

VEGAN VIEWS

A forum for vegan opinion
in memory of Harry Mather

No.123 Winter 2011/2012



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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. Our emphasis is on debating issues amongst vegans and vegan sympathisers. We are independent but support 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.

DISCLAIMER: Contributions may be edited. The views expressed in this issue are not necessarily those of the editors.

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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.*

The deadline for contributions to the next issue (due out in March) is

TUESDAY 31st JANUARY - but smaller items may be accepted for a few weeks after this date. We would love to hear from you! See panel on the left for more info.

SUBSCRIPTIONS to the printed edition of Vegan Views - see back page.

The digital pdf of V. V. is now available free at www.veganviews.org.uk - the text is almost identical in both versions, but most of the photos in the pdf are in colour and much clearer (and the pdf usually has a few extra photos which we didn't think would come out well in black and white in the printed magazine).

If you'd like to receive the pdf version in your email as soon as it's out (rather than waiting until it's on the website) then please let us know and we will add you to our 'Pdf Mailing List'. The digital version is free, but donations are very welcome if you are a digital reader only. Our recent back issues 121 and 122 are also freely available online (as are many earlier issues in our archive).

EDITORIAL

There is only one thing wrong with editing Vegan Views and that is I don't get to receive it in the post anymore, which I miss. This issue has four extra pages (because we thought you would like more to read!). We hope you'll enjoy reading it as much as you, hopefully, have enjoyed reading the last two issues.

Our subscription rates for the printed magazine are kept as low as possible, but they enable us to continue to print the magazine for those who like to read it that way.

We have now decided to make the digital pdf version freely available (see note in the panel above) because we'd like to reach a wider audience, both in the UK and abroad. Also we can do more with the digital version, especially in terms of colour photos, many of which don't look so good when printed in black and white.

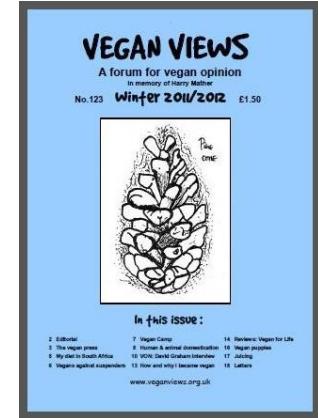
We hope that some readers of this digital version (especially those who look at issues regularly) will consider a donation to support us - either occasionally, or perhaps annually. This will allow us to keep the paper copy going and will generally support us - we are all volunteers, and no-one is paid any money.

We have a mailing list for those people who would like to receive the digital pdf version by email (as an attachment), and this will be sent out around the same time as the paper copy. Please email us at editor@veganviews.org.uk if you'd like to be added to this pdf mailing list.

This digital version has a cover photo of a snowy scene in Wales. However the printed magazine (see right) has instead a pine cone drawing by ex V.V. editor Valerie Alferoff. We hope nobody will get confused - they are one and the same magazine! This is a bit of an experiment as line drawings work best in the printed issue, but colour photos look good in the digital version. We will see how it goes...

For those of you who like Facebook, we now have a link on our website to the new 'Vegan Views Page' - which you can 'like' and generally support us, as well as posting on the page if you want to.

Sarah Austin



Everywhere we turn these days - to the TV, newspapers, or internet - planted heavily in our subconscious is that we are facing the biggest global economical crisis for many decades. So how can we justify the added costs of supporting our health food shops and local growers?

It's true that almost every month yet another one of our bills is being increased, giving us an even smaller disposable income, and we are being squeezed for every penny we have, with the rising costs in our utilities to the huge inflation in the price of food. If only our salaries were rising this quickly, if at all.

It is my belief that the storms will pass. After we have played catch up, and adjusted our mentalities from buy it now, to spending what we can afford, and we resist the banks that are too quick to start lending money and get us spending.

It's all about priorities. What can be better for the welfare of animals, the environmental sustainability, the repression of poor impoverished countries, not to mention our personal health and bodies, than locally grown produce? Every little bit counts. Don't berate yourself, or accuse others of not doing enough to help. Your efforts, regardless of how big or small, all count and contribute to creating a world based on ethics, principle and harmony.

David Mather

**** The Vegan Press ****

The idea for this regular feature is to draw your attention to some of the more interesting articles with a vegan content that are available in current or recent magazines worldwide, or else online. There's a lot out there these days, and if you know of anything we haven't mentioned, that you think other readers might like to hear about, then please let us know.

Not everyone has easy access to the internet, in which case a fair amount of the content listed here may be rather out of reach, but we'll try to keep it interesting for everybody. Online magazines and websites are free to access unless stated.

THE PRINTED PRESS

The Vegan (see back page for Vegan Society info) has a helpful article by Rebecca Henderson on 'Medication' in the Autumn 2011 issue (p.14). It will help if you want to know whether or not a particular medication contains animal ingredients (you can either talk to your pharmacist or else check ingredients yourself at www.medicines.org.uk). See also Frank Thunder's article on the same topic in the Summer 2011 issue (p.20).

All issues of *The Vegan* (except the current issue) are now online at www.vegansociety.com/resources/magazine/Back-issues.aspx - so you can read the very first issue, published in November 1944, and you can also track how much the Vegan Society's magazine has changed over the years.

Growing Green International (the Vegan Organic Network's magazine, see back page for info) has an interesting article 'Human diet choice and climate change' by Jakub Olewski in its Summer 2011 issue (p.8). He examines in detail the differing conclusions of three studies on the impact of animal production on climate change: 'Livestock's long shadow' (2006), 'Livestock and climate change' (2009) and 'Climate benefits of changing diet' (2009) - and concludes "Given the difficulties in providing precise estimates, to the best of our current knowledge, saying that animal production is responsible for between 30 and 50% ... of total anthropogenic emissions is not an overstatement".

This article isn't available online, and neither are back issues of *Growing Green*, but there are sample articles from recent issues on VON's website at www.veganorganic.net (to see them click above the *Growing Green* front cover).

The American Vegan (the American Vegan Society's magazine) includes an article in its Winter 2011 issue by Ryan Draving (p.22) in which he describes his difficult early days as a vegan: "Over three or four weeks, I researched and went from a standard American diet to vegetarian to vegan. The next three months were pretty horrible really. I was trying to convince my family and friends that we needed to all stop exploiting animals, but I was a bit of a mess. I didn't really know anything about vegan nutrition, so I was eating pumpkin seeds by the handful for iron, cans of kale for calcium, and two soy dogs at every meal. I also bought sixpound buckets of tofu from the Asian market. I still didn't know a single vegan, so I was pretty much flying solo. I felt sad, frustrated, and alone. Physically, my body definitely took a hit from the poor diet. I can't even eat a soy dog today - makes me sick."

However Ryan persevered and his experiences motivated him to later set up VegVine (www.vegvine.com): "VegVine is about multiplying the power of the movement through social technology. There are literally hundreds of millions of compassionate people who will choose a vegan lifestyle as soon as they have strong guidance and support. Our goal is to connect people with the resources that make veganism fun and easy, and to create those resources ourselves when necessary ... We make it easy to meet vegans, date vegans, cook vegan food for friends, research vegan products, find vegan housemates, get involved

with local activism for animals, and gain health guidance."

This Winter 2011 issue of *The American Vegan* (which is actually from last winter 2010/2011) is, at the time of writing, available to download from the home page of the Society's website (www.americanvegan.org). A number of back issues are also available.

ONLINE ONLY

TOFU (www.ilovetofu.ca/store) is a vegan magazine which began in 2007, featuring vegan articles, recipes, and art, from Canada and around the world. There's a good deal on food, with exotic-sounding recipes in issue 5 (Spring 2011) such as 'Sesame Kissed Cauliflower' and 'Herbaceous Bodacious Quinoa & Millet with Saucy Squash Purée'. Issue 4 (Winter 2010) included some interesting articles on vegan parenting.



Unfortunately there's some doubt about TOFU's future as editor Ryan Patey is moving from Canada to South Korea, but they hope to at least bring out a sixth issue. You can download issues for free or give a donation, although you do have to register and give an email address.

There's a fascinating interview in issue 5 (p.44) with animal activist Jo-Anne McArthur, creator of the *We Animals* photography project (www.weanimals.org). This is something a bit different - her powerful images (some positive but many unsettling) "uncover the often ignored relationships we have with the animals we abuse", and they've been "the face of dozens of animal advocacy campaigns and have pulled her from her backyard in Toronto to some 40 countries". At the end of the interview Jo-Anne remarks: "I want my future and my career to be entwined with the changing of hearts and minds about our treatment of animals around the globe."

The photo below is a self-portrait 'Ndele and I' by Jo-Anne McArthur.



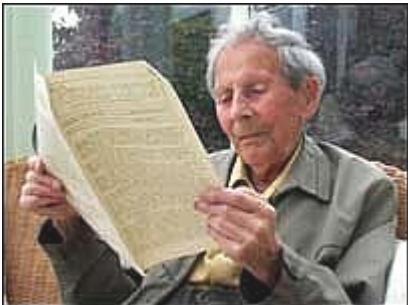
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Critical Society This quarterly e-journal edited by Barry Kew (www.criticalsocietyjournal.org.uk) was reviewed in our last issue (V.V.122 p.15).

Their Summer/Autumn 2011 issue No.7 has since been published, and features more in-depth analyses of animal liberation with a strong vegan perspective. There's a piece on 'What the BBC thinks are animal liberation views', also 'Vegan equality in law' (the 2010 Equality Act and how it relates to veganism), and then Barry Kew's long article on how veganism has been sold short: *"Even now, though things generally may have changed for the better (some might claim for the worse), it is astonishing to note how many new books on animal liberation, animal exploitation, human–nonhuman relations, animal-concern history fail to mention veganism, the Vegan Society and Donald Watson."*

Talking of Donald Watson (founder of the Vegan Society, and inventor of the word 'vegan') I only recently came across the transcript of a long and wide-ranging interview with him, recorded in 2002 by George Rodger, chair of the Vegan Society. It's available at

www.veganmeans.com/vegan_who/Donald_Watson.htm and is absolutely fascinating, although at almost 18,000 words it did take rather a long time to read!



Donald was 92 at the time of the interview, and talks about his early life, his experiences on a farm, the dilemmas posed by the Second World War, his agnosticism, and of course the development and progress of veganism ("this little seed which I planted 60 years ago, and has been worked on by now thousands of people ever since, is making its presence felt in a world that is dying for salvation, to use again the religious expression"). Interestingly Donald felt that the Vegan Society's progress over this time "has been better than I expected".

A much briefer version of the interview was printed in the Summer 2003 issue of *The Vegan* p.17-18 (available on the back issues page of the Society's website).

Autumn 2011 Issue #2

The Abolitionist

Science
Is Not the Enemy

Protein:
A Cultural Zeus

**Justice Towards
Animals Demands
Veganism**

A Revolution of the Head...

so they cannot be protected usefully under law. It recognises that people will not go vegan overnight, but sees vegan education and the corresponding social change as the 'steps' toward it. Put simply: an abolitionist is someone who believes abolition is the only correct answer, but does not sacrifice this message in favour of regulatory 'step' campaigns in the short term. An abolitionist refers to someone who sticks with trying to grow the movement for veganism, and the movement against animal use and regulatory action."

