

# VEGAN VIEWS

A forum for vegan opinion  
in memory of Harry Mather

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[www.veganviews.org.uk](http://www.veganviews.org.uk)

## VEGAN VIEWS

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Vegan Views, which started in 1975, is an informal forum for vegan news and discussion, produced by unpaid volunteers on a non-profit-making basis. It is independent but supports the work of other vegan groups and publications. We expect to publish three times a year, in March, July and November.

We rely on readers' contributions, and try to print all that is relevant and of interest. We welcome letters, articles, news, events, recipes, reviews, photos, drawings, cartoons, etc - by email if possible, with articles preferably as Word attachments. If you write to us but don't want your letter published please make this clear. Please include email and/or phone number in case we need to contact you - we will not pass on any personal information we receive. More details are on our website.

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### *In memory of Harry Mather (1924-2010)*



*Harry Mather was a compassionate and well-respected person who was a true pioneer of the vegan movement, and an inspiration to many people throughout his lifetime.*

*He became vegan in 1967 and wrote extensively on the subject. He ran the Bournemouth vegetarian/vegan group for many years and attended vegan festivals, events, camps and gatherings all over the UK and abroad.*

*Harry became editor of Vegan Views in 1985, and produced no less than 82 issues (numbers 35-116) until in 2008 he retired, planning to finish an anthology of his writings. Sadly he passed away two years later, not having concluded this work. Harry you will be sadly missed ... may you rest in peace.*

## ✻ A NEW BEGINNING ✻

Is it a return to the old or in with the new, I'll let you decide! Either way, welcome to the latest greatest V.V. revival!

Much of my father's life was dedicated to the vegan cause, through his omnipresence at meetings, camps and gatherings and his relentless commitment to Vegan Views.

So becoming involved myself was of vital importance to me. I was one of the lucky few who have been brought up vegan, having been fed on the early version of Arthur Ling's Plamil from a baby. I have an active healthy lifestyle and have a love for sports. I represented Great Britain at the World Triathlon Championships in Budapest last year, and as the Editor in Chief I hope to continue promoting veganism through the new Vegan Views.

When Knut Caspari announced that V.V. needed a new editor, and informed me of the dwindling subscriber numbers I felt compelled to act, along with other dedicated and committed vegans - the new team!

Nobody could replace Harry Mather. However, over the last few months the new team have been working tirelessly to bring you this latest edition, and I am sure you are going to love it.

So let me introduce you to our new editor Sarah Austin...

David Mather

## ✻ EDITORIAL ✻

In the age of the Internet, where almost everything can be found and read online, it is my opinion (rightly or wrongly) that it is better to receive, and to read at leisure, a more personal magazine ... where articles, letters and other content can be responded to creatively.

Harry Mather was a dear friend to many, and a father and husband of whom his family were proud of. He kept Vegan Views going almost single-handedly over many years, along with all the other things he did throughout his long life for the cause of veganism.

Harry sadly passed away in 2010 aged 85, and it was a pleasure to have known him. He helped me take over as a local vegan contact, and to find my way around Bournemouth when I wasn't familiar with the area. We all went to Wessex Tales (our vegan restaurant which has sadly closed down), to picnics and to other places. Harry helped me too with being vegan, and gave me many tips, ideas, vegan books and mags. I became very interested in reading the early issues of V.V. and was intrigued by the various vegans who had created it.

When Harry retired from V.V. in 2008 it was thought that the mag wouldn't survive but it has done, although with diminishing interest over the last two years. So it is with inspiration from Harry, and his predecessors, that I find myself editing Vegan Views with David's support and with a new team of volunteers. We're bringing it to you, our readers, with a format, affordability and purpose similar to its earlier years.

Sarah Austin

**We would love to hear from you! Letters, articles, news, events, recipes, reviews, photos, drawings, cartoons, etc. The deadline for contributions to the next issue (due out July) is TUESDAY 31st MAY - but smaller items may be accepted for a few weeks after this date. See panel on the left for more info.**

Way back in 1975, on the weekend of 26/27 April, 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. It was typed on stencils and then laboriously duplicated on a rather cantankerous and aged machine. How technology has changed since then - we started in 1975 with a manual typewriter, stencils and a duplicator, and now we are deep in the computer era!

That first issue can be seen online at [www.veganviews.org.uk/vvmagslist.html](http://www.veganviews.org.uk/vvmagslist.html) (and many recent issues are also available via the Vegan Views website, together with an archive of interesting articles from earlier issues).

At the start it was just a newsletter, not yet 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 cover of issue 14 is reproduced here, with its original pale lilac background.



By this time I was doing most of the editing, but it had been Marijke McCartney's vision and energy that led to its birth back in 1975. She inspired not only the newsletter but also the Wray Crescent vegan community which began in 1976, and the Vegan Cafe near Tufnell Park in North London that ran through 1976 and 1977. Marijke has written elsewhere on this page, and hopes to play

## A Short History of Vegan Views

a small part in the future of Vegan Views.

Many people helped to produce V.V. in the early years, especially Marijke, myself, Sue Taylor, David Barrett, and then later Valerie Alferoff and Maggi Taylor. Kathleen Jannaway, then the secretary of the Vegan Society, supported us and gave encouragement and publicity. There was no element of competition with the Vegan Society - instead we saw ourselves as complementing the Society's more formal work.

Eventually, in 1979, Vegan Views left London and moved north to Edenfield, near Manchester, where Valerie Alferoff & David Barrett (who had met through V.V.) edited it together until 1984. In 1985 I edited a couple more issues, before Harry Mather took it on from issue 35.

The magazine had been in danger of folding at that time, and Harry (who had written an article for our very first issue) only stepped in at the last moment - he then carried on editing it for an amazing 23 years before retiring after issue 116.

Harry died last year at the age of 85 and so, appropriately, the new Vegan Views carries the subtitle 'In Memory of Harry Mather'. But sadly we have just lost another former V.V. editor, Valerie Alferoff (an appreciation appears on page 12). It was Valerie who drew the cover for V.V.14 shown opposite.

When Harry retired from editing V.V. in 2008, Knut Caspari, who had helped with layout in some earlier issues, took over as editor and No.117 was the biggest issue ever (40 pages with colour cover). Then followed three small A5-size issues, and finally a separate "book" featuring many articles and letters from his previous issues but with added material too.

Anyone who has seen Knut's issues will know from the letters pages that his editorial style was quite heavily criticised! He was at least prepared to publish that criticism however.

Now, with a new editorial team, it's time to go back (to the style of Harry and before), but to go forward too. V.V.'s different editors over the years have each given the magazine a quite different emphasis and appearance, but the common thread - a pot-pourri of ideas and readers' contributions - has always

remained.

V.V. has played its part in the vegan movement, not especially as a campaigning magazine (we never really intended that), but mainly by increasing contact between vegans at grass roots level, and also through the sharing and developing of everyone's ideas.

Malcolm Horne

### Marijke McCartney, the leading person in the group who founded Vegan Views in 1975, writes....

Dear Fellow Vegans,

I am so pleased that after so many years Vegan Views is still alive and that through this little magazine we are still providing a means of making contacts, friends, keeping in touch with each other, exchanging views and hopefully making a contribution to an increasing awareness and practice of veganism.

When I decided to become vegan in 1972 I had never met a vegan in my life. I was vegetarian then and bought the Vegetarian newspaper. There was an advertisement in there by the Vegan Society. When I read about a lifestyle that did not involve animal exploitation, I was very happy and excited and wrote off immediately to get information and to become a member. I have been a life member since then. It has been one of the most important and best decisions in my life and I still feel passionately about the contribution vegans can make towards a better, more compassionate and more sustainable world.

When we started Vegan Views I was typing on large waxed sheets, and scratching little drawings of flowers and vegetables for illustrations. The world has changed and so many things in my life too! I have made many wonderful contacts through my involvement with veganism and, though I have not been very active on this front recently, I am willing to pick it up again on a modest scale, now that I am back living in Bournemouth.

One of our friends through Vegan Views made us a cradle when I was pregnant with our first child. This cradle recently held my first granddaughter!

I hope to hold some Vegan Views gatherings here in Bournemouth, to meet old and new friends. If you are interested contact me:

[m.mccartney@ymail.com](mailto:m.mccartney@ymail.com)

Lots of love, Marijke



Over the last three years I have been giving school talks on veganism and animal rights, also cooking demos when called for, in secondary schools around the country. I give school talks for the Vegan Society and Animal Aid, and have given over a hundred talks to thousands of young people on veganism, animal rights, citizenship and related topics.

I give talks on veganism and animal rights because I believe in an ethical lifestyle that in various ways benefits both ourselves and all the other species on the planet. While I don't proclaim to have all the answers to every aspect of life I know that being vegan fits in with my ideals, and my knowledge of what it is to be an ethical, compassionate person who aspires to do their best.

Over this period I've come into contact with many people who have little or no knowledge of the concepts behind veganism, and I've tried to educate them in my reasons and other people's reasons for going vegan. I've explained my personal journey to veganism and the actual moment I became vegan - and why I did so, which I think is important because it connects you to your audience and shows you to be like anyone else who can learn new things and make decisions based on knowledge gained. This is preferable to coming across as someone who is superior, or better than them, because they're not vegan or seem not to care much for your beliefs.

