware.co.uk. Web: www.merrydowncontrolware.co.uk/ervegans.

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.freeserve.co.uk.

North Riding Vegetarians & Vegans meet about once a month for socialising. Please phone or fax Patricia on 01677 450176, or write to Cottage No 3, Arrathorne, Bedale DL8 1NA. Email: patricia@p-m-t.freeserve.co.uk.

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