Animal Rights Zone (ARZone:<http://arzone.ning.com>) is "a place for animal advocates to gather and discuss issues, exchange ideas, and share information". It was set up in 2009,

and particularly interesting are the transcripts of a large number of lengthy chats/interviews they have done with people such as vegan advocate and ex cattle rancher Howard Lyman, Louise Wallis (former UK Vegan Society president), Rob Jackson, philosophers Prof Tom Regan and Prof Richard Ryder, Butterflies Katz, Kim Stallwood, Prof Gary Francione, Keith Mann, Ronnie Lee, Lee Hall (who was interviewed by us in V.V.122), Dr Will Tuttle (author of *The World Peace Diet*) and - surprisingly - neurobiologist Prof Colin Blakemore. It's a bit hard to find the time to go through all these, but I'll single out just two.

I was curious to read the Colin Blakemore chat and interview (his work and stance has of course been heavily criticised by the animal rights movement). It was conducted in very polite fashion and here are a couple of excerpts: *"I've never met a researcher who actively enjoyed using animals. I've said very publicly that I disliked it intensely and I was very pleased when I gave up animal experimentation about seven years ago." ... "I'm afraid that I don't accept that animals have rights - certainly not the same rights as all humans. But that doesn't mean that I think we have no responsibilities towards animals. We have legally binding and morally binding obligations towards animals. But to suggest that animals are precisely the same as humans in moral worth doesn't make sense to me."*

And then Gary Francione, who is known for his abolitionist theory of animal rights (and is regarded by some as the most important animal rights philosopher of our day): *"I have long been against single-issue campaigns because they encourage the false belief that some forms of exploitation are worse than others." ... "I think if we conscientiously pursued creative, nonviolent vegan education, it would make a terrific difference. I also think we have to reshape the movement to incorporate nonviolence and peace studies."*

Finally, there are a huge number of online **vegan (or vegan-friendly) blogs** - see links below. Does anyone fancy having a look through these and recommending some good ones?

There are plenty of **vegan forums** too (again see panel). Do you like any of these, do you read them, do you post on them, what are the good and bad points of blogs and forums?

Malcolm Horne

• VEGAN BLOGS ... where to find

Have a look at **VegBlogs** (www.vegblogs.com) - they pick out the latest vegan blog posts from around the web to help you find stories and podcasts of interest.

See also the list of blogs at the **Vegan Chatroom**:
www.veganchatroom.co.uk/veganblogs.html

Vegan Village have a page listing a few blogs at
www.veganvillage.co.uk/homes.htm

And **The Vegan Blog Reporter** can be found at
www.veganmainstream.com/vstream

• VEGAN FORUMS ... just a few

Vegan Forum (www.veganforum.com) - very active online forum, with new posts each day on a wide variety of vegan-related topics. Members worldwide, especially UK /USA..

Plant-Based People is a forum we only just came across (www.plantbasedpeople.com/forum.php) - they started as 'Vegan Represent' in 2003, but in 2011 changed their title, "dropping the word 'vegan' to be more inclusive and focused on ideas of social justice for nonhuman animals".

Vegan Lounge (<http://veganlounge.co.uk>) - a smaller forum, and another one new to us.

And for more forums see the **Vegan Chatroom** list at
www.veganchatroom.co.uk/veganforums.html

My vegan diet in South Africa



South Africa in summer has an abundance and variety of fresh fruit and vegetables to excite my vegan palate. I feel inspired at this time to spoil my family with fruit salad and fruit smoothies for breakfast, topped with a choice of freshly chopped nuts from the local market. I am a longstanding vegan, and these days many people see the benefit of such a lifestyle and ask me questions enthusiastically!

My husband Charl and I live in the southern part of Johannesburg in the Gauteng region (which used to be called Transvaal), about seven miles from the central city area. My daughter Nicky lives on a farm with her husband and his parents in the Free State adjacent to the 'Transvaal'. I also have two sons Dirk and Philip, and a grandson Luther.

Fresh fruit boosts my energy levels because of the fruit sugar which is readily absorbed. Some fruit like prickly pears (which we grow in our garden), and purple figs, are "gourmet" fruits in South Africa - high in calcium.

My favourite fruit smoothie is made with frozen unsweetened orange concentrate from *Minute Maid*, and mixed with ice cubes and ground sunflower seeds. Another fruit smoothie is mango, coconut milk and ice cubes mixed together - and to have this with large berry muffins and fruit preserve is a delight.

For an alternative breakfast our family goes to the local market and each person chooses his/her favourite fruit to add to the bowl of fruit salad we'll make. This is very exciting and we choose five to six fruits to prepare in a really large fruit salad, and it keeps well for about three days in the refrigerator.

Like any other family, my husband and I like to wake up to a cup of freshly ground coffee (black with no milk or sugar). We have vegan rusks followed by a bowl of fruit salad with chopped nuts. This supplies our carbohydrates and protein for the morning, making us ready to meet the day's challenges.

As we all know, coffee is high in magnesium and beneficial for the absorption of calcium, and freshly ground coffee from Kenya is a really nice treat. Ground coffee is exceptionally high in magnesium so we stick to one cup a day, but instant coffee is lower at approximately 60mg per cup. Instant coffee allows us to have more than one cup of coffee per day - the little caffeine is a bit of a drawback though. I sometimes like to replace coffee with something else, such as ginger spice - the natural ginger provides the same high volumes of magnesium similar to that of coffee. I see it as a challenge to switch from coffee and also use instant chicory, which is a natural product and far superior to coffee. I find it necessary to reduce my coffee intake now and again, and to switch to a healthier option for both myself and my family.

Organic and unprocessed emphasis

The fresh produce in South Africa allows me to focus on organic foods and I prefer to stay away as far as possible from most processed foods. Sometimes we do indulge in processed items such as Fry's protein foods, but we do balance it with organic

and unprocessed foodstuffs. We find that this balance satisfies our appetites but also gives us the benefit of organic and unprocessed foods.

Sometimes, during my holidays, I use watermelons as a pep-up cum detox measure, especially after a stressful work period - and it works! It is not uncommon that lunch, for my family and some of our friends, consists just of two medium slices of watermelon. Watermelon is a fruit with a high water content and it digests quickly - we therefore have it on its own, or suffer the consequences.

Otherwise lunch is packed with homemade bread - sometimes white to satisfy the rebellious palate of my children. I find that nut/bean spreads, or grated raw vegetables with mayonnaise, are the best fillings, and are a compromise between healthy variety and my family's set palates. In summer, nuts are an economical purchase - we obtain them in bulk and freeze a supply for the remainder of the year.

In our vegetable patch we grow spinach all year round, lazy housewife beans, and green and red peppers. We also grow watercress in a pot, and use this in a lettuce salad to lessen the strong flavour. Watercress is so easily cultivated, and we benefit from its high content of vitamins B-2 and A, and calcium. I like to freeze the peppers from my garden because they grow so easily, and when needed just run them under the tap water to 'defrost'. I grill large slices of peppers, spinach, aubergines and tofu slices and stack them like an open terrine - this works quite well! We serve this with small rolls and a bean spread to complete the meal. This dish definitely qualifies to serve as a main Sunday-style meal because it has the aura of a gourmet dish.

On a Monday night we indulge in pastry for the evening meal. The pastry provides the carbohydrates and the 'sausage' the protein, so the only other thing needed is a side dish of vegetables. We like the versatility of shredded cabbage, and a little carrot for texture, in either a salad with mayonnaise, or lightly stir fried in a bit of oil.

We have a number of Chinese folk in South Africa who sell their tofu to us at very reasonable prices. I take advantage of this and 'preserve' some tofu which my husband and I have for lunch on Saturdays in the summer, together with fresh rolls and fruit from our garden. Tofu may keep quite long in the refrigerator but if not used will soon have to be thrown out. To prevent this I freeze a large number of the tofu blocks, and when needed just run under the tap water to defrost. The process of freezing changes the texture of the tofu so that it is possible to 'flake' it. The defrosted tofu I then flake, and mix with flour and green spices to produce a fritter that is served with a substantial salad, making a light meal.

About 80% of the population in South Africa are of black origin and have diverse cultures and languages. South Africa now has eleven recognised languages: Afrikaans and English originate of course from the Dutch and British, and are spoken mostly in the country (farms), in the public domain and commercial life.

In South Africa we have such a variety of fruit, vegetables, nuts and other ready meals so that there is really no excuse not to indulge in a vegan lifestyle!

Careen Marais

Vegans against suspenders

by Katharine A Gilchrist

I always knew that there was a strong link between sexism (and other forms of discrimination) and the ab/use of animals. I even wrote a poem about this called *Ultimate Man* when I was a teenager. Fortunately for everyone, no copies of this particularly bad example of teen poetry exist.

As I got older, I got used to having opinions that put me at odds with others. Anti-Tory but not pro-Labour. Green, but vegan and thus not fitting in with supporters of 'free range meat'. (And thus considered a lover of plastic and monocultures, and thus a foe of the Earth. I thank goodness for organisations like the *Movement for Compassionate Living* for demonstrating the green-ness of being vegan.)

I read *The Sexual Politics of Meat* by Carol J Adams in the mid-1990s. It was first published in 1990. And I very much agree with some of it. But not all. I now find myself at odds with vegans who espouse a version of fighting sexism with which I strongly disagree. I have been struggling to come up with a way of describing them. Inspiration struck when I was sorting through some old postcards. I found a cartoon by Jacky Fleming entitled *Another New Man*. The eponymous male is wearing a stripy jumper and thinking to himself "I must not think about suspenders" over and over again.

So I am going to call my ideological opponents VAS (Vegans Against Suspenders). I apologise if it sounds too frivolous. If they can formulate a description which they feel is more appropriate, I promise to use it in future. (I reserve the right to place the name in inverted commas if I disagree with it.)

VAS are up in arms because of PETA (*People for the Ethical Treatment of Animals*) announcing its decision to launch a porn site. This news came as a complete surprise. I had been under the mistaken impression that they had been running a porn site for years! And that PETA had merged with Playboy to form an organisation of young women devoted to saving cute bunnies. (*PET-Bunnies* employ a three-pronged strategy: wearing bunny ears and not much else; eating lettuce and not much else; and having lots of sex. But it seems they are a figleaf, oops, figment, of my imagination.)

Many vegans, including VAS, dislike PETA for the same constellation of reasons that I do. They have betrayed animals by putting time and money into supporting 'humane' slaughter. Ending a life is still ending a life, however quickly and painlessly it is done. You will not catch *Amnesty International* suggesting which methods of execution are 'best' because they are against the death penalty. PETA, ignoring normal standards of taste and decency, celebrated the death of Bin Laden. It also blogged about it in a way that appeared to be completely uncritical of US foreign policy.

Also PETA's publicity has insulted women for being overweight, describing them as 'whales'. Going vegan is likely to improve your psychological well-being and carbon footprint. It is not, however, a cure for habits such as comfort eating. Therefore, we are not all thin!

VAS expect us to unequivocally condemn PETA's porn plans. I don't think it is that simple. I think that if it is ethical to do something, it is, broadly speaking, ethical for consenting adults to watch or film it. (This applies the other way round too.

I'd rather be campaigning against slaughterhouses than suggesting they install CCTV.)

A female VAS recently expressed the view that pornography warps the mind. People start off watching pictures of consenting adults and end up so jaded that only pictures of animals being crushed will satisfy them. (This closely parallels the 'gateway drug' theory that one puff on a joint will lead to heroin addiction.) I asked the VAS for evidence, something linking cause and effect, but she didn't reply.