I think that being honest and open has helped in giving these talks, and I try to share myself with the audience without becoming emotional and over sentimental. You have to try to find a balance between feelings and facts, as too far either way can sidetrack you from giving a balanced overview, in a relatively short period, of veganism or animal rights. But when I'm asked a direct question then I try to be totally honest, without judging or condemning the person who has posed a sometimes difficult question. While we may know our reasons for being vegan, and care for the situation that farmed animals are in, it can be a totally alien concept for many. Their questions may seem simple or unrefined, but it will depend on their knowledge or way of framing a question, and you have to accept that when responding.

I think if you are understanding of why they might find barriers or obstacles to being vegan, then you can really connect to them as people, and you can support this with solid reasons as to why being vegan can benefit them as individuals and be a compassionate lifestyle that helps animals, people and the environment.

## IN THE CLASSROOM

The teacher may have a specific agenda or topic they want covered, and may have specified this in the initial emails you will have had with them. The class are usually briefed, and are waiting to ask difficult questions - but I see that as a good chance to go into more detail on a certain aspect of veganism or animal rights, and to share more specific information they might require from the lesson. While it can feel like your reasons for veganism are being attacked or

judged, it is an opportunity to educate and inspire if you can stay measured and factual in your response. I've had children seemingly change their stance after my response, and while not totally convinced of veganism they can start to see the reasons behind it, and why it might have a part to play in how people live their lives.

I ask the children what their understanding of veganism is, and if any of them are either vegan themselves or if they know of any vegans in their families or circle of friends. A few usually have some idea of it, and together we expand on it until we have a full definition of what being vegan involves, so the class then starts to get an idea of where you're coming from and why you chose to become vegan in the first place. I tell them my story of becoming vegan and the process of initial passage into a new lifestyle and diet that I have now. I never try to preach or tell them that they have to be vegan or must be vegan, but that it's a personal choice based on the facts being presented in the talk.

Some schools I've visited have been in inner city areas, but others in agricultural areas, so there is some variation in the way the children react and ask questions, and in how you respond. Some children have vested or personal reasons for asking difficult questions, say if their parents farm animals or work in some aspect of animal use such as butchers, and they may take it as a personal attack against them and their family.

Eye contact and knowing the children's names can help, and bring you closer to the class, as can saying supportive things when a good question has been asked. You also need to be fair when a seemingly bad question has been asked. We are there at the school's invitation and have a duty to respect this without being victimised, and if the talk turns to abuse then the teacher needs to step in and enforce discipline rather than you - which the teacher should be aware of. Keep your views clear, and stay calm and factual, rather than make statements that you can neither back up nor know to be true. And while personal experience is good, and gives you knowledge, staying true to the facts provided by the Vegan Society or Animal Aid is better than giving information that cannot be researched from valid sources. You can always take contact details with the teacher's permission, and get back to the individual at a later date.

I show a short film which breaks up the session and gives a different side to the talk, and which reinforces many of the subjects I will have covered in my introduction to veganism or animal rights. Also I find that reinforcing certain bits of information that seem relevant is better than trying to be too diverse, since statistics or too much information can overload them - in what for many is a new subject.

I've also learnt to be adaptable when entering schools - I've sometimes found the lesson size double, or the time extended, due to the teacher changing plans or not letting you know in advance, but I allow for this. There are enough barriers to overcome anyway, and helping the teacher in any reasonable way can ensure a return visit, and future dealings with the school after an initial talk. I've

had repeat talks because of my flexibility, and my acceptance of the teacher's requirements.

I've also had children say they are going vegan after my talk, or show a deep concern for animals that are exploited for food, or in circuses or zoos, and that is one of the most rewarding experiences that I can personally think of. It means you have conveyed the ideas in a way that others have taken on board. They've started to make informed choices about the issues, even though you cannot know for sure if they will become vegan after your talk. But you have laid the ideas and seeds that can inspire them to care for animals in a deeper manner, and to use that knowledge in further ways - such as campaigning, or becoming vegan at a later date.

When giving a talk I may not convince them or change their views in any way, but the rest of the class will see I have researched my information and can express it without losing control, and that I can keep calm in putting it across. Done this way, even the most ardent opponent can start to see some benefits of your lifestyle, although maybe not in the way you suppose.

### SHARING KNOWLEDGE AND EXPERIENCE

Overall the talks have gone really well, and I usually come out feeling good that I've shared information and ideas that can add to the children's lives and get them thinking about ethics, citizenship, veganism or animal rights in real terms, rather than these being abstract concepts that seem of little meaning. I think that school talks play an important role in moving veganism and animal rights forward. It's about sharing knowledge and experience, and then letting others take it on board now or at a later date in whatever way they see fit, and giving out information about who is there to support them in the choices they might make.

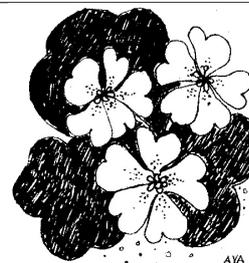
It's not a perfect science, and even when you feel that it didn't go exactly as you would have desired or wished for, this was more than likely due to other factors you were unaware of. At least you had an opportunity to express and share your experience and knowledge of being vegan and caring for animals that will benefit at least one person in the class, and that in itself is an achievement and something to be proud of. We are giving information that can both educate and inspire young adults/people to live in a decent way in a society that can impact on one in many negative ways. And although veganism doesn't have all the answers, I know that when you share it in an open way it can start to lay the seeds of something that would not have been possible without you.

Of course this can be adapted to stalls and other environments wherever you discuss the issues surrounding veganism or animal rights, and this is only my take on it rather than a definitive explanation of vegan and animal rights outreach and education.

***In the next issue of Vegan Views we'll feature some of the more awkward questions Dean has been asked in schools, and the answers that he gave.***



## GUERRILLAS OF LOVE



*Guerrillas Of Love was founded by Chris Tomlinson (who writes below). They plant fruit trees, veggies and flowers, and maintain neglected areas in urban regions. They work throughout the UK and are connected to the international Guerrilla Gardening movement: [www.guerrillagardening.org](http://www.guerrillagardening.org) See also this article about Chris on the Veggies website: [www.veggies.org.uk/2011/01/guerrilla-gardening-arrives-in-nottingham](http://www.veggies.org.uk/2011/01/guerrilla-gardening-arrives-in-nottingham)*

I met Harry Mather a long time ago and admired his peacefulness. And living as an isolated vegan on a sprawling council estate, Vegan Views was a REAL lifeline for me! It's a privilege and honour to have met Harry!

I was recently featured on BBC Radio Nottingham and had an article on Guerrillas Of Love (GOL) in the Nottingham Post at the start of the year, so far so good then.

The actual first planting for GOL was some reclaimed chives (*Allium schoenoprasum*) in a rough run-down area of Nottingham where various herbs already exist. They included rosemary (*Rosmarinus officinalis*) and lavender (*lavandula*). So that will be our herb patch then, with more to be added later on.

Previously, back in St.Leonards, I planted 40+ fruit trees in private front gardens and parks - mainly pear and apple because of their low management and disease resistance. I used to purchase them from a local friendly gardening nursery until it closed down! Since then, I have ordered from Keepers Nursery and Agroforestry Research Trust.

I originally purchased the trees out of my meagre income, until vandals destroyed some of them. After that I set up an account with the Ecology Building Society so the operation could get more serious, and sought funding - I got donations from the lovely Lush Charity Pot and Ecotricity (managed by a fellow vegan!). Thanks folks!! If you'd like to donate please get in touch! EVERY single penny goes into buying seeds, trees, bulbs, compost, and I won't spend a penny! Promise!

Anyway, enough of the advert! Whilst in St.Leonards I also sowed nasturtiums (*Tropaeolum majus Nasturtium*), poppies (*papaver*), wild flower seeds mix, green manures, especially phacelia (*Phacelia cryptantha*), and random flower bulbs all over Hastings too.

On the educational front I give talks on Guerrilla Gardening. So far I've given them in Hastings, Brighton, London, Leeds, Oxford and so on, and they are always preceded by an attack!! Actions speak...

Since living in Nottingham, and being out on the road with Veggies, I have sown my seeds at service stations and towns/cities throughout the UK.

I see Guerrilla Gardening as more than words, it is love in action!! From Community Gardens to window boxes it's ALL important!

Love to one and all, Chris Tomlinson  
c/o Veggies, 245 Gladstone Street, Nottingham NG7 6HX

# MAKING THE CONNECTION

The Vegan Society's new film 'Making the Connection', produced by Environment Films, was released on November 1st last year, World Vegan Day. You can watch it at the Environment Films website [www.environmentfilms.org](http://www.environmentfilms.org) or else on YouTube [www.vegansociety.com/resources/making-the-connection.aspx](http://www.vegansociety.com/resources/making-the-connection.aspx) where it is split into eight chapters.

The 30-minute film features a variety of vegans talking about their diets and lifestyles (a chef, MP, dietician, athlete, young mother, farmer, and several others), and it features music from two vegan hip-hop artists Promoe and Jah Sun. To quote from the Environment Films website: "*We wanted to deliver the facts but in a relaxed and informal way - to produce a contemporary and upbeat look at the benefits of a plant based diet.*"

Well, I liked the film, and I thought it was way better than the previous three films on veganism I've watched. I could have done without some of the hip-hop music, but maybe that's an age-related matter! That aside, all the people interviewed in the film came across in a natural and relaxed way, and the photography and sound quality were excellent. I liked the variety in the film, and the seamless movement from one person and one topic to another. Food, fitness, nutrition, global food security, farming, environment, and ethics were all covered.

In January my local group, Swansea Vegans, showed the film at our monthly meeting, and afterwards we had a bit of a discussion. Most of us were already vegan, but the film was actually intended more for non vegans. It was generally well received by us, and these are some of the comments made afterwards. There are as many negative comments as positive ones here, but this perhaps reflects the truism that it's easy to pick holes and harder to praise.

- ▶ Very good, it was a good cross section of society.
- ▶ The footage of animal suffering may put off non vegans.
- ▶ Lively and got me listening, plus the inclusion of slaughter facts at some point is essential I think. Bit of an idea for would-be vegans (Vegan Society may already have done this) would be a colourful chart: 'How to be vegan in 90 Days' or 'Your 12 week vegan plan'.
- ▶ Diet supplements and calcium were implied as necessary for a nutritionally complete diet, but not the benefits of green veg - that showed up to me quite dramatically.
- ▶ The NHS dietician has to be very careful about what she says - the NHS are very strict on what can be said.
- ▶ Very rounded picture of vegan benefits, and the environmental connection - but the picture of a wasp, it was the wrong sort of wasp!
- ▶ It's an idealistic picture of veganism, it's actually bloody hard at the start, and the benefits of support groups and literature are important.
- ▶ At work I'm considered a tree hugger, not part of normal society.
- ▶ It's preaching to the converted, it's not for non vegans.
- ▶ If for non vegans it needed to be more simplistic, eg Ten Easy Steps...
- ▶ The health aspects could have been accentuated more.
- ▶ Camera perfect, sound incredible, crystal clear - but the film was run of the mill. Not edgy, and a very conventional bunch of interviews.
- ▶ The restaurant part was useful, also Benjamin Zephaniah was very powerful.

If you'd like a free DVD of the film, perhaps to show to a group of people, then send an SAE (UK only) to Environment Films at 274, Queenstown Road, Battersea, London SW8 4LP. And of course it's also available from the Vegan Society.

Malcolm Horne



## Tolstoyans (UK)



Our pacifist convictions may be considered fair enough, but anarchism and veganism – what's that got to do with pacifism? Well, non-violence leads us to think that living a diet and lifestyle that seeks to minimize killing is most fully expressed in veganism. It was Tolstoy who said: "*As long as there are slaughterhouses there will always be wars.*"

As to why we are anarchist we simply say we wish to live in peace without coercing anybody. And, let's face it, the world over has governments who coerce their peoples and even other peoples by force of military, police, courts and prisons. While we live in a society with government, we prefer to live out our lives, in Gustav Landauer's words, "*in a rearranged fashion*", despite the overwhelming presence of government. The government we look to is self government, that is to act with self control and self restraint. In terms of peace witness, though we are scattered across the UK, we are actively involved in peace, environment, human rights, and animal rights issues.

Someone said "*be the change you want to see in the world*". That is what we strive for. Peace is not just the absence of war, although that would be a great start when you consider all the wars going on around the world right now. Peace is about how we live and how we *might* live. We seek to negotiate peace in all our dealings, trying to see another's point of view, and trying to resist the all too common temptation to get angry, which too often leaves in its path humiliation and hurt.

Our spirituality, while reflecting the spiritual philosophical outlook of Leo Tolstoy (1828-1910) - a non-resistance Christianity stripped of dogmas, ritual, mysticism and mystery, and hence entirely rationalist - may be defined more broadly as accommodating other faith traditions that may commit to non-resistance pacifism, anarchism and veganism.

For more information please contact **Gerard Bane** at 59 Chapel Road, Ramsgate Kent CT11 0BS UK.  
Tel. 01843 589027  
Email: [gez6551@yahoo.co.uk](mailto:gez6551@yahoo.co.uk)

### red moon

*A red moon rises in a purple haze,  
Strange stars ignite the sky.  
Sweet rain falls on virgin soil,  
Fresh winds warm the fertile plains.*



*The rocket ships are silent now,  
Human seed has landed.*

*Far away lies Mother Earth,  
A broken barren world,  
A dying planet in the dark,  
A teardrop in the void.*

John Sephton

# No neat conclusions

by Katharine A. Gilchrist

2010 was quite a difficult year for me. My grandmother died in January. That is when I truly realised that the death of a person in their 80s or 90s, who had led a full and productive life, could nevertheless be a truly sad event.

My family, in the literal sense of the word, also lost other elderly members that year. If I look at my vegan friends as a symbolic family, then 2010 is also the year in which we all lost Harry Mather and Ivor Kemp.

Whenever I met Harry, he was cheerful and full of enthusiasm. He was undoubtedly a very idealistic person. I very much appreciated the opportunity to write for Vegan Views. Although the finished articles occasionally contained the odd typo, they were not serious ones, and Harry always spelt my name right!

Ivor too was full of cheer and enthusiasm. And energy: his physical prowess was a wonderful advertisement for veganism.

The deaths of both Harry and Ivor must be a very sad loss to their respective families, their respective friends and their mutual friends.

I don't think my grandmother ever understood why I went vegan. She made a lot of effort to buy vegan food for my visits, but she did occasionally mention that, although she could understand vegetarian family members, she couldn't quite work out what was going on in my mind. She enjoyed taking us to an ice cream parlour in a neighbouring town. Maybe it was a little odd to her to see me with black coffee or fruit juice. A couple of days after she died, I went to a supermarket and bought some Swedish Glace and fruit cocktail and pre-made agar-agar jelly. At home, I made the vegan version of a knickerbocker glory, and took a picture of it before I ate it.

In retrospect, I probably should have done that, taken the picture and sent it to her, soon after I went vegan. It would have been my way of reassuring her that I was all right, still enjoying myself.

Most non-vegans are like my grandmother, in that they accept our decision to be vegan even if they do not understand it. A few people, however, are vehemently opposed to veganism. One of the more bitter and hurtful claims they make is that vegans are somehow "in denial" about the "reality" of death.

I don't think this is true. I think that we realise that death is a serious thing and do not want to inflict it on our fellow creatures if there is a realistic alternative. That is not to say that I know for sure how a cow or a hen feels about either her own death or that of her family members. However, the evidence suggests that most animals behave in ways that suggest they wish to preserve their own lives, and those of their close family members.

The vegan movement is diverse. Some of us believe that our loved ones live on and that we will meet them again some day. Others can only take comfort that they live on in our memories and our lives.

My grandmother was a very determined person, and I hope that her example has helped me be more determined too.

I believe that there is some kind of life force that leaves the body at death, so that what is buried or cremated is no more the "real" person than the skin cells they shed during their life. However, I am not sure whether that force

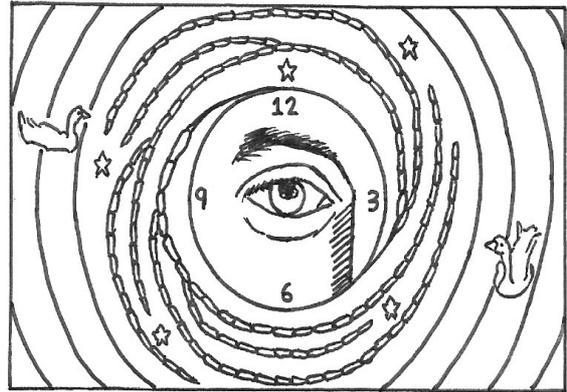
continues as the essence of the same person, or if it is diffused throughout the universe.

If our loved ones are still keeping an eye on us, they don't want us to be sad over their deaths. They want us to enjoy our lives. And they want to feel proud of us.

Looking back on what I have written, I can see that there is quite a lot that isn't strictly relevant to veganism, there are some slightly abrupt changes of topic and no neat conclusions. This is precisely the sort of writing that would be rejected by most editors, but not Harry. If somebody had something they wanted to say, Harry would do his best to help them share their words with others who might agree.

## Just one view from one vegan

by Derec Jones



I am aware that I am a small creature, no more than a microbe in a multiverse. In recent times science, philosophy and mysticism seem to be converging in their view that this physical existence is an illusion, no more than a random coming together of energies. The old certainties are dissolving into the coruscating hodgepodge from whence they came. It's easy enough to scour the internet for evidence of all this so I'm not going to dither over the details. There's a few links below to get you going if you want to pursue it further.