I find it unhelpful when VAS describe porn and stripping as 'self-commodification' and compare this to 'happy meat'. Women survive being photographed, animals do not survive being turned into meat. VAS reply that 'self-commodification' is actually more akin to 'selling out' than 'selling oneself'. I suggest that VAS should use the more accurate term.

VAS say: "**Women are second class citizens.**"

Yes and no. When you take into account all other forms of discrimination, some women are further up the ladder than a lot of men.

VAS say: "**Women are primarily seen as sex objects.**"

This is a sweeping generalisation.

VAS say: "**Sometimes over-privileged women think it is fun and 'empowering' to strip for PETA ads. This is very unfair on women who do not want to strip but cannot get other work.**" This line of reasoning is revealing, pun not intended. The speaker has just conceded that stripping is not intrinsically an unpleasant experience for all women.

There are many things that people enjoy without their pleasure being seen as an endorsement of someone else's under-paid labour. I love flowers. Pictures of blossom, photos of trees in bloom, wearable fake flowers, potted geraniums and other flowering plants. That is not a sign of indifference to flower growers in the Third World who are forced to work with pesticides. I am not fond of cut flowers but would buy fairtrade if I did. It is very acceptable to enjoy eating food. Vegans generally approve of other vegans (and non-vegans) enthusing about vegan food. This enjoyment is in no way an endorsement of low pay for fruit pickers or people who freeze peas.

VAS attitudes are, in my opinion, sometimes damaging to women. We are being blamed for violence against women, as I found in the context of a series of anti-rape demonstrations which took place in various cities across the world. VAS are very careful to avoid blaming individual victims for their being attacked. However, they suggest women should be more careful when selecting outfits.

"*What do you want us to wear?*" we ask. "*Oh, we're not telling you what to wear*", they insist. "*Just avoid dressing in ways which will reinforce sexist stereotypes. The stereotypes that lead to women being raped. So, you should choose not to wear high heels or short skirts. Because if you do, you are selfish and indifferent to the plight of raped women, and you are putting yourself at risk also. But please do not ask us to specify which items we are criticising.*"

VAS accuse their critics of being 'individualistic' and 'neo-liberal', categorising us alongside the peculiar Americans who

think that having a national health service that is free at the point of use is tantamount to communism. Yes, women could play along. We could accept the guilt about our past bad choices. We could repent. We could send our inappropriate clothing for recycling or vow to never wear it in public again. We could agree that we would all dress demurely in public, in the hope this would appease misogynists and make them feel less confused.

We could make a pact to all wear dungarees. Nothing wrong with dungarees; much wrong with adopting an informal uniform. If outsiders can pigeon-hole you according to what they think you believe, they are less likely to ask about your opinions. Which can lead to misunderstandings.

Where would it stop? If we tolerate this, what next? There are people outside the vegan movement who are only too happy to advise women on how to restrict their activities in the name of liberation. There are women who want other women to express our freedom by giving up any activities (craft, cheer-leading, etc) which are viewed as stereotypically female.

The message they are sending is that only typically 'masculine' activities are acceptable. That wanting to do something seen as typically 'feminine' is something to be ashamed of (unless

you are male, of course). They seem to think that individuality must be suppressed for the greater good of *sending the right message*. Only by creating false views of what we want can we demolish stereotypes about women.

How can that be the right message? Why expect us to pander to sexist views in the first place? It is time to speak up. Rape (of men or women) does not exist because some women are selfish dressers who cause rapists to be confused. 'No' is not a long or complicated word.

I don't approve of PETA. I find their obsession with scantily-clad women baffling and irritating. But I do not believe the quest for women's rights necessitates our all wearing modest outfits designed to 'challenge patriarchy'.

I am all for love and peace and stuff. I want to see the abolition of animal farming and of war and blood sports and vivisection and capital punishment. Although I am an agnostic, I eagerly await the day mentioned in the Book of Isaiah when swords will be turned into ploughshares and spears into pruning hooks.

And I also would like to see fishnets turned into fishnet stockings.

VEGAN CAMP

The photo below shows some of the people who attended the fortnight long 31st annual Vegan Camp in Derbyshire in August 2011, with organiser Daniel Strettle in the front row (right, kneeling). 152 people attended this year (camping or caravanning), beating the previous high of 135 in South Wales in 2007.

The Vegan Camp began in 1981 and rotates around campsites in England, Wales and Scotland. The 32nd Camp is planned for Harrogate, Yorkshire (though this is awaiting confirmation) - but dates are fixed for Sat 4th-Sat 18th August 2012, and you can check the latest news at www.vegancamp.co.uk

As usual, you'll be able to stay for any length of time. Children are welcome (also well-behaved dogs), and there is a Vegan Camp shop to buy forgotten extras and vegan treats. To receive information about the event by email please send your request to the bookings secretary Graham at gmforrest@tiscali.co.uk or direct an enquiry to general organiser Dan at danielsherwoodjohnstrettle@yahoo.co.uk

One of the people who went for the first time this year, Teresa from Hertfordshire, writes: "*This year was my first stay at the Vegan Camp. I booked online, and was pleasantly surprised that the organisers had a list of items that I could buy or hire. This was a deciding factor for choosing to go on holiday with them. I could skip the tedious packing of a tent, cooking equipment, sleeping bag, and other essentials, and relax. The hire rates were very reasonable (e.g. £6.50 for a single tent for a week) and I could also order vegan food in advance. The organisers also arranged a programme of reasonably priced activities that included local tourist attractions, which I was eager to try. I really was able to relax and not worry about where I would find the places that I would enjoy. I have never had such a relaxing holiday. The weather? A great mixture of rain and sun. Can't wait till next year...*"



Human & Animal Domestication: An Inseparable Dynamic

Colin Denny Donoghue



There is truth to the idea that beliefs create our reality, for better or worse; thankfully the modern vegan movement is strongly challenging a common and longstanding belief that has definitely had effects for the worse. This belief, that the murder and enslavement of animals by humans is a beneficial and necessary element to our existence on the Earth, is a lie. The domestication and exploitation of animals is actually the leading cause of health and environmental damage. You may already be aware of this, but something you may not have considered is whether humans have also been domesticated, and whether this domestication has been the other root cause of massive violence, suffering and destruction in our world. In this article I'm going to share a radical perspective on how the false beliefs in the benefits of animal domestication relate to our beliefs in human social systems, which I will argue equate to systems of human domestication that are just as unprincipled and destructive.

The foundational ethic of veganism is that violence and slavery are bad. Simple and true. Yet many people would say that concerning animal domestication, confinement and murder, this violence and slavery is not *really* violence or slavery, because it is necessary and natural behaviour - we are simply acting out our natural part as omnivores in this ecosystem. A seemingly rational perspective at first, if you're unfamiliar with certain facts, like: eating animal products is not necessary for optimum health, human physiology and instinct match that of a herbivore - and this activity is certainly not harmonious with the rest of Nature, being a leading cause of desertification, deforestation and climate change. And so, all the violence and enslavement towards animals for human food products is completely unjustifiable and unethical.

The same goes for animal testing, the fur and leather industries, etc. All of it isn't necessary for human survival or betterment, yet many still try to justify this human behaviour by expressing the belief that it is a 'necessary evil'. The interesting thing I'd like to point out is *that is the same exact belief that is used to defend and uphold human domestication*. One often hears of how governance is a necessary evil, and that social systems may be very faulty, but things would be worse without them. We are indoctrinated with the belief that being forced to pay taxes is not *really* force, and having to earn money for survival rather than live naturally is not *really* enslavement, because it is for the greater good, it is a natural and necessary part of human existence. Just like with the anti-veganism argument, we are told these are valid exceptions to the rule against aggression and servitude. But is that belief really true? An informed vegan knows it isn't true concerning the treatment of other species by humans - could it also be true concerning human-to-human relations?

Let's return to the animal realm and look at what makes up the phenomenon of animal domestication. Domesticated animals are animals whose ancestors were taken from their natural habitat and made to be dependent on humans (humans now deemed their 'owners'), for various human uses (like companionship or sources of meat and milk); in this process these animals mostly lose their ability to survive in the wild. It's defined as the process wherein humans 'tame' animals or

'cultivate them for human use'.

So, with this in mind, consider: Are we being tamed into consumers rather than producers? Are we being cultivated for the use and profit of someone else? Are we dependent on others who 'own' us? Another way to contemplate this is: Would you consider yourself a free human on the Earth? Can you do things natural to your species, like forage for food, plant seeds, build a shelter? Perhaps some of you would respond with something like: "*Oh sure, I have a small garden in my back yard, I went on a foraging walk through the woods last weekend with some friends, and I built a great tree house for my kids.*" Well, if that is the case, that's great, you're living better than many people nowadays; but to make my point clear, let's say a fortunate person that responded this way is actually typical of most humans on the planet. And let's complete this lucky ultra-green personality by having them also be able to bike to work, get their food from farmer's markets, wear organic fair-trade clothing, and use organic household products. Again, this is not a possibility for most people, but what I'm getting at is that even the ideal of what we can achieve in modern industrial society is still compromised, the person is still unable to live a truly independent and natural life, they are still domesticated.

Let's look a bit deeper into this imaginary person's life. That garden they mentioned, can they grow enough food for their family to live off of? Can they just do natural homesteading work and enjoy other creative and spiritual pursuits with the rest of their free time? Unless they are a millionaire, they'd probably respond with: "*Well, no, I have to go to work of course to pay the mortgage, property taxes, utilities bills and so on, and that doesn't leave me much time to do gardening, artwork, or communing with Nature.*" And that foraging walk, could you have foraged enough to provide meals to your family as people did centuries ago? Is this wilderness area under threat of government-backed corporatisation? Since natural areas have been mostly decimated by such action, wild foraging nowadays for most people is symbolic, something neat to do, but no longer a viable way of survival. And that tree house, will their children be able to renovate it for their own children? One might reply: "*Well, that depends on whether we still live here, we may have to sell the main house and move to an apartment in the city actually, since my partner just got laid-off at work.*"

Other examples could be given, but they all point to the same conclusion: we are not truly free and natural humans, we are forced to have a relationship with money rather than the Earth, we have been domesticated; the effects of this are very destructive, just as with animal domestication, and so it should also end.

Some may find the call to end human domestication 'too extreme', or 'too different from tradition'. But aren't those *the same principle-lacking common rebuttals to the call for veganism*? Aren't the principled reasons for ending both human and animal domestication exactly the same? There is no difference whatsoever. Both forms of domestication are based on violence, slavery, and the false beliefs that:

1 - It is okay for some people to dominate and control the lives of other sentient beings.

2 - It is necessary for the personal and greater good that this control and domination exists.

3 - It is natural for humans to impose hierarchy on each other and other species.

The truth is both forms of domestication constitute an abusive relationship that cannot be rationally justified. Both disrupt ecological and inter-personal balance, both cause toxic environments and toxic relationships. Both need to end. The way that can be achieved is for people to claim their natural birthright of their fair share of the Earth (about two arable acres per small family), and establish sovereign veganic homesteads, making up voluntary vegan anarchist (aka veganarchist) communities.