For me, this puts my human life into perspective and tells me that I am no more important than any other life form. Far from being dispiriting this feeling is liberating, it means that I am more than mere flesh and blood; since from my perspective, I am the most important being in all of time and all of space. Why? Because I think, I feel; this is all I know, so it is everything to me. And if this life is everything to me then in my view every living thing's life is everything to them; and since this physical universe is an illusion then I am them and they are me - we are all one. This leads me to the conclusion that I should follow the flow of my life causing as little harm as possible, and a vegan lifestyle and diet is a very easy way to get on the path to achieving that.

### Links:

Comparative size of our planet and stars (scroll down for the pictures):

[www.co-intelligence.org/newsletter/comparisons.html](http://www.co-intelligence.org/newsletter/comparisons.html)

Multiverse:

<http://en.wikipedia.org/wiki/Multiverse>

Chaos Theory:

[http://en.wikipedia.org/wiki/Chaos\\_theory](http://en.wikipedia.org/wiki/Chaos_theory)

Subatomic particles:

[www.answerbag.com/q\\_view/33521](http://www.answerbag.com/q_view/33521)

# ❄ Interview with Patrick Smith of Veggies ❄

**Veggies are a volunteer-led, community-based, social enterprise. They have been promoting vegan catering, and supporting campaigns for human and animal rights, environmental protection and social justice since 1984. Their home is at the Sumac Centre, 245 Gladstone Street, Nottingham NG7 6HX (tel: 0115 960-8254).**

**The Veggies website [www.veggies.org.uk](http://www.veggies.org.uk) was once described by the Guardian as "vast and extensive". It includes the UK Animal Rights Calendar (co-ordinated by Veggies for more than 20 years), and the Vegan Outreach Diary (listing the increasing number of food-based vegan outreach events).**

**If you are involved in issues broadly benefiting humans, animals or the environment you are invited to add an entry at [www.veggies.org.uk/directory](http://www.veggies.org.uk/directory) (vegans in business, including sole traders or those offering a skill or service quite informally, can add an entry in the 'Vegan Business Connection' section).**

**Along with everything else they do, Veggies offer printing at cost price for all kinds of good campaigns- and they are printing Vegan Views for us, and will be selling it at the many events around the UK at which they provide catering.**

**So how do they manage to do all this? We asked Patrick Smith (the master chef at Veggies) a few questions...**

**How did Veggies start up, and when did you first become involved yourself?**

In 1984 local vegan animal rights campaigners, Tom and Clare, held a demo at which they presented a large 'veggie burger' to the manager of the local McDonalds, representing an alternative to their products of death and hunger (this was the era of 'Live Aid'). Inspired by this, and supported by other local environmental, veggie, animal rights and peace advocates, they acquired a camper van to promote a similar message on a daily basis, initially pitching up outside a Pork Farms factory.

As well as catering on the streets, and at monthly animal rights meetings, Veggies bought burger mix from a local wholefood shop, formed it into frozen burgers, and sold it back to the same shop!

Veggies now makes and distributes its own burger mixes, handmade by vegans in our own kitchen, from organic, vegan ingredients, totalling a thousand kilos a year, equivalent to the meat yield of about ten cows!

Tom and Clare later moved to Bangor to take on board the work of the Christian-inspired Fellowship of Life. Other volunteers continued to run Veggies, running a daily stall on Clinton Street Market. In 1985 I became an ex-manager of a (now defunct) pizza chain restaurant, and I had time to pitch in increasingly often.

**How did the Sumac Centre come about? Are Veggies and the Sumac Centre essentially the same thing?**

Veggies worked from home kitchens in the early days, then shared office space was found above an 'Environmental Factshop' run by the local Friends of the Earth group. Supported by peace campaign activists, some of whom were vegan, and Veggies supporters, this evolved into the Rainbow Centre, an independent green and peace centre, with the Veggies kitchen at the back and an animal rights resource centre above.

When the Rainbow founders moved on, Veggies took on the running of the whole place, cementing an ongoing commitment to link all issues for the protection of humans, other animals and the environment.

Despite being based in run-down rented premises, the Rainbow Centre gave a solid base from which another project evolved to purchase a permanent centre, the Sumac Centre, which opened in 2001. Veggies is just one of a number of projects based at Sumac (and contributing towards the mortgage), but may be more active than many, travelling as we do to events all over the UK.

**Tell us about your typical working day, and your involvement with the other workers and volunteers.**

I am still excited and motivated by Veggies as there is no chance to get into a rut. My supposed '16 hour' working week can be done on day one, but there is plenty of campaign volunteering to keep me occupied way beyond. Our week runs from baking and ordering supplies on Thursday, and loading vans on Friday, ready for catering events over the weekend. On Sunday or Monday we are unloading and packing away, to leave the kitchen clear for the weekly run of frozen Veggies Burgers for Lembas Wholefoods, our wholesale supplier and distributor from Sheffield. Finally on Wednesday our 'weekend' arrives!

As a volunteer-led organisation we have just two workers sharing one minimum wage. The awesome level of Veggies campaigning, catering and networking, is only possible with the help of Chrissy, our dynamic one woman production team, and a cracking crew of volunteer co-workers. Thanks go to them for every Veggies burger and carrot cake you've ever enjoyed!



**Chrissy and the ever faithful Veggies oven**

**What regular projects and activities are Veggies involved with? How often do you get to do catering events, and how far afield do you go?**

Veggies Diary and the associated UK Animal Rights Calendar went live in January 2005. Since then we have catered for

over 430 events - that's over 70 a year (see [www.veggies.org.uk/events](http://www.veggies.org.uk/events)).

We have an aspiration to reduce our radius of operations by 10% year-on-year, currently 'thinking twice' before travelling more than 100 miles. However, whilst Veggies will emit 120kg CO2 to get to an event a hundred miles away, by helping each hundred people eat vegan we will 'offset' 200 kg CO2. If just one customer goes vegan for life, they will save 1.5 tonnes CO2 every year, as well as saving 4022 animals' lives, and enabling all the world's peoples to receive a fair share of the world's resources.

### **Is Veggies self-financing, do you manage to cover costs without too much of a problem?**

For over 25 years Veggies has supported hundreds of campaigns at thousands of events, but at many campaign events we cater by donation, chancing that income will cover all the costs involved. With our mission to make vegan, organic and wholesome foods readily available to all, we run on a much smaller margin than is typical in the catering trade.

Whilst most caterers spend perhaps 25% on ingredients, we typically spend 60% or more, partly due to the disproportionate cost of ethical and wholesome ingredients, and also due to our commitment to local and independent purchasing. The resultant higher costs are considered to be part of our campaign funding.

A £9000 deficit a few years ago has been reduced, thanks to the support of some of our members, but we still need to raise £150 each week, beyond trading income, to cover costs.

### **Do you promote both vegetarianism and veganism, or is the emphasis mainly on veganism?**

Everything at Veggies is completely vegan and this is the main emphasis of our work. We are Local Vegan Contacts (and Trademark holder) for the Vegan Society, and support the work of Animal Aid and VIVA! We have for many years printed and distributed the writings of Kathleen Jannaway for the Movement for Compassionate Living.

However we are also pleased to continue to act as the local branch of the Vegetarian Society, and support many of their campaigns (from a vegan perspective). Indeed the Veg Soc has invited us to cater the launch event for National Vegetarian Week, in Manchester on May 22nd. We are also members of their Food and Drink Guild.

In addition to supporting all the above groups (and Vegan Views), we coordinate many vegan initiatives in Nottingham, including the East Midlands Vegan Festival which last year took to the streets with ten vegan free food stalls across the city. The Vegan Business Connection section of our Networking Directory, and Vegan Outreach Diary, gives supports to hundreds more.

### **How does Veggies decide whether or not to support or promote a particular group or campaign?**

Requests to support an event or campaign are circulated to the crew for consideration. We have a feel for mutually supportive campaigns, and are limited only by the time and volunteers available. We have a unique role in the movements we are part of, in that we are not directly tied to any one group or issue. We can therefore uphold values across the whole spectrum of concerns for humans, other animals and the environment. It may be partly due to our support for them that groups such as Earth First, Climate Camp and Peace News embrace a broadly vegan perspective. Mutual support and mutual respect are the watchwords that we encourage in all those who we work with.



*Patrick in action on a Veggies stall*

### **In an article in The Vegan in 2007 you said "We are very keen to support anyone wishing to set up a similar project elsewhere" - to what extent has that happened?**

Through our Networking Directory we list details of many other caterers. We need and support anyone with the drive and initiative to get more vegan food out there – and we are pleased to offer help and advice to others.

In particular we have converted one of our trailers to 'the world's first vegan fish and chip stall', and it's on free loan to Something Fishy, an independent vegan catering campaign based in Manchester. We would also name check Vegan Campaigns and Shambhu's in London, Fair Foods in Devon, and Green Garden Cafe in Coventry.

We have no hesitation in referring enquirers to these, and others, if we receive requests to cater in their areas.

### **How have things changed since Veggies started in 1984? Have you seen an expansion of interest in veganism and green issues generally?**

Veggies have been promoting vegan catering since 1984. Partly due to our work vegetarianism is now mainstream, and veganism widely understood.

When we joined vegan pioneer Arthur Ling (RIP) of Plamil in founding the Vegan Business Connection in the late 80s we knew of about six other vegan proprietors. A few years later we were listing over 350.

There must now be many more, and we invite any vegan in business, however informal, to add themselves to our Networking Directory.

### **What would you like to do as time goes on? Have you got any new ideas you'd like to put into practice?**

Supported by Lush (yes, the High Street toiletries company) we are developing a much better Campaign Networking Exhibition space, offering 'Information for Action' at many summer events and gatherings, including Glastonbury Festival.

There is a limit to the amount that a few of us in Nottingham can do, so we are very keen to see more vegan catering campaign projects established elsewhere. This is already happening, with many groups holding Vegan Food Fairs and Free Food Giveaways, so much so that we now have a specific Vegan Outreach Events Diary on our website.

These are but a short step to providing a catering service to other campaigns and events, thereby spreading the vegan message further and wider.

# Fox hunting and eating meat ... what's the difference?

## A response to Douglas Batchelor

By Jenna Thompson



On Christmas Eve 2010, Douglas Batchelor, head of The League Against Cruel Sports, wrote a blog post entitled "An Ethical Christmas" - see [www.league.org.uk/blogs\\_entry.aspx?id=292](http://www.league.org.uk/blogs_entry.aspx?id=292)

In this post he addressed why he and many other meat eaters are, as a general rule, against blood sports such as fox hunting, but still continue to eat animal products. It was written in response to criticism from Alice Bernard, the Chief Executive of the Countryside Alliance. She asked those who oppose hunting for sport to justify why they feel shooting or hunting a "free-range" wild animal is morally wrong, but killing a farmed animal is fine; and why they would rather eat an animal who has no doubt endured a life of suffering and a painful death in the industrial farm system, over one who has been shot by a hunter (which she deems to be "humane"). She is not the first to do so and won't be the last. Sarah Palin, Republican politician and hunting advocate in the US, has also accused the anti-hunt "carnists" of hypocrisy.

As an ethical vegan opposed to all use and abuse of animals, I never thought I would see the day when I actually agreed with something said by someone from The Countryside Alliance or the hunting community...but in this instance I must agree with the hypocrisy in the logic.

Supporters of The League Against Cruel Sports oppose the hunting of animals with dogs or shooting because it involves inflicting extreme and unnecessary suffering upon animals for the sake of amusement. This is a principle so widely supported that hunting with dogs - one of the sports considered to be the "most cruel" as it involves the torment, distress and drawn-out painful death of the victims - has been banned by law.

Shooting animals for fun ("sport") is still legal however, and is a multi-million pound industry in Britain and the US (as is animal agriculture). The League and much of the public oppose it for various reasons. Many agree that no animal should be killed for the sake of recreation, while others are against it because of the suffering it causes when a hunter shoots an animal but doesn't kill them. Many thousands of animals shot by hunters every year are not killed quickly. Some get away injured only to suffer a slow and painful death from infection, blood loss or starvation. Dying from a gunshot wound would certainly not be devoid of suffering, no matter how quickly the victim died. Some, like me, oppose it on the moral grounds of it being wrong to kill sentient life even if there were minimal suffering involved. Murder is murder no matter what species the victim belongs to. When it is not a natural requirement for survival, or a situation of true emergency, it can be described in no other way.

In his blog post Douglas states: "I certainly don't have the right to cause unnecessary suffering. And most importantly I do not have the right to decide for myself what constitutes necessary suffering and killing." I can't help but think he is overlooking a blatantly obvious fact...humans do not have the biological need to consume meat or animal products (in fact we are a lot healthier without them). The only reason we do so is for pleasure. As it is not necessary for us to kill animals for food, when we do so it is by

definition "unnecessary suffering". This is a contradiction of his own morals.

Many who are against hunting consume animal products. Their perception is that killing animals to eat has a "purpose", whereas hunting is merely frivolous and is therefore inexcusable. Unfortunately not enough people know that we simply don't need to do either. Both activities should be regarded in the same light.

### THE HEART OF THE MORAL ISSUE

Animal agriculture is the largest animal exploitation industry on the planet. We enslave, kill and eat some 56 billion cows, pigs, chickens, turkeys and sheep every year (not including the billions of marine animals). The majority of them will spend their cut-short lives confined in industrial factory farms, where animals are treated as commodities - a "product" from which to make money. They are mass produced in conditions that can only be described as akin to concentration camps. But factory farming is not at the heart of the moral issue. If it was, I would be out there backing up Ms Bernard, arguing that it is better to kill an animal who didn't suffer first like this for your dinner plate - but that would only be the case if we actually *had* to eat animals. The heart of the moral issue is whether or not we eat or use animals in the first place.

Even a free-range, organic, soil-association-approved, RSPCA-monitored farm of the best conditions does not morally justify farming animals when we have no need to do so. Indeed these terms are meaningless nowadays. The media has exposed how even farms sporting all of these titles can still keep animals in horrendous conditions, suffering disease and distress. The Happy Egg Company, who advertise their chickens running around freely in the sunshine through grassy fields and woodland, were exposed in 2010 for actually keeping their chickens in filthy sheds, with a muddy flooded yard qualifying their "free-range" status. Birds were suffering stress and feather-loss, with corpses of their companions littered about the floor. Perches were electrified in some cases. These conditions can only be described as appalling, yet are not uncommon. Shockingly, a number of such farms qualified for the RSPCA "Freedom Foods" certificate.

Douglas mentions how "we take comfort from the assurances given that on the way to our plate the animal lived well and was slaughtered humanely". Sadly the public are very misled as to the reality of the situation, and I would encourage him to look into it further. He refers to the "caring" farmer, but animals kept as commodities are only "cared" for as much as it is profitable to do so (and discarded when it is not). That is why welfare regulations only come into effect when they improve production efficiency. The concern is to the benefit of the producer, not the animal property involved. Property has no rights and can be treated cruelly by the property owner if it improves the value of said property.

But for the sake of argument (even if the myth of the sunny, open grasslands and the caring farmer was always correct) this does not change the fact that an animal - a sentient being - is used as a commodity and exploited. They have their lives taken (prematurely) for the sake of a few seconds of palette pleasure. And there is certainly no such thing as "humane slaughter". Death by a slit throat would certainly not be considered a "humane" way

for a human to be killed. Yet non-human animals suffer no less than we do.

Indeed, aren't all of these the very reasons why he is against the shooting of deer and other animals? The fact that they live wild and free and do not first suffer the torment of farming has nothing to do with the moral principle against murder. Unfortunately Douglas does not see that eating animal products and hunting are in fact both unnecessary and cruel activities. One could certainly argue that the suffering involved in farming is in fact far more horrific than shooting (excluding animals raised on factory farms to be released and shot - the worst of both worlds). But the point isn't how well or badly animals are treated, or how much they suffer when we use them - it is that we *use* them that is ethically problematic. It is not morally justifiable to enslave and kill another sentient being. Especially when we do not *need* to do so. It is why we have outlawed human slavery.

Douglas has already considered the moral ramifications that far, this is why he is against hunting. But he - like much of the British public - seems to have blinkers on when it comes to applying this logic to *all* animal kind. It would certainly appear that someone can be morally outraged at hunting, but then have a double standard when it comes to their own pleasure in eating flesh, eggs or milk.

The distinction in his mind is that in hunting, people are making a spectacle of killing an animal - they are taking amusement from the infliction of suffering. The inference is: it's OK to kill and eat animals as long as you feel bad about it...but if you enjoy it it's wrong! This is highly hypocritical. The animal involved suffers and dies either way, in both instances completely needlessly. Both are in fact killing for fun. From the animal's perspective, it doesn't matter what your reasons are, the end result is the same. It doesn't matter whether your intention is to sadistically cause suffering or not - there is no moral distinction. Being against the infliction of pain, misery and death upon a fox, deer or hare, but not being concerned for that of the cow, pig, chicken or sheep, is morally schizophrenic.

Now I know Douglas is concerned for the welfare of farmed animals - he says as much, so it isn't that he doesn't care at all about their suffering. He is clearly a compassionate person. His blog post is well intentioned and this is not a personal attack. Unlike the hunting community, I am not trying to pick holes in his logic in an attempt to justify continuing a cruel practice. But at the League he takes a stance that it is morally wrong to inflict unnecessary suffering for the sake of fun. He fights for the abolition of it in the context of blood sports, but directly participates in it in consuming animal products. He may argue that he supports animal welfare policies in farming, but regulation of unnecessary cruelty is *still* cruelty. I highly doubt he would suddenly support fox hunting if it was regulated and given a humane label. Indeed he has opposed this in the context of shooting. Would it be right to participate in an activity that causes suffering such as rape, if it were suddenly regulated to make it "more humane"? No, we oppose it because we regard it morally wrong for one person to inflict suffering upon another for their own gain.