Maybe you still have hopes of real governmental democracies that will bring peace, justice and ecological harmony to the world. If so, I understand, I used to think that way too. But if you observe and analyse our reality more deeply, the truth is inescapable. True representative democracy in a large social system is an impossibility, governments must always force the will of the few (who tend to be the power and wealth crazed few) on the masses. Furthermore nation-states, on top of all destruction they visibly bring (war, for example), are by their

very existence unprincipled; they forcibly disconnect us from the Earth which is our birthright as humans, irrespective of whatever country we are told we were 'born into'. Nation-states truly represent nothing more than human farms. Wonderful cultures exist despite of them, not because of them.

Animal domestication, which is the vehicle for the most massive violence humans participate in, was an unprincipled mistake by humanity, and until we end that practice it is unlikely we will escape domestication ourselves. Until humans acknowledge that domination, exploitation, and violence towards animals is unnecessary and unjustifiable, it is unlikely that they will recognise and resist the same towards themselves. Unnatural and unprincipled social norms based on violence and slavery (towards other humans and animals) is what's really too extreme, and all you have to do is note all the destructive and disturbing everyday events in the world happening now, and throughout 'civilised' history, to see the truth of that.

Colin Donoghue has a B.A. in Political Science (minor in Peace Studies) from the University of New Mexico, wrote a weekly column for the university paper called 'Progressive Solutions', and is now an independent writer and activist concerned with philosophical, ethical, environmental and social issues. He also enjoys veganic gardening.

Recipes

by Jill Martin and family



Christmas Pudding

12oz/350g sultanas
4oz/120g glace cherries, halved
10oz/300g ground almonds
4oz/120g plain flour
1/2 tsp salt
1/2 tsp grated nutmeg
1/2 tsp ground ginger
1 1/2 tsp mixed spice
8oz/230g dark brown molasses sugar
4oz/120g soft fresh wholemeal breadcrumbs
8oz/230g vegetable suet
grated zest and juice of one lemon
1 tbsp black treacle
4 floz/125ml/half a cup soya milk
sherry or brandy (apple juice if you prefer)

Soak the sultanas in plenty of sherry. Grease a 2 pint pudding basin. Put the soaked fruit, cherries and ground almonds into a large bowl. Add the flour, salt, spices, sugar, breadcrumbs, suet, lemon zest and juice, treacle, soya milk and 4 tbsp sherry.

Mix well to make a soft mixture. Spoon into the basin, cover with two layers of greased foil and tie down. Steam for four hours.

If you make this in advance and reheat it at a later date, steam for a further three hours. (I should add that I prick the

pudding and feed some more sherry or brandy into it.) And don't forget that, after it is reheated, pour brandy over it and set it on fire.

Date and walnut cake

300g/11oz self-raising flour
300ml/10 fl.oz soya milk
150g/5oz chopped dates
110g/4oz dark muscovado sugar
50g/2oz chopped walnuts
4 tbsp cornflower oil
2 tsp ground mixed spice
walnut halves to decorate

Pre-heat oven to 180C/350F gas mark 4. Grease and line a 1kg/2lb loaf tin with marged greaseproof paper. Sift flour and spice together into a bowl. Add soya milk, muscovado sugar, dates and oil. Stir thoroughly.

Spoon mixture into the tin and place walnut halves on top. Bake 45-50 mins, or until golden brown and firm. Turn out on to a wire rack to cool, after having removed the lining paper.

Scones

225g/8oz plain white or wholemeal flour
4 teaspoons baking powder (or less, depending on how well risen you want them)
50g/2oz vegan margarine
50g/2oz sultanas
1/4 pint vegan milk

Heat the oven to 230C/450F, gas mark 8. Sift the flour and baking powder into a mixing bowl. Cut the fat into the flour and

rub with the tips of the fingers to create a breadcrumb consistency. Stir in the sultanas. Make a well in the centre, pour in the vegan milk and mix into a soft, spongy dough. (Add a little water if too dry, or flour if too wet.) Turn the dough out on to a well floured board, and knead quickly and lightly

Roll the dough with floured rolling pin, or flatten with floured hands, until about 1.5cm or 3/4 inch thick. Cut into rounds with a pastry cutter or cup.

Place on a greased baking sheet. Brush scones with vegan milk for a glazed finish, or rub with flour for a soft crust. Bake near the top of the pre-heated oven for 7-10 mins until well risen, and golden on top.

And with the scones you'll need strawberry jam and fabulous vegan double cream ...

Vegan double cream

Put a cup of soya milk in a blender and add flavouring eg vanilla, and a sweetener eg maple syrup. Slowly add vegetable oil whilst blending. Continue until the vortex in the centre closes up (you'll be surprised at how much oil you'll need). Pour the mixture into a bowl and gently fold in a tablespoon of lemon juice

Keep folding until the mixture thickens enough to stand a spoon up in it. Pile on to scones with strawberry jam and ENJOY (forget about scales, waistlines etc).

NB Any scones left until the next day are lovely split, toasted, and spread with margarine.

Interview with David Graham *(Chair of the Vegan-Organic Network)*

Back in 1996 David Graham and his wife Jane, together with David Stringer, debated the possibility of conventional farmers converting to a vegan organic system of growing - that is farming without any animal inputs. As a result, following extensive consultation with other vegans, David and Jane - pictured here with great grandson Ronnie - founded VON (Vegan-Organic Network), although in the early days it went under the more unwieldy name of VOHAN (Vegan-Organic Horticulture-Agriculture Network).

VON now have members in many countries as well as the UK, and they publish a regular magazine *Growing Green International*. Their websites www.veganorganic.net and www.stockfreeorganic.net carry news, information sheets, articles from earlier magazines, and much more. And they've published a book *Growing Green - Organic Techniques for a Sustainable Future* (by Jenny Hall and Iain Tolhurst), and two DVDs *Introduction to Stockfree Organics* and *Grow Your Own*. [See our Groups section on the back page for more information on VON, and contact details.]

David Graham himself has a long history of involvement in all kinds of radical activity. Back in 1955 he spent a year in prison as a conscientious objector (conscription was then still in force), and it was around this time that he became vegetarian. Soon after his spell in prison he hitch-hiked to India and worked with Vinoba Bhave's Land Reform movement, and with the Gandhian movement. Jane was also a guest in Holloway Women's Prison following her occupation of the American Embassy in protest at the war in Vietnam.

David and Jane have lived in Manchester since 1968 and they became vegan in the early 1980s, recognising the ethical inconsistencies of vegetarianism. But, as David once wrote, he sees veganism as "only a part of an holistic outlook which embraces ecology, non-violence, and respect for all beings".

During his Manchester years David has been involved in the direct action wing of the peace movement, Free Schools, the Campaign against Corporal Punishment, the Grapevine Vegetarian Cafe, anti racism, and many other forms of community activity. See for example his very comprehensive 2004 article *Radical Alternative Manchester in Vegan Views 103* (available in the archive section of the V.V. website), where David wrote that "Manchester gained a reputation as one of the strongest centres of anarchist community politics".



You said once that VON "has set itself an enormous task, which is changing the structure of how food is produced". What motivated you all to start VON back in 1996? And how would you assess the progress you've made since that time?

Much of our energies over the past 60 years have been spent demonstrating against nuclear weapons, and war, and the continuing cultural, political and economic exploitation of people worldwide. We formed VON because of the growing awareness that these issues were, to a great extent, being subsumed by the ecological movement. Putting it crudely we were in the process, by our consumerist lifestyle, of destroying the earth. We considered that the ethical and political basis and the practice of veganism embraced the ideals of co-operation and non-violence. That is why we started the Vegan-Organic Network.

Progress! It depends what you mean. If you mean on a worldwide scale it is depressing. We don't need to spell this out to Vegan Views readers. But of course you mean VON. We started VON from our house, with a second-hand duplicator and computer to produce our magazine, *The Vegan Organic Horticultural-Agricultural Network*, VOHAN - now VON. We were aware of one stockfree / vegan organic farm, that of Iain Tolhurst's in Berkshire. In order to drum up support I met with potential supporters up and down the country asking for their ideas and help. They, about 350 of them, formed the foundation of VON.

I think we can claim some progress. Many farmers and growers are now aware of VON and its promotion of stockfree methods. VON now has about 20 affiliated farms in this

country, and 20 overseas – mainly North America. We are in the process of working with five UK farms that have agreed to be education and development centres and become central to the Network. Another of our main tasks is to encourage other growers to adopt the stockfree organic method.

But there remains something of an interesting, and at times frustrating, problem for us. This is because many vegans appear not to understand that the food they consume is grown using slaughterhouse by-products such as fish, blood, bone and animal manure. Vegans need to make this connection and support our campaign for change so that vegan-grown food becomes more widely available. This would also increase our membership considerably.

There is no doubt that our publication of the Stockfree Organic Standards in 2000, with the Soil Association agreeing in 2004 to undertake the farm inspection on our behalf, helped put us on to the farming map. Due to the recession, however, many growers find the inspection costs prohibitive. So, whilst still adhering to the Standards, we have organised peer group, farmer to farmer, inspections at a fraction of the Soil Association's £500 - £600 charge. This project is overseen by growers and representatives from other groups; a pilot scheme is under way to test its viability.

Over the past 15 years VON has attracted dedicated, talented and committed volunteers. This has enabled us to progress and bring our work more into the public domain. Yes - a long way to go, but without this help we would have no chance.

Stockfree or vegan organic? Are those words to some extent interchangeable, or are there times when

'stockfree' is preferred?

'Vegan organic' is our preferred term, but when we hold meetings with farmers and growers we need to communicate without tapping into possible prior prejudice, and then watch the barriers go up. All growers will talk about methodology such as stockfree organic. By the way, we introduced 'stockfree' as a more positive term than the usual 'stockless' when we published the Standards. 'Stockfree' is now widely used by horticulturists.

Our journal *Growing Green International*, and its contributors, use both terms.



What exactly are the 'VON standards' and why were they introduced?

For the very first time the consumer will have a guarantee that the food they are buying is produced according to vegan principles. Nowhere else in the world has this been done. The development and introduction of the Stockfree Organic Standards (initially called the Vegan Organic Standards) has been a huge task. Consultation with many VON members, in different countries, took place over two years. We had to contend with strongly-held and often opposing opinions. In the end the hard work and perseverance of certain VON members, notably Jenny Hall and Iain Tolhurst, resulted in this significant achievement for the vegan movement.

What do these Standards do? They regulate the techniques that are used to grow food. They lay down the conditions that must exist on agricultural or horticultural holdings / market gardens. Like all such standards they do not, and cannot, dictate the way the producer (the farmer or market gardener) lives, even if the producer lives on or adjacent to the holding, as most farmers do. There cannot possibly be a requirement that the producer has a vegan lifestyle, or does not eat meat in the privacy of their own home. The inspectors, whose job it is to enforce the standards, have no authority to intrude into the private life of the producer.

The Standards are further elaborated upon in *Growing Green - Stockfree Organic Techniques for a Sustainable Future*, compiled by Jenny Hall and Iain Tolhurst, and on the Growing Green DVD, with Iain Tolhurst demonstrating the stockfree organic methods on his farm. We strongly recommend this book and DVD to all vegans. Dave of Darlington's challenging and thought-provoking collection of essays in *Growing Sustainability* will further enable vegans to engage sceptics who say that you can't maintain soil fertility without animal manure and by-products.