### A CLEAR AND CONSISTENT MESSAGE

So why point this out? As long as *some* (human inflicted) animal suffering continues, *all* animal suffering will. We need to wake up, realise the hypocrisy, and apply the principle of equal consideration to all. As long as we fight against a single issue of animal cruelty but overlook other instances, we are being morally

inconsistent and undermining our own cause (not to mention over complicating things). Nothing will ever change until we communicate a clear and consistent message to society. Being inconsistent or hypocritical leaves room for excusing the cruelty of bloodsports to continue. If we persist in eating animals for fun, why then can they not be shot or tortured for fun? It's all the same thing really. Particularly from the animal's perspective. We cannot continue to support the misconception that the infliction of cruelty and suffering is fine as long as the result is "useful" to us. Either inflicting torture and death is wrong, or it isn't. The mindset in which it is committed is irrelevant as long as there is a victim.

This moral schizophrenia is deeply ingrained in society. We are against hunting but eat meat; against fur but wear leather and wool; against animal testing but buy pretty cosmetics and nice smelling cleaning products from companies who do it. It is everywhere we look. Most people who consider themselves civilised and compassionate are against the infliction of unnecessary suffering in principle, but are yet to put it into practice in their lives. All use is abuse. The only way to abolish animal exploitation is to stop participating in it, and that means going vegan. If you are against fox hunting, you are clearly a compassionate individual who finds such cruelty abhorrent - but if you consume animal products, you are having such cruelty inflicted upon billions on your behalf, and this is perhaps something you should examine.

I feel Douglas's post is more about justifying to himself continued participation in his own "festive tradition" and the alleviation of his guilt. But the only "Ethical Christmas" is one without animal sacrifice. I have singled him out here, but I do so respectfully, for he is just one example of the moral schizophrenia that persists in society today. It is a problem we need to address if we ever hope to put an end to animal suffering.

## RECIPES by Jill Martin

### CREAMY TOMATO SOUP

1 tablespoon vegetable oil  
1 clove garlic, crushed  
1 medium onion  
3 x 400g cans tomatoes, crushed  
2 cups soya milk  
1 tablespoon sugar  
1 teaspoon salt  
A few grinds of black pepper

Heat oil in a saucepan and sweat the onion for 5 minutes until soft. Add garlic and cook for another minute. Add tomatoes, sugar, salt and pepper. Bring to the boil over a medium heat. Add soya milk and simmer for 5 minutes. Blend. It's delicious served with garlic bread.

### GARLIC BREAD

Cut slits into a French stick so slices are still attached to one another. Into each slit spread garlic 'butter' - made from mashing together margarine, dried herbs and crushed garlic. Wrap in foil and bake in the oven, Gas Mark 6, for 20-30 minutes.

### FLAPJACKS

8 ozs margarine  
5 cups oats  
2 tablespoons syrup  
1 cup brown sugar  
Melt the syrup and margarine together. Mix into the other ingredients. Press down into a Swiss roll tin (or similar). Bake in a pre-heated oven at mark 4 for 30-35 minutes.



# Valerie Alferoff 1933-2011



**Valerie with David, June 1980**

A few days after I wrote the 'Short History of V.V.' article for this issue I heard the sad news that my friend, and former Vegan Views editor, Valerie Alferoff had died aged 77.

Valerie had been poorly for the last few years, following a stroke, and she passed away peacefully on January 29th, a few days after a second stroke.

Back in 1977 Valerie had offered her farmhouse near Blackburn for a Vegan Views social event, and that is where both David Barrett and I first met her. Valerie soon became part of the V.V. team, and she and David moved together the following year to a house in Edenfield, north of Manchester, which is where they edited V.V. from 1979 to 1984. She and David stayed together ever after, though in 1990 they moved to North Wales. The photo on this page of Valerie and David dates from 1980 - soon after they had started editing Vegan Views.

Valerie brought her considerable artistic skills to Vegan Views, and drew a number of front covers - the first of which (for No.14) is reproduced in miniature alongside the 'Short History' article on page 3. Many later issues also featured a variety of Valerie's smaller drawings, and also several of her delicate poems which usually had a strong nature theme. Her poem 'Dawn', printed here, originally appeared in V.V. 29 in 1983.

Valerie and I also collaborated on the first cartoon strips. We worked together on the text, but only Valerie could draw. The 'Parents' cartoon from 1983, reproduced opposite, is one that - as far as I recall - she did pretty much on her own. As Valerie later wrote: "Much of the content of vegan magazines is of necessity dreadfully serious and often sad", and the cartoons - which were very well received - acted as light relief.

Valerie was born in Bury in Lancashire, and grew up mostly near Kendal in the Lake District, where her mother ran a vegetarian guest house, Lightbeck, for a while. Her surname Alferoff came from her Russian grandfather - he

did not survive the Revolution, but her half-Russian father struggled in horrific conditions to eventually reach and settle in Britain. Valerie was vegetarian for large periods of her early life, coming back to it in her forties as a vegan after experiencing the distress of a calf being removed from its mother.

She was probably always an artist, and at an enlightened school this was given free rein. She trained at Goldsmiths College in London, and then became a primary school teacher. She approached each child she came across as very much an individual, and guided the children to work together, especially through art. She went back to college in her forties, and again in her sixties when she got her BA in Art and Design. For much of her life she had been a climber and walker, something she got from both her parents, and which she has passed on to her daughter and grandchildren. Her last twenty years were spent in the mountains of Snowdonia, continuing to paint, surrounded by the trees she planted on previously sheep-grazed fields, discovering the ever increasing numbers of wild flowers, and watching the new birds attracted to the different habitat.

I remember a caring friend with a great sense of humour, someone who was an avid reader and letter writer, and who loved nature and the countryside. Valerie had two children, Bea and Joe, and three grandchildren.

I will finish with a line from Valerie, who ended an article in 1990 with this valediction: "My good wishes to vegans everywhere: may our ideas continue to grow and come to fruition all over the earth!"

Malcolm Horne  
with help from David Barrett

## DAWN

*My little golden flock  
All dead but Flora  
A wolf - dog - fox - killer  
Visited with bloody intent  
And left one headless chick  
Her innocent feet  
facing the sky*

.....  
*The sun will glow  
on their spirit trips  
Down the hill near  
the hawthorn trees .....*

*Valerie (April 1977)*



**The cartoon strip by Valerie, reproduced opposite, originally appeared in Vegan Views No.30 (Autumn 1983). If you'd like to try your hand at drawing a cartoon strip for Vegan Views please get in touch.**

♥ PARENTS... ♥

The overnight visitors at Richard & Mandy's rural Norfolk cottage are Mandy's very non-vegan parents....



Really Mandy, I don't know how you two manage without a nice bacon + egg breakfast like this...

GROAN

WAA-H!

SIZZLE SIZZLE

16-month-old Sean

Soon Richard comes home from signing on at the unemployment office:



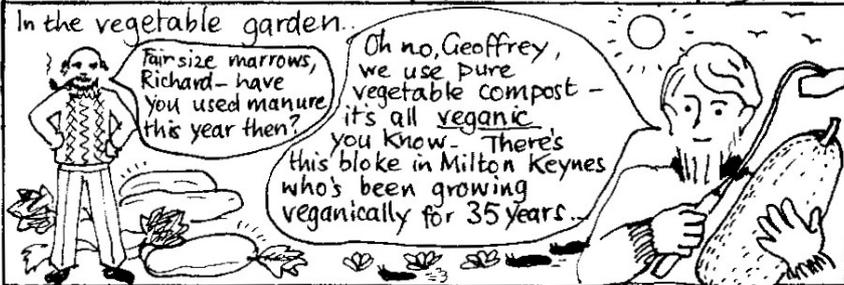
All they offered me was a clerical job at Express Dairy Foods!

But what's wrong with that, Richard? You don't have to actually drink their milk...

£££! new dresses

(MOMENTARY LAPSE)

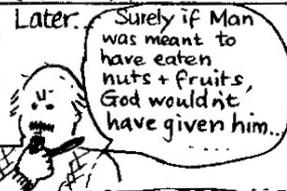
In the vegetable garden.



Fair size marrows, Richard - have you used manure this year then?

Oh no, Geoffrey, we use pure vegetable compost - it's all veganic you know. There's this bloke in Milton Keynes who's been growing veganically for 35 years...

It'd be a lot easier to use Para-hypno-narcormort 451...



Later. Surely if Man was meant to have eaten nuts + fruits, God wouldn't have given him...

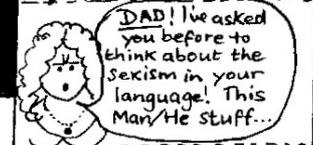
In the Kitchen...



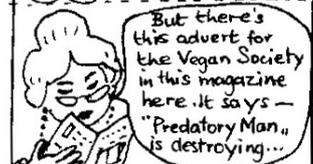
Surely it's time Sean was having 3 meals a day? You were eating meat + 2 veg at 2 months and it's done you no harm... Don't you think Sean is getting rather big for That Sort of Thing?

Oh, that's all old-fashioned Mum. In 'Vegan Mothers and Children' there's one mother who breastfed for 4 years!