Vegans are often asked "what do you eat?", we should expand our answer to include "and do you know how food is grown?". The first, rather inane, query does ask for it! You could add that adoption of the Standards results in a reduction of the one thousand million farm animals that are killed for food every year.

Some years ago VON prioritised acquiring an education, research and demonstration centre to put stockfree farming more prominently in the public domain. What happened to that idea?

Good question! About ten years ago we received an excited call from Kathleen Jannaway, the inspirational founder of the Movement for Compassionate Living (MCL), saying they had been left a legacy of, I think, £80,000. The MCL meeting agreed that, rather than give small amounts to worthy

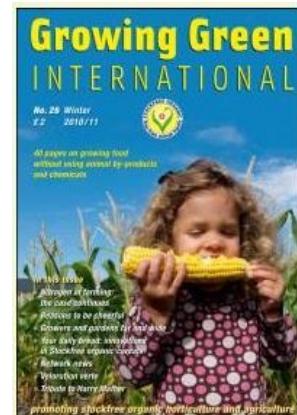
causes, it would be better to invest in a project that had some permanency. VON proposed a research, demonstration and education centre to promote veganism, non-violence in farming, and a co-operative model of working together, to which all projects could aspire and become part of a network. We envisaged VON as an international transitional movement, working with a wide range of organisations for peace and justice. This is still our ultimate aim, and Kathleen fully endorsed this ideal.

What happened is that £70,000 was generously allocated to us by MCL. This was quite simply insufficient. We looked at properties with land, from Scotland to Sussex, that required restoration. It took us some time to realise that we needed more like £700,000 than £70,000 for a centre. Therefore we proposed a Network of Stockfree Farmers and Growers, as the next best and practical way to promote stockfree, vegan organic growing, with the public, consumers, environmentalists, farmers, etc, to be invited to open days and meetings at the projects.

The interest from the £70,000 has been used by VON to provide bursaries for those qualifying for financial help, to study stockfree organic methods at Schumacher College in Devon, and Glyndwr University in North Wales. The Glyndwr course is now discontinued, but we are sponsoring two students at Schumacher College. We have now provided 14 bursaries – all those sponsored are actively involved with farming and allied work. Because of the low (almost no) interest from the principle sum, the remaining bursary fund is being rapidly depleted. So we would be delighted if anyone would like to help sponsor further students. [See contact details at end of interview.]

VON has always had quite an international outlook, and your magazine *Growing Green* usually carries articles and reports from around the world. Is that something you purposely encouraged, and which countries have been the most responsive?

Well, the magazine's title speaks for itself – *Growing Green International*. There are currently 20 vegan organic farms in North America. Victoria Farm in Florida is the first farm in North America to become certified through our Standards. Quality Certification Services in North America were requested to evaluate Victoria Farm using VON's Standards. There are affiliated farms in Sri Lanka, France, New Zealand, and Tamil Nadu in India.



What might VON be able to achieve in the future, what are your hopes?

My hopes are that VON will act as a catalyst in promoting non-violent agriculture, and make a positive contribution to a more humane and just social order, both for human and non-human animals. Animal farming, setting aside the cruelty and waste of resources, is responsible for about 20 per cent of global warming. Unless we're successful I'm not sure there will be a future.

I have a bulging file of reports like *Livestock's Long Shadow* that gave rise to headlines in The Times and other papers like "Climate Chief: give up meat to save the planet", backed up with facts and figures. How quickly they fade from the headlines! Nonetheless we need to make use of this science and try to make our work available to a wider audience. The EU should be our first objective – we do have some sympathetic EU MPs. For some time we have been

contemplating a *Journal of Stockfree Organic Farming and Growing* to promote our work internationally. It's a question of both resources and personnel. VON needs positive help to embark on this venture.

Ideally we need our own Centre demonstrating all aspects of veganism as well as vegan farming. A Centre of Excellence, one that challenges consumerism and traditional economics and shows another way of living. Is it too much to propose that all the vegan and similar organisations get together to see if this is feasible? What do you think?

In your *Radical Manchester* article in *Vegan Views* in 2004 you wrote that "*Perhaps the biggest contradiction is with our colleagues committed to non-violence, but who allow others to do the mass killing of animals for them*". That's quite interesting, don't you think that it's hard for most of us to actively embrace a multitude of different causes? It may be easier to concentrate on one or two, and sort of turn a blind eye to others. And veganism is, after all, something which demands a fair amount of effort and single-mindedness.

I'm sure that many V.V. subscribers will have been on anti-war marches and demonstrations where, at the end, many of the other protesters pile into the nearest McDonald's, or similar establishment, for their meat burgers. Also, that when confronted with what we would consider their inconsistency between their theory and practice they often become defensive and angry. I do understand that there are many involved with non-violence and anti-war organisations who are not vegans, and who are committed to working against injustice. And that there is the problem that vegans may appear to be *holier than thou*. But if *another world is possible*, a world of compassion and love, then this can only come about through a radical cultural change. Fundamental to this change there must be an awareness that when we support war and killing animals, this is carried out by proxy, on our behalf.

Yes, being vegan demands dedication, single-mindedness, and often courage, and that we enjoy our lives!

You've travelled a long and interesting radical road. Can you tell us a little about one or two of the other projects you've been involved in, perhaps ones which you feel were particularly positive or worthwhile?

Possibly organising safe houses for American deserters from the Vietnam war, in collaboration with *Peace News*. They had to report to the police every 24 hours. During this period we had to hide them, then transport them initially to Sweden, then the Irish Republic, and then Canada.

Our group the *Community Research Action Group* (CRAG) was formed in 1968 – an innocuous cover name for assorted radicals. It had the ambitious aim of transforming Chorlton (where we live in Manchester) into a co-operative community based on the Kibbutz, Gramdan, and other self-sustaining community models. To achieve this aim we formed an infrastructure comprising among other self-regulating groups: a free school, tenants action group, free university, school students union, gypsy support group, bookshop & vegetarian cafe, Biafra support group, to name but a few projects.

When East Pakistan (now Bangladesh) fought in 1971 to be independent of West Pakistan, areas of East Pakistan were cut off from food and medical supplies. The war situation was so dire that despite this desperate need Oxfam and other relief organisations considered it too dangerous to send in supplies and risk the lives of their staff. CRAG, through a sub-group called *Operation Omega*, organised fundraising to buy trucks and supplies in India, and transport them to the suffering villages in East Pakistan. The successful fundraising enabled

us to carry out our plan. Volunteers delivered the food and medicine. Some were fired on, and some were caught and arrested by the West Pakistan army. We organised a massive demonstration in Manchester demanding their release. They were eventually set free but not before much anxiety and soul searching by our group. One good outcome though - when we ate in Bangladeshi restaurants they refused to charge us for our meals, and rather doubtfully regarded us as heroes!



The "Let us speak" photo above shows part of the free speech campaign in 1972 organised by CRAG together with Manchester Students Union Community Action - I'm reading from the UN declaration of the rights of assembly, etc. I was arrested together with 20 others, and at the trial I was fined but refused to pay - I heard nothing more. These demos were every Wednesday for months. In the end the council gave in, and the Peace Gardens by the Town Hall were ceded to us to assemble and speak.

On a less dramatic note - I must say that I was pleased, when imprisoned earlier, that I initiated a campaign to change the dreadful conditions in the brush workshop. The dust inflamed our lungs and resulted in awful colds and phlegm. Passive resistance from the prisoners brought about air extractors and a feeling of self-esteem.

Here's another good tale! Members of the *Direct Action Committee Against Nuclear War* were arrested at Marham USAF nuclear base for obstructing the runway. We were incarcerated in Norwich Prison. The Governor, being sympathetic, did not lock any of the cells - and allowed us to have meetings. Those who wished had access to the church whenever they wanted. Who knows when and where we have allies! This was over the Christmas period; I and the others who were arrested with me received hundreds of cards. I was also sent a box of expensive Cuban cigars that I distributed to the old lags, who were delighted to celebrate in style!

We had two miners staying with us during the 1984/5 strike when they organised union meetings on the Trafford industrial estate. On one occasion we hosted 80 miners who did a *Support the Miners* blitz in Manchester. They were given overnight hospitality with Chorlton people. Fearing that not enough people would come forward we asked those offering B&B to take as many miners as they could. In the event people arriving at our house for *their miner* were seriously disappointed that they had all been taken.

Chorlton vegans played a miners team from Bold colliery as a fundraiser. The ref was from Manchester United and

linesmen from I think Man City. It was hilarious! The vegans refused to kick off until a suitable ball was found as the ball on the pitch was leather - also they wore lightweight vegan trainers. It was clear that the miners thought the vegans would be a pushover. The miners lost 6-4 to a vegan team made up of mountaineers, marathon cyclists, fitness freaks, and yachtsmen and women.

VON was extremely pleased that Harry Mather, a generous supporter of VON from its outset, agreed to be its patron. His ideals that he so conscientiously practised during his life remain a touchstone for us all, and his son David was in at the beginning, helping to set up the VON office in 1996.

I know that V.V. supporters are likely to be committed to many worthy causes. May I seriously ask you to add another, that's VON, to your list. We do need you. My thanks.

For more information on VON, and contact details, see our Groups section on the back page. David Graham can also be contacted at david.graham330@googlemail.com or phone 0161 860-4869.

MUSHROOM MAN



The photo above shows vegan forest gardener Tony Martin with two giant mushrooms. A friend spotted these growing from an old oak tree stump, and originally Tony thought they were *Chicken of the Woods*, one of the tastiest varieties you will ever come across. In fact another friend identified them as *Dryad's Saddle (Polyporus squamosus)* which is also edible but very tough. They are quite dense mushrooms and Tony had trouble holding them up to his head for more than a few seconds. He could not remember the total weight but it was over 20kg!

Tony bought a cottage in Ystradgynlais, just north of Swansea, about eight years ago. The reason for buying this particular place was that it came with an acre of woodland, two streams, a spring, a six foot high bonsai waterfall, and it backed on to fields. The next year he purchased three and a half acres of pasture land and a further acre of woodland from a local farmer. Since then Tony has planted 12,000 willow trees, around 400 fruit and nut trees, mushroom logs, and 700 fruit bushes (most still very small), all on a tiny budget. This is all being grown as a vegan organic permaculture forest garden. (See next page for Tony's review of a new book on permaculture.)

Tony is also something of a computer expert, and has provided much valuable help and advice to Vegan Views as we (slowly) learn desktop publishing and how to grapple with the website.

● How and why I became vegan

Before 1979 I was an omnivore, and a rather materialistic, selfish person. I had a successful career and was very ambitious as a university lecturer. Then I had a Near Death Experience (NDE). I 'woke up' from this as if for the first time, as a changed person with completely new values and beliefs. I had been 'told' by 'them up there' that I still had tasks to fulfil on Earth. So it was not yet my time to die! I had to find a new lifestyle which would fit in with my new beliefs and values. I therefore became a pacifist Quaker working for peace activism and sustainability, a member of the Green Party, and a vegan.

I also did various courses in complementary therapies, different psychotherapies, and healing. I was already an orthodox health professional but now wished to follow gentler, alternative therapies (like homeopathy), with an emphasis on mental health. I felt that my new beliefs about no killing and no wars needed to extend to all creatures – hence no fish, fowl or flesh as my food. Then, when I was researching this new nutrition, and ensuring that it was well balanced and healthy, I discovered the cruelty that is also in the dairy and egg industries. Thus I became a complete vegan.