...ZZZ-PRR...  
...ZZZ-PRRR-ZZZ-PRR...  
I love Kittameet. prr o



DAD! I've asked you before to think about the sexism in your language! This Man/He stuff...

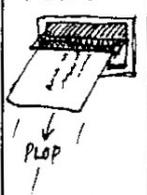


But there's this advert for the Vegan Society in this magazine here. It says - "Predatory Man" is destroying...



Well...

Then the mid-day post brings the latest issue of Vegan Views



Dear old VV!

The pages of VV bring solace from distant unknown friends...



...build vegan villages and communities everywhere...

Hello! and welcome to all our reader-friends

Does anyone know how to get rid of coleoptera scandens on cabbages without killing them?

this new system of Colour Contraception...

Aquarian vegan male, 25, wishes to meet/ correspond with vegan lady aged 14 - 85...

Sorry this VV is so late

WHY NOT BE A FRUIT + NOT CASE? GAY VEGANS AGAINST THE BOMB!

a lovely recipe for Stewed Millet Flapjacks...

...to know we're not alone in these beliefs...

So in conclusion it is true to say that in the pre-palaeolithic era wo/man was a gatherer, not a hunter

I've heard that you can get B12 from Aubergine stalks...

I try so hard but I know I'm such an imperfect vegan

We are morally justified in spraying vivisectioners' cars but NOT...

CONTRASTS:



You need good eyesight to read this magazine - was it printed veganically too?

Jesus ate fish, didn't he?

What would happen to all the animals?

What about all the human beings who are starving?

Those vegan friends of yours Jenny + Gareth, they were a bit odd you know, ... and that fellow Malcolm with the long hair...

So why do you feed Twiddle's Kittameet then?

These drawings in VV are a bit twee don't you think?

Surely the cows have so much milk to spare?

Then, farewells...



Bye

Give my love to Sis and Gwenda

Eye - See you soon

Will we be like this for Sean, do you think, when he gets older? ...

I do love Mum + Dad you know - Really. It's just that...

MYOW!!

C'mon, let's have Rissolnut for supper!

(Sean pulling Twiddle's tail)

NEXT TIME: Mandy, Richard + Sean's Festive Season

© FLAM 1983

## V.V. revival

I am so pleased you are now reviving Vegan Views and taking over after Knut Caspari's attempts. Thank you for doing this, I very much hope it will be successful and its true values restored. I have been reading New Leaves and Vegan Views since their beginnings, and have made many contributions to both - I hope to continue this. I was a friend (as a Quaker) of Kathleen and Jack Jannaway, and always had a chat with Harry when he ran a stall at festivals. I was always very impressed with Harry's own editorials and contributions to V.V.

With kind regards,  
Elizabeth M. Angas  
London

## Vegan care home

Joanna Griffiths raised an important issue in the Winter 2010 edition of *The Vegan* that deserves greater consideration than the inadequate response it received [from the Vegan Society]. In her letter, Joanna floated the idea of opening a vegan care home or other residential complex for elderly vegans, perhaps drawing on some or all of the monies currently vested in restricted funds held by The Vegan Society (VS) and Vegetarian for Life (VfL) for "the relief of elderly vegans who are in conditions of need, hardship or distress".

I do not wish to belittle the important and necessary work done by the VS and VfL in promoting the interests of elderly vegans through the production and circulation of the *Vegan Catering Guide for Hospitals and Care Homes*, and other publications and outreach work with Meals on Wheels groups and staff at care homes. However, as Joanna recognises, vegans in residential care are likely to see themselves as outsiders, however acceptable the catering. They may even be regarded as 'senile old codgers', and treated accordingly by unsympathetic staff if they complain about a lack of appropriate care.

A care home or residential home run by vegetarians and vegans, for vegetarians and vegans, would provide a more sympathetic environment in which elderly vegans would truly feel 'at home'. By way of analogy, imagine if there were no vegetarian or vegan restaurants. Yes, we could still eat out, but wouldn't we crave some eating places where we knew that the caterers shared our beliefs?

The VS and VfL might reasonably argue that helping elderly vegans through the provision of facilities that allow them to remain in their own homes is a more

# Letters

*Vegan Views has always featured a good variety of letters from its readers. Please send in your thoughts, comments and ideas so that the Letters page (or pages) can flourish... see page 2 for contact details.*



effective use of their funds. However, this approach raises problems of its own. For example, how can the claimant's veganism be verified, should the help be restricted to members of the VS, will there be a cap on the amount that can be claimed and, if so, how much, and who will be granted and who refused support? Some difficult decisions lie ahead for the fund administrators.

What form might a vegetarian/vegan care home take? Would it be a care home at all, or some sort of sheltered accommodation, 'veggie village' [see note below] or other communal accommodation? Could other organisations become involved, perhaps using existing buildings, and how would individual vegetarians and vegans participate in the project, and how might they be rewarded? Or is this all wishful thinking? Only time will tell but, to use Joanna's words, what we can do is to "start discussing what we would like to see and how it could be achieved". A good starting point might be the formation of a special interest group for 'Older Vegans'. What do other readers think?

Paul Appleby  
Wantage, Oxfordshire

*Editor's note: The Spring 2011 issue of The Vegan includes a letter about the proposed Lancaster Cohousing project ([www.lancastercohousing.org.uk](http://www.lancastercohousing.org.uk)) - not all members are vegan, or even vegetarian, but they have committed to a veggie-vegan shared meals policy. The main construction should start this year, and hopefully it will be substantially completed by the middle of 2012.*

## Unsuitable jobs for vegans

I am currently unemployed and entitled to claim Job Seekers Allowance. I recently agreed that I would apply for a vacancy that the Job Centre had suggested, at a local company I was not familiar with.

It would appear that the staff at this Job

Centre were not wholly conversant with the names of local employers and what they do - this became evident when I later went online to research the company. My Job Seekers Agreement clearly states that I am a vegan and "cannot work with animal products", therefore it never occurred to me that not applying for a vacancy at what I discovered was the warehouse of the UK's largest supplier of fishing tackle would be an issue. Indeed I explained my reasons and ethical objections to the clerk, and nothing was said to me about that being a problem. The next thing I knew, I received a letter from the Job Centre telling me that my reasons for not applying for the vacancy were unacceptable, and they threatened to substantially reduce my allowance.

I contacted the Vegan Society and spoke to Rebecca Henderson, the Society's Advocacy Officer, who was very helpful and assured me that there is a sort of conscientious objection clause in some Statutory Instruments in the Department for Work and Pensions regulations which cover this area. I had also recently read a newspaper article suggesting that vegans would be included in the new Equality Act (then a Bill), so went online to see what this new Act (in force since Oct 2010) could mean for vegans. The article had mentioned that vegans were to be included in the draft code of practice, accompanying the Bill which was going out for consultation. The section, which would cover the sort of situation I had encountered, treated veganism as a protected belief, and it could be said to be "Indirect Discrimination" by the Job Centre, imposing a criterion which I could not meet (i.e. that I should take any job offered me).

Obviously there is a degree of give and take, and individual vegans will decide in what sort of occupations they feel comfortable in, and which would be a definite no-no (any vegan butchers out there?!). I replied to the letter, mentioning the Vegan Society, the draft code, the Equality Act, my intention to contact my local Citizen's Advice Bureau, and my local councillor, MP, and a top firm of lawyers who specialise in this area, to seek their advice - and have not heard any more about the matter.

Has anyone had a similar experience at their Job Centre, and can anyone enlighten me, just out of interest, where vegans stand vis-a-vis this new law etc...?

Yours in anticipation,  
Andrew  
South Wales

## A truth whose time has come

**BUTTERFLIES KATZ** is a vegan activist in New Zealand. She has been vegan for over 32 years and writes regularly on her internet blog: '*Veganism: a truth whose time has come (our next evolutionary step)*' - see <http://thevegantruth.blogspot.com>

### \* Poignant one word responses

I posed the following question to the world on Facebook: "Please answer in one word; what makes the masses think non-human animals are food or a commodity, rather than the sentient beings they truly are?" Every poignant one word answer could be the right answer! Here they are in order of how many times they were mentioned, with 'speciesism' being mentioned the most times:

*Speciesism, Ego, Denial, Brainwashing, Apathy, Conditioning, Ignorance, Indifference, Religion, Selfishness, Addiction, Self-centredness, Indoctrination, Tradition, Doctrine, Stupidity, Taste, Unaware, Thoughtlessness, Repression, History, Education, Habit, Socialisation, Indoctrinated, Complacency, Forgetfulness, Naivety.*

### \* Bill Clinton – vegan?

This news clip [www.youtube.com/watch?v=R3ied\\_AD4iE](http://www.youtube.com/watch?v=R3ied_AD4iE) [where Bill Clinton talks about his new plant-based diet] has been making its rounds over the internet. My first impression was "wow - this is a good step for President Clinton". I was happy for him that he might actually reverse his heart disease. I felt good. Then I started seeing all these vegan activists reporting "Clinton goes vegan". This made me feel bad. Vegan activists are now promoting veganism as something much less than what it is.