I was also very concerned about famine, droughts, and floods, and the problems of world hunger and having enough food to go round everywhere. I became eco-friendly, only buying fairtrade products and fighting the exploitation of poor, vulnerable peoples. Then I did a permaculture diploma so I could live a life which was caring for the planet in the best possible ways. It seems terrible that famine is still rearing its ugly head in the horn of Africa, whilst in the West we have an obesity epidemic with many people only eating fast, processed foods. I do believe that world veganism will solve these problems, if we can only convince everybody.

When I accompanied a friend, who was dying, to the Bristol Cancer Help Centre, I discovered the Gerson diet. This, as well as being vegan, is naturopathic - helping to treat and prevent debilitating diseases. It is also as fresh and raw as possible, using 'Living Foods' like freshly sprouted pulses and seeds. This way I obtain all the vitamins, minerals and other nutrients we all need.

I tried *only* having raw plant food for a while; however I became too thin and lacked energy (although 100% 'raw' can be healthy for some people). I have now settled for being 75% raw with 25% cooked. This seems to suit me well and hopefully will prevent me developing cancer. It also means I can have hot nourishing soups and vegetable casseroles in winter time, which I find comforting.

I have both a garden and an allotment so try to grow as much as possible myself. I belong to VON so that I can do this growing vegan organically (stockfree). What I do not grow myself, I try to buy locally. So no imported food nor that using exploited labour.

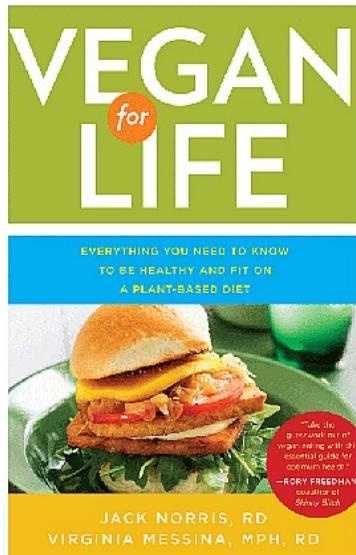
Through the Bristol Cancer Help Centre I was put in touch with a spiritual healing course for doctors and nurses. So now I practise as a Quaker spiritual healer which I combine with autogenic therapy - a type of stress management treatment and a westernised meditation method. Teaching autogenics is now my 'retirement' job!

So now, in 2011, at 76 years young, I am a very peaceful, kind, and compassionate person. This is very different from how I was in 1979 at 44 years old when I had my NDE. This, I believe, is what it means to be vegan.

Elizabeth M. Angas

** Book reviews **

Vegan for Life by Jack Norris and Virginia Messina
Da Capo Press 2011, 283 pages, paperback, £9.99
ISBN 978-0-7382-1493-1
(E-book ISBN 978-0-7382-1497-9)



Vegan recipe books are almost commonplace nowadays: 17, no less, were reviewed in the four issues of *The Vegan*, the magazine of the UK Vegan Society, between Winter 2010 and Autumn 2011. In contrast, there are relatively few books on vegan nutrition, and the best of these to date (*Becoming Vegan* by Brenda Davis & Vesanto Melina, and *Plant Based Nutrition and Health* by Stephen Walsh) were published around ten years ago. Therefore, *Vegan for Life* by US dieticians Jack Norris and Virginia Messina is a welcome and timely addition to the literature.

Vegan for Life provides reliable, evidence-based, common sense advice for anyone following or seeking to follow a vegan diet. The book is clear, concise and easy to read. It also scotches a number of myths surrounding the vegan diet, including the widely held belief that vegans need less calcium than omnivores because acid-forming meat and dairy proteins increase the acidity of the blood, leading to a greater release of calcium from bone to neutralise the acidity. However, the truth is rather more complicated, and the authors recommend that vegans consume six to eight servings of calcium-rich foods daily to ensure that they meet the recommended calcium intake.

Not surprisingly, the authors' recommendations are based on US recommended nutrient intakes, and

some of the fortified foods mentioned in the book are unique to North America. However, this is not as great a drawback as it might seem because recommended nutrient intakes are similar across the world, and locally available fortified foods can often be substituted for those in the book.

With chapters covering the potential 'problem' nutrients for vegans such as protein, vitamin B-12, calcium, vitamin D, iron, zinc and iodine, vegan diets during pregnancy and lactation, raising vegan infants and older children, vegan diets for older people, sports nutrition, the potential health benefits of a plant food diet, and the pros and cons of soy foods, *Vegan for Life* is both comprehensive and practical, with clearly-presented dietary advice, menu plans and nutrient tables. The dietary advice provided is similar to that of the aforementioned publications, although the authors break new ground in recommending that vegans take an algae-derived supplement containing 200-300 milligrams of the long-chain fatty acid DHA (docosahexaenoic acid) every two to three days, increasing to daily for the over-60s.

New and aspiring vegans should definitely buy a copy, while established vegans, and health professionals with vegan clients, will certainly benefit from having a copy for reference purposes - and the book might even encourage lapsed vegans to give veganism another try by showing them where they went wrong previously. Thus the book should help to ensure that many of its readers do indeed become 'vegan for life'.

Paul Appleby

Vegan for Life is available in the UK from Amazon - www.amazon.co.uk but see also the Amazon USA website www.amazon.com for many very positive reviews.

Topics to write about – we'd love to hear from you!

- If you've read a book (or seen a film or video) that other readers might be interested in, why not send in a review?
- Why did you become vegan? Or if you aren't yet vegan, what do you see as the difficulties of going vegan?
- Did you feel healthier after going vegan (or less healthy, or about the same)?
- Do you have a vegan garden or allotment, what do you grow and what successes or failures have you had?
- Please share your favourite recipes.

Permaculture Design

A step-by-step guide to the process by Aranya (Dip.Perm.Des)

This book has been written for those wishing to bridge the gap from theory to application of permaculture design, and will be most useful to those who have already read another book on the subject or attended a course (even just an introductory one).

I was lucky enough to be given a draft copy of the book and I read it from cover to cover, which in itself is unusual. Normally I tend to dip into a book, no matter how good, but this time I was drawn in, not only because of the subject matter but because of the skill with which the information is presented.

Permaculture is something I've been practising to some degree (although unconsciously) for a long time, and there are many excellent books that cover the basics. However I felt unsure how to connect the theory of the design process to real world applications.

The book brings together in one handy-sized publication all the tools needed to leave the classroom and venture out into the big wide muddy world, and to start to bring order from chaos in a holistic and structured way. Liberally peppered with diagrams and useful tips the book is in three sections: Preparation, The Design Process, and Beyond Land Based Designs.

'Preparation' takes the reader through observation skills and effective design. The 'Design Process' section takes up about 70% of the book, covering such areas as surveying the site, drawing maps, recording site information, client interviews, implementation, maintenance, etc. The final section, 'Beyond Land Based Designs', looks at the use of the permaculture design system to get the best from non-agricultural situations.

Aranya has been a vegan for many years. He has been practising permaculture since 1996, and teaching it since 2004. He now delivers around ten two-week design courses a year, from which this book has evolved.

The book is currently with the printers. For some sample pages, and to register interest in buying a copy (it may be available by the time you read this) please go to www.aranyagardens.co.uk/publications.html

Tony Martin

Donkey by Jill Bough
Reaktion Books 2011, 200pages
Paperback, 99 illustrations
(68 in colour), £9-99
ISBN 978 1 86189 803 6

If the domestic dog hadn't claimed the title already, you could make a strong case for donkeys to be awarded the accolade 'man's best friend'. Australian scholar Jill Bough does just that in *Donkey*, the latest title in Reaktion Books' Animal series.

There are an estimated 41 million donkeys in the world today, the vast majority in Asia, Africa and South and Central America (where donkeys are also known as burros). Although they remain the main form of transport in many parts of the developing world, donkey populations are continually diminishing as motorised transport becomes more widespread. An interesting exception to the rule can be found on the Greek island of Hydra where donkeys are the only form of transport, carrying everything from bottled water to washing machines. In Britain, three-quarters of all donkeys are cared for by The Donkey Sanctuary in East Devon (www.thedonkeysanctuary.org.uk), the largest organisation of its kind in the world and one of the highest earning

charities in the UK.

Donkeys were first domesticated in North Africa around 4000 BC (the progenitor African wild ass is now a critically endangered species), where they were originally bred for meat and milk. Donkey milk is the closest in composition to human milk of all the mammals and is claimed to have therapeutic and cosmetic properties - Cleopatra kept a stable of 300 jennies (female donkeys) simply in order to bathe in their milk! However, donkeys were most valued as draft animals, a role for which both donkeys and mules - the sterile offspring of a male donkey (jack) and female horse (mare) - are ideally suited.

Donkeys can carry up to two-thirds of their body weight and are reported to have the longest working life of all draught animals. They are particularly suited to arid areas where they can survive without water for 2-3 days, browsing on the sparse vegetation without the need to carry feed. Donkeys are intelligent, dependable, adaptable, inexpensive to keep, and reliably sure-footed on rocky terrain that is often unsuitable for motorised transport. Thus donkeys have played, and continue to play, a crucial role in human development, and deserve enormous respect, in contrast to the ridicule, abuse and persecution to which they are frequently subjected. Happily, attitudes are changing, especially in the USA where the Wild Horses and Burros Act of 1971 provides a high degree of protection.

Donkey is concise, informative and profusely illustrated. Within its pages Jill Bough describes the origins and natural history of donkeys, their domestication in the old and new worlds, use in warfare, their place in religion and mythology, and their representation in art and literature.

You certainly won't be making an ass of yourself if you buy a copy.

Paul Appleby

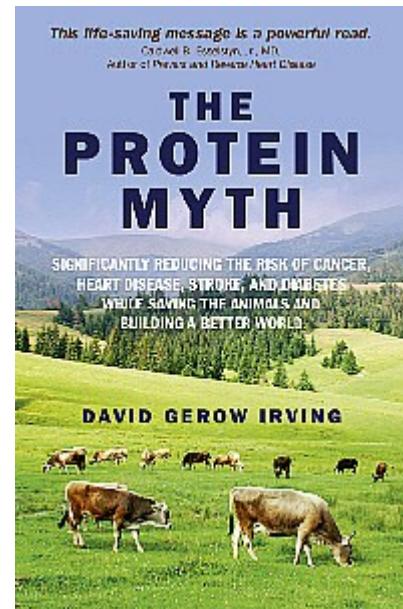
The Well by Kathleen Kinder
AuthorHouse 2009, 300 pages
Available from www.amazon.co.uk

A couple living in a cottage in the country have a serious row, then Neil Palmer's wife runs out on him during a violent storm, and off into the darkness. Convinced she has fallen down the well (whose cover has been smashed by a falling tree) Neil becomes very concerned, and sets off into the night to fetch help.

Through a mixture of past memories of their life together, and near fatal experiences, writer Neil Palmer becomes concerned for his privacy, and all that he might be accused of.

Increasingly troubled, he goes home to his dog - and the story unfolds to a near disastrous outcome. The tale is expressively written, and through the characters the author expresses her views on the animal world and our relationship with them. Kathleen Kinder is a vegan, and Vegan Views subscriber.

The Protein Myth (Significantly reducing the risk of cancer, heart disease, stroke and diabetes while saving the animals and building a better world) by David Gerow Irving O Books, September 2011.