Veganism is, by its very essence, an ethic or way of life that seeks to avoid exploiting animals. Vegans do not consume any products or food that is sourced from animals, nor do they support businesses that exploit other animals. The vegan way of life also comes with great benefits for human and planetary health. But veganism is NOT a diet (and certainly not one that includes fish!).

Bill Clinton is simply not vegan (yet!). He doesn't even say he is a vegan. He says he eats a predominantly plant-based diet for health reasons. If everyone in the world did that, we might be able to help save the planet and its inhabitants, and it is a giant step in the right direction. And - I admire that he uses his fame to inform the public about a diet that is more suited to the human race. However, when vegans start advocating someone who is clearly not vegan to be a vegan - that becomes very problematic and hinders the movement. It does not help animals to demean the definition of veganism. It is confusing the public and lessening the standard of the vegan ideal.

It's for all vegan educators to uphold the standard and the true definition of a vegan, and not bring it down to the level of the public, but to bring the public up to the level of

veganism. Our job is to offer people a new mindset; that vegan living is a moral imperative and humanity's next evolutionary step; one that will usher in a truly civilised humanity. We have no need to inflict torture, suffering, and death on other animals. It's just basic respect. There are many long-time vegans who have experienced what President Clinton is talking about, a reversal of diseases. We are all living proof that we NEEDLESSLY use animals for our own extraordinarily selfish purposes.

Get with the times. Vegan food is delicious; no sacrifice whatsoever. I realise 'change' is difficult. But why wait until your heart gives out, like President Clinton? Eat a heart-healthy plant-based diet as a preventative measure and to reduce your risk of life-threatening diseases. However, if one is serious about expanding their heart-space and compassion, they would make a stand and become vegan. Being vegan is doing the right thing. It's wrong to treat sentient animals as if they were lifeless objects that can't suffer. They are animals. We are animals. What sets us apart from rocks and plants is that we have the capacity to suffer and that we have awareness and consciousness. Other animals are our brothers and sisters of the animal kingdom. My conscience does not feel anywhere near the same about killing plants as it would in the killing of animals. I believe if everyone tuned into their heart-of-hearts, they would also feel sad about inflicting horrific torture and death on sentient animals. In order to have a healthy heart, in all senses of the word, one needs to live vegan.

#### **GUILLEMOT**

*(Bad stewardship)*

*Oceans have endured the past -  
the murder of the whale  
and exploitation to the last  
will bring a final gale*

*and if the sky be mackerel-blue  
though it might well deceive,  
just leave the coral down below  
or stuff it up your sleeve!*

*What healthy surf will thrash the rocks  
to fill impotent pools,  
when we all keep to summer clocks  
as nothing else but fools!*

*Money is a litter-lout  
if we don't give a toss!  
Let tides come in and out again  
to mitigate the loss!*

*Mustard lichen, borrowed granite,  
pill-box mounted on a scar  
and who are we here to complain  
bereft of 'what' we are?*

*And who has oiled my guillemot  
left lifeless on the shore?  
I can hear the tide again  
knocking at my door!*

Roy K. Austin



## SUBSCRIBE TO V.V.

Subscriptions and donations help to keep us going. Three issues £5.00 inc UK postage (March/July/Nov).

You can pay online using PayPal ([www.veggies.org.uk/campaigns/vegan/vegan-views](http://www.veggies.org.uk/campaigns/vegan/vegan-views)) or else you can send a cheque - payable to Vegan Views - to the address on page 2. When subscribing please state which issue you want to start from, and if you give us an email address we'll also put you on our mailing list.

You can also subscribe, at the same cost, to a digital version in pdf form - especially suitable outside the UK (when a paper copy will cost more, please contact us for details saying which country you're in). There are no plans at present to make the magazine freely available online.

**Sell Vegan Views** to friends, or at local shops, or meetings or festivals. If you order a minimum of five copies of the current issue each copy costs £1 inc UK postage.

**Back issues** See the V.V. website for an archive of many old issues and articles.

## ADVERTS

Small text adverts (preferably not more than 50 words inc contact details) are free to subscribers, although a donation would be very welcome especially if you are a profit-making business. Please contact us if you are interested in placing a large text advert or a box advert.

**VEGFAM** ("Feeds the Hungry Without Exploiting Animals"), registered charity no. 232208, has been helping to alleviate hunger, thirst, malnutrition and starvation since 1963, by funding vegan food production projects worldwide. During 2009 and 2010, Vegfam financed 18 projects (totalling over £261,000) in 12 countries (Bangladesh, Belize, Brazil, Cambodia, Colombia, DR Congo, India, Kenya, Malawi, Niger, Pakistan and Rwanda), which should help more than 200,000 people. Funding the seeds, tools and other supplies facilitated the planting of thousands of acres of land - to provide lifesaving nutritious food. Water resources of 26 different types will provide safe, clean drinking water and much needed irrigation.

More information from Vegfam (VV), c/o Cwm Cottage, Cwmyrnys, Cilycwm, Llandoverly, Carmarthenshire SA20 0EU (tel: 01550 721197). Website (with link to online giving): [www.vegfamcharity.org.uk](http://www.vegfamcharity.org.uk)

## EVENTS

### 3rd WORLDWIDE VEGAN BAKE SALE 23 April - 1 May 2011

Groups across the globe will be involved, and each participating group gets to choose its venue, what to sell (must be vegan), and how it uses the proceeds. Details at [www.veganbakesale.org](http://www.veganbakesale.org)

### BRISTOL VEGFEST 27-29 May 2011

Over a hundred stalls with food, bodycare, fashion, accessories, merchandise and information - all of it vegan. Plus a full line up of talks, demos and entertainment. Free entry 11am-6pm Sat/Sun (charge 6-11pm for bands and DJs Fri/Sat/Sun). Website: [www.bristol.vegfest.co.uk](http://www.bristol.vegfest.co.uk) or ring 0117-3079872.

### 13th INTERNATIONAL VEGAN FESTIVAL 4-12 June 2011

in Malaga on the coast of Southern Spain. Talks, workshops, cookery demos, excursions, entertainment, and delicious food. Website: [www.ivu.org/veganfest/2011](http://www.ivu.org/veganfest/2011)

### GLASTONBURY FESTIVAL 22-26 June 2011

Veggies will be providing a vegan oasis with food, literature and general good vibes from 9am Wed 22nd to 6pm Mon 27th. (In the Green Futures Field, at the opposite end of the site from the Pyramid Stage, towards the 'Stone Circle'. Cross the 'Old Railway Track' and the Green Futures field is on the right - take the sidetrack through the entrance arch and see Veggies a short way along on the right.)

### VEGAN CAMP 6-20 August 2011

The Camp began in 1981 and rotates around campsites in England, Wales and Scotland. The 31st Camp is set for Fenny Bentley, Ashbourne, Derbyshire. Family-oriented but many single people go too. Focus is mainly on outdoor activities (walks, fun sports, trips out, etc). Friendly atmosphere, and ideal for children. Website: [www.vegancamp.co.uk](http://www.vegancamp.co.uk) or SAE to Gordon Forrest, 9 Seymour Street, North Shields, Tyne & Wear NE29 6SN.

### LONDON VEGAN FESTIVAL

**Sunday 21 August 2011** Kensington Town Hall 11am-8pm, entry £2. Stalls, talks, workshops, and food by Veggies. Website: [www.vegancampaigns.org.uk/festival](http://www.vegancampaigns.org.uk/festival)

## GROUPS

**VEGAN SOCIETY** The UK Vegan Society is an educational charity providing information and guidance on various aspects of veganism, for new and potential vegans, caterers, healthcare professionals, educators, the media, etc. Membership £21 a year (with various concessions) includes quarterly magazine *The Vegan* - from Donald Watson House, 21 Hylton Street, Hockley, Birmingham B18 6HJ (tel: 0121-523-1730). Extensive website (with online shop): [www.vegansociety.com](http://www.vegansociety.com)

**VON** The Vegan-Organic Network researches and promotes vegan organic methods of agriculture and horticulture. They produce a large informative magazine *Growing Green International* twice a year, with articles and news from vegan-organic growers worldwide. Membership £16 a year: 80 Annable Road, Lower Bredbury, Stockport SK6 2DF (tel: 0845-223-5232). [www.veganorganic.net](http://www.veganorganic.net)

**MCL** (Movement for Compassionate Living - the vegan way) promotes "a way of life that is free of the exploitation and slaughter of sentient beings, that is possible for all the world's people and that is sustainable within the resources of the planet". Annual sub £5 includes the quarterly journal *New Leaves*. From 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT (tel: 01639-841223). Website: [www.mclveganway.org.uk](http://www.mclveganway.org.uk)

### VEGAN VILLAGE

[www.veganvillage.co.uk](http://www.veganvillage.co.uk) is a website listing hundreds of UK vegan companies and contacts. Regularly updated noticeboard, plus shopping, food, travel, health, and more.

### VEGAN FORUM

[www.veganforum.com](http://www.veganforum.com) is a very active online message board for vegans. New posts each day on a wide variety of vegan-related topics.