This book "powerfully illustrates that the way to vibrant health and a peaceful world is to stop exploiting animals".

We're planning to interview David Irving (who is vegan) in our next issue. More info on the book is at www.earth-books.net/index.php?id=99&p=1237

● VEGFAM ●

"Feeds the Hungry Without Exploiting Animals", registered charity no. 232208.

Vegfam 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, Cwmyndys, Cilycwm, Llandovery, Carmarthenshire SA20 0EU (tel: 01550 721197). Website (with link to online giving): www.vegfamcharity.org.uk

Brocoli Vs Ecoli

Edible it be broccoli
Bacteria it be e.coli
Affordable it be bro'e'ccoli
Lovely it be broccoli
Ugly it be e.coli
Raw eat they meat, then they die
Told them to eat broccoli
That way, no e.coli
Apart from impurity of water washed in
Like a goblin in the bath

Leanne Bridgewater

Organic

That cottage roof sags
but my eye seems to like it,
it is not unsightly
if the chimney leans slightly
for the sun past its zenith;
the rusted flake of things
please my rustic soul,
a cooper's iron rings,
an old scythe and a dog-bowl;
that straight wall is man's will
but life has overgrown it,
where the ivy clings tightly
my eye seems to like it
and the wood burns brightly
'til the owl calls nightly.

Roy K. Austin

A TRUE STORY OF VEGAN PUPPIES

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>



Considering I have never bred a dog or any animal (or had a child myself), it's interesting that I found myself the caregiver for a pack of eight vegan puppies. A person in need of help came along to *Gentle World* with a stray dog that he had bonded with.

Because of ignorance, he had been irresponsible in allowing her to get pregnant. In a world where there are so few good homes for unwanted domesticated dogs/cats, with so many being 'euthanised' (a euphemism for killed), there is no place for a dog breeder. It's just out-and-out unfair to all the dogs in shelters that are being killed, because people continue to breed and make more dogs which will take homes away from those on death row.

The mother of the puppies stopped weaning them at about four weeks and grew uninterested in them and their welfare. When she, and the young man that had brought her, both had left, I became the full momma of these adorable little orphaned pups. What a handful! Since they were being raised vegan, and did not have mother's milk, I had to be sure that they were getting all the nutrients they needed to grow. And grow they did! Another piece of proof for the adequacy of the vegan diet and its ability to fulfil all the protein and nutrient needs we have. If growing canine pups can do well on a vegan diet, any human certainly can!

They were given commercial VeganPet and then Ami kibble (both cost a fortune to bring into New Zealand!), but they also ate home-made organic wholefood meals. And they were fed a lot! Possibly ten or more times a day! I didn't realise they had worms that I was feeding too! Apparently puppies very often have worms, especially if from a stray mother. They recommend that you start worming at two weeks, and then at four, six, and eight weeks. I didn't learn this until they were nearly seven weeks. When they were wormed I was unlucky enough to witness a roundworm come out of two of them; it looked like a long strand of white spaghetti. Ick. And the caregiver has to be hygienic because they can be passed to humans. This concerned me since I sleep with Kisses (my canine friend of 12 years), who has been playing with them, and the eggs of roundworms can live in the environment for a while. They probably had other worms, not as freaky-looking though.

Every morning I made a huge pot consisting of a mixture of grains and legumes and a bit of veggies. Dogs need more protein than humans, and these were growing pups, so they got plenty of beans (cooked well and mashed), lentils (the small red ones that cook up in 20 minutes were a staple), or split peas. They also tried seitan (wheat-meat) and a little tofu. The grain portion of their meals was a combo of rice, corn grits, oats, quinoa, barley, or whole spelt pasta. Every once in a while they got peanut butter on bread (folded over so the peanut butter does not stick to the roofs of their mouths). They had soy milk that was fortified with Vitamin D and calcium, and

sometimes diluted with water. They also received supplements such as Vitamin D (vegan version), and some savoury nutritional yeast that is B12 fortified. I was particularly good about ensuring they got B12, Vitamin D, calcium, and Vitamin A that has been converted by the body from beta-carotene. So I would be sure to give them an orange-coloured veggie in their meals, such as carrot, butternut squash, or pumpkin (in small pieces, cooked in with the meal). I seasoned with seaweed flakes. At about seven weeks they let me know that they enjoyed a treat of raw apple or a raw carrot to chew on.

The most important thing is they were loved - not hard to do with beings that are so cute. They didn't seem to miss their mom since Kisses and I took over the position when it needed filling. Kisses was respectful of Bella, their mother, when she was around and left the puppies alone. In Bella's absence, Kisses took over right away. It made me love her more than I do, if that's possible. She's beautiful. She taught them the biting response and 'doggie stuff' that I don't quite understand.

The puppies have gone to *Animal Re-homing* in Auckland (www.animalrehoming.co.nz), because saintly Linda Nunn (a vegan) has impeccable integrity with adopting them out. I just was not really happy with any of the people around 'these necks of the woods'. I wasn't sure that the dogs would get spayed/neutered, and properly cared for, by anyone that came to pick a FREE puppy, as I do not believe in selling sentient beings as if they were a commodity. Some have been re-homed already to a good situation, and some are in foster care. A couple still need adopting, but she did not think that would be hard. We tried the vegan community throughout New Zealand first, so we could continue them as vegan dogs, but not one vegan came to the rescue. I had to leave the country very soon to help my ailing elderly parents, so this was the best we could come up with. I would have really liked them to continue to be vegan dogs. But they will each go off to their 'person' with a two kg bag of Ami vegan dog food. Hint. Hint. Maybe they will get the idea! (Plus it helps their digestion to change the diet gradually.)

It was a little traumatic for Kisses and I when Paul (Linda's lovely vegan hubby) took them from my arms, one by one. The first three didn't suspect anything and came right to me, but the last one, Princess, caught on and didn't want to come to me. I am quite sure they will miss me and all my love for them. Goodbye my babies. I hope you have a really wonderful life. You are eight weeks now and it's supposedly the perfect time to find you someone to love you forever. There were times I thought about just keeping them and living with all of them, but I don't have a suitable home since I don't stay all year, nor enough money. The tears are rolling down



"They sleep in a bundle; it is the cutest and warmest thing I've ever seen. We should emulate them."

my cheeks right now as I think of my baby puppies. Being a poop-cleaning machine and a full-time chef to them (leaving little time to be a chef for myself) - was not the fun part. But walking as one of a pack of dogs was a feeling I will always treasure. The way they ate can be described as 'a nervous pack of dogs', but no one ever hurt another, or was mean, or pushed another out of the way. It was a loving pack. I was part of a pack where we all were concerned about the other. Hmm. Ahhhhhh. Healing to my soul.

To read a very interesting chat/interview with Butterflies (from June 2011) go to the 'Animal Rights Zone' website: <http://arzone.ning.com/profiles/blogs/transcript-of-m-butterflies>

Here's one nice extract: "Vegan educators need to help people to discover the vegan that lives within them. I've learned that people are more open to making change and listening to the vegan message if it comes dressed in a loving vibe. In a space of Love, people are more able to see the light in regards to veganism."

* Have you tried juicing yet? *

Juicing is a fabulous way of getting maximum raw nutrients into your body. At the very least, consuming fresh vegetable juices will benefit your holistic wellbeing. At the very best it is a chance to really give your body a boost, and raise your energy to put yourself on the road to hugely increased wellbeing. Why? Because juicing allows you to consume more nutrients from vegetables than you would if you were eating them whole. It also allows the body to absorb vegetables in a very efficient manner, thus maximising the nutritional benefits.

How many of us eat enough fruit and vegetables every day? If you are filling up with carbohydrates at the expense of, in particular, vegetables, you are likely to be moving the body out of balance. Juicing is a great way to guarantee that you are getting the very best from the fruit and vegetables you eat.

If you are unwell, or undernourished, juicing can be a huge benefit. It can help you return to optimum fitness more quickly than may otherwise be the case. But remember to always check with your chosen health practitioner before you make any significant changes to the way you nourish your body. Any sudden changes in how you treat your body can produce detox effects. Juicing is no different, and a sudden and drastic change to a high juice diet could put you off juicing altogether if it produces negative side effects to start with. So it may be best to start gradually.

Many people have found juicing to be especially valuable if they suffer from conditions such as chronic fatigue, depression, anemia, excess weight, asthma, skin problems, hypoglycemia, candida (get all forms of sugar out, and get the veggies in, as much as you can for this), a variety of allergies, and also some more serious illnesses.

Do you think you eat enough vegetables already? Are you eating enough variety? Many of us eat the same vegetables all the time. Juicing is an opportunity to bring wider variety into the diet. Three vegetable types will generally mix well (pretty much any vegetables mix with others if you stick to the three types rule), but there are plenty of books, and ideas on the internet, giving information and recipes.

Try not to juice too much fruit. Instead think about adding fruit to your vegetable juices to sweeten them if that is your preferred taste. Apple, beetroot, and carrot will make for the sweeter juices, and adding these to pretty much any other two vegetable combinations makes for delicious flavours if you like a sweet taste.

Washing fruit and vegetables before you juice them is very important. Sadly, the way our food is produced may mean it carries residual pesticides, insecticides and herbicides. Then there is the concern about potential contamination from 'baddies' like salmonella and e-coli. So when you are juicing please ensure you pay attention to washing your vegetables and/or fruit with care, unless you are absolutely sure of where and how it was produced.

There are a number of ways you can ensure your produce is safe to eat. All are relatively simple to adopt. Salted water, lemon juice and vinegar are all good cleansers. I find soaking the food for about ten minutes in a solution of good quality salt, then rinsing in plain water, is easy and effective.

If you want to have a go at juicing but you think the financial investment is too costly to begin with (juicers can be expensive when bought new) why not take a look online and see if you can find a second hand juicer? This can often be a cost-effective option and when you invest it may help to think about the fact that a well cared for juicer lasts a very very long time. This means that the up-front cost is likely to be spread over many future years of use.

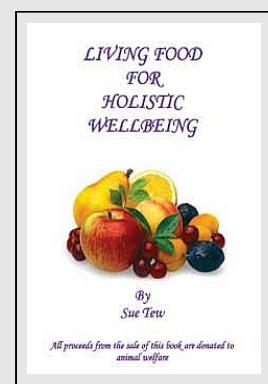
The way I look at it is this - juicing certainly isn't going to do you any harm. So why not give it a go and see how much more vibrant you feel when you juice regularly (even one glass of vegetable juice a day can make a big difference).

Sue Tew

Sue is the author of *Living Food for Holistic Wellbeing*, and you can buy her book for £6.50 plus postage.

All proceeds from the sale of the book are donated to animal welfare. Contact Sue at: sueontour@hotmail.com

Chapters cover: *Basics to begin with, Storage and preparation, Equipment, Taking control - conscious eating, Introducing living foods to your body, A clean colon and rehydration, When where and how to eat, Living food and sustainable weight, Making your own choices, and Having the confidence to change.*



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 pages can flourish... see p.2 for contact details, and p.14 and p.20 for some possible topics.



'Shooting yourself in the foot'

I thoroughly enjoyed the article *Shooting yourself in the foot* by Jonathan Smith in Vegan Views 122. However, although I largely agreed with his sentiments about modern veganism and its over-reliance on supermarkets and 'convenience foods', I felt some of his statements needed a response. My partner and I went vegan back in 1981 when *The Vegan* magazine had recipes for vegan cheese made with yeast extract, soya flour and margarine. There were no pre-packed vegan cheeses on the market, only a few soya milks, and no ice-cream or yogurts – ah, the glory days of home experimentation! It was fun and probably extremely difficult for parents!

We embraced this wholeheartedly, eschewed supermarkets in favour of wholefood shops, bought flour in bulk and baked our own bread (we even tried grinding flour ourselves - not a success!). In those days you could get vegan glycerine soap, long white blocks you cut up yourself, and all sorts of un-commercialised products. We bought our vegetables from the local market gardeners, still wrapped in good ol' Yorkshire muck! We lived in Doncaster then and there was a lot of choice.

Fast forward to 2011. We now live in Barnoldswick - we have for the last 20+ years. We have watched our local shops disappear like ice on a summer's day, melting away into nothing. The wholefood shop went 10 years ago, the little health shop has survived in a new format but is very expensive, and from four brilliant greengrocers we now have only one! We also have a Co-Op supermarket. They seem to have a policy of doing away with any vegan food that sells well and is cheap, and replacing it with something very expensive. Sometimes they don't even replace it, and for a few years we could only get margarine by going to Clitheroe on the bus and carrying a month's supply back! We finally had to surrender to 'progress' (?) and shop for some goods online at (dare

I say it) Tesco. Unfortunately here there is little option on our budget - of course this is due to the destruction of local community shopping centres by these dominant big transnationals.

Then there is the problem with children. Julia and I have always brought ours up with a bias around veganism - over all the other isms we subscribe to. They are both extremely keen vegans (Laura is 17 and Nicholas 12). They never eat non-vegan food out of the house and they are very strong in their beliefs; however neither of them have ever liked home-cooked foods (are they trying to tell me something about my cooking?). In fact I seem to have been replaced by one Linda McCartney – whoever she is?

So, while I agree with Jonathan's views very much, sometimes we have to make compromises - although I totally agree that we have tended to compromise ourselves away from our deepest views and into the hands of the very people we most detest.

As a postscript we went back to Doncaster a while ago. The wholefood shop was gone, and the independent health shop looked like it had gone too. So had the book and record shops. And the market? Only a shadow of its former self. Very sad. There are lots of Tescos though (if you want real variety!).

Ah, c'est la vie; meanwhile back to the baking board for me – time to make tea!

Jenny Wood
Barnoldswick, Lancashire

Missing the point

We do feel that your contributor [Jonathan Smith, V.V. 122] who criticised our call to lobby Pizza Express is missing the point. Bringing about the end of animal exploitation is going to need a widespread understanding of veganism, which means there needs to be good vegan choices in the mainstream.

Many thanks for all your hard work in re-launching Vegan Views!

Best wishes,
Amanda Baker
The Vegan Society
Birmingham

Change of consciousness

In Vegan Views 122 Sarah Austin wrote in her editorial: "*I do know though that vegans appear to have a change of consciousness*".

When I was a speaker, registered with the Vegetarian Society, I used the mnemonic of H.E.L.P. in my talks as the reasons for considering becoming a veggie/vegan: H for Health; E for

Environment/Ecology; L for Love for all living creatures; and P concerning our Progress as spiritual entities in this life - because I too believe, indeed experienced, a change of consciousness after becoming vegan.

It is progress as spirits that I think should get more attention among senior vegans, since there is a growing awareness (when one acknowledges the proximity of 'the departure lounge') of the fact that we will soon be accounting for our thoughts, words and deeds of this life. However, spirituality is an aspect of our lives that gets very little recognition in the veggie/vegan press, or indeed in the media generally. It still seems to be a taboo subject and this is sad because it is the key purpose of our lives. It is what alchemy is truly about, 'lead to gold' being merely symbolic of the spiritual development of consciousness - from being unaware, to conscious union with ultimate reality.

Once it is touched upon in a talk, it generally evokes great interest. For example, I had the pleasure of addressing the International Spiritualists Federation on the Isle of Wight in 1994, and this resulted in an invitation to speak in Boston, USA, which I did in 1996.

I gave a series of talks to an interested group when living on the Isle of Wight entitled *Alchemy and the progress of the individual soul* and still have the notes, which I can edit into articles should this be of interest.

Mike Wright
Nailsworth, Gloucestershire

Vegans and iodine deficiency

Iodine deficiency is endemic amongst vegans and, as far as I am aware, they do not monitor their condition or ensure adequate intake - I used to include myself in this criticism. When I thought about it, I made up a green drink, mixed in a heaped teaspoon of kelp and chlorella, and downed it. It does taste like gin and tonic but it is not meant to.

Iodine deficiency means thyroid problems and all of the physical and mental consequences: cretinism, dry and/or yellow skin, depression, low energy, weight gain, hair loss, heavy periods, anaemia, memory loss, numbness in the extremities, and so on.

To compound the problem, soy, flax seeds, broccoli, brussels sprouts, cabbage, and cauliflower are iodine antagonists. Vegans - and others - who live in areas where fluoride waste is dumped into drinking water have an added problem as the pollutant is a powerful opponent of iodine. Then there is radioactive fall-out - sufficient iodine is essential to counter this.

To begin, we need an iodine status test. Obtain iodine tincture and put a drop or two on to a spoon: with a finger tip, paint a 2"/50mm circle on the inside of the arm or thigh, then leave unwashed overnight. The next morning, if the stain has gone or almost, there is a deficiency, which needs to be addressed with seaweed - I use kelp powder, off Ebay. The best way to use it is by mixing it with salt.

There are commercial preparations: I would imagine that the prices are a bit real and, with a 50/50 mixture, the taste may well be too fishy for some. I use one part kelp, by volume, to three parts salt, mixed well. To me it tastes better on food than plain salt does, and it will ensure a regular iodine intake.

Patrick Rattigan N.D.
Chesterfield, Derbyshire

Editor's note: The Vegan Society's VEG 1 multivitamin tablet contains 150 micrograms of iodine (100% EU RDA).

Stephen Walsh has a section on iodine in his book 'Plant based Nutrition and Health' (p.106-108), and warns against taking large amounts of kelp or iodine after an extended period with a low intake. Small but frequent amounts (at least once a week) are recommended.



La Petite Gardette is an eighteenth century stone farmhouse offering exceptional accommodations and an unforgettable dining experience in a casual atmosphere.

Our B&B: Choose between the Oaks, a spacious suite for two, and the Grange, a one-bedroom suite suitable for four. Both feature organic bedding and bath products and include a gourmet breakfast.

Our Self-Catering Cottages: Choose from one of six luxury cottages. Cottages are fully equipped, rented weekly, and sleep from two to six guests.

The property offers a fantastic pool and is surrounded by several walking trails. Delicious vegan and organic picnic baskets and evening meals can be ordered separately. Raw and gluten-free options are available on request.

For information, photos, and prices, see www.veganprovence.com

The compassionate traveller's choice in Provence! La Petite Gardette, 04860 Pierrevert, France.

Drought in Northern Kenya

The long drought continues. At Wamba in Samburu HIPPO (*Help International Plant Protein Organisation*) are now regularly feeding nearly 400 people. They have been divided into four groups based on geographical location and each Monday the members of one of the groups are given enough food to last them for the ensuing four weeks. The food is costing 28,000 Kenya shillings (£200) per week. That's just over £2 per person per week. These people of the Samburu tribe were traditionally dependent on animals but the cattle and sheep are now all gone, the first victims of drought.

The work at Wamba will be much more than just a feeding programme. The women in these groups are being encouraged to help themselves in the future by growing their own food - copying the Naisula Women's cooperative group who, with HIPPO's help, have learned how to grow food crops on their 'shamba', selling the surplus to raise funds for their group. Conscious of the risk of creating dependency through the distribution of free food our organiser Priscilla has made them understand that it is temporary until they can grow food for themselves, establishing their own shambas. Not bad for people whom all the big charities constantly say cannot change from their nomadic pastoralist lifestyle!

Not surprisingly word of our help has spread - on the bush telegraph you might say - so that every day Priscilla finds more people waiting outside her house, strangers who have come from a distance to plead for food. Some are very weak from hunger and their long walk and these are getting a cooked meal before they leave with their rations of maize meal, beans and Textured Soya Protein. It is increasing the demand on our funds - but could you send them away hungry?

We want you to realise that many people there would have died during the last two months had it not been for the donations HIPPO has received and translated into food. Only HIPPO is operating there. We count it a God-given privilege to have the chance to save the lives of these people and at the same time to help them towards a more sustainable way of life that is not dependent on animals.

If you have not yet given to our hunger relief fund please send us a contribution - anything you can afford will help. Remember, even £2 will keep one person alive for a week. Why give to organisations that will use your money to replace cattle when the drought ends? We don't know when the drought will end in Samburu but when it does if we have

VEGAN CARE HOME: In V.V. 121 (Spring 2011) Paul Appleby argued the case for "a care home or residential home run by vegetarians and vegans for vegetarians and vegans", to be partly financed with funds from The Vegan Society.

The Vegan Society's response arrived just too late for our Summer issue. This response, with a few alterations, was then printed in the Autumn 2011 issue of their magazine *The Vegan* (p.14) so we will only give a brief summary here. The full version should be available online, either now or shortly, on their back issues page at www.vegansociety.com/resources/magazine/Back-issues.aspx

The Society has almost £64,000 in a fund to help elderly vegans, but feels the money will be better spent by "using the funds in ways that will improve the lives of many elderly vegans, both in their own homes and in care".

They have produced a *Vegan Catering Guide for Hospitals and Care Homes*, and amongst several initiatives have contacted lunch clubs and day centre providers as well as manufacturers of ready meals operating within the sector.

Their aim is "not just assisting a small number of vegans now, but helping many older vegans now and in the future."

WILLOW FOX: In V.V. 122 (Summer 2011) Sue Fox wrote about her friend Willow Fox (1962-2010) but would like us to add that because of Willow's involvement with animal rights she had a short spell in prison before 1989.

any money left over it will go towards developing sustainable non-animal solutions to that area's problems.

HIPPO is financed almost entirely by vegetarians - please forward this appeal to your vegetarian friends. The administration of HIPPO is done voluntarily. 100% of your donation will go to help those people. We may feel hard-pressed in these difficult times but believe me they have nothing.

With thanks in anticipation,
Neville Fowler www.ivu.org/hippo

Cheques payable to 'HIPPO (Famine Relief)' should be sent to HIPPO, Churchfield House, Weston under Penyard, Ross-on-Wye HR9 7PA (or direct payment details to their bank can be provided on request). If possible please confirm (by letter, or email hippocharity@btinternet.com) that you want your donation to be Gift Aided, with your postal address as required by HMRC.

SUBSCRIBE To V.V.

Subscriptions and donations help to keep us going. Three printed issues £5 inc UK postage (Europe inc Rep. Ireland £7, rest of world £7 surface or £10 air).

You can pay online using PayPal (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.

Please note that digital pdf versions of Vegan Views are now available free on our website www.veganviews.org.uk (though donations are appreciated).

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

Back issues cost £1.50 inc UK postage. V.V.122 (Lee Hall interview, Vegan and transgendered, Critical Society, and more). V.V.121 (Veggies interview, Fox Hunting and Eating Meat, Making the Connection film review, and more).

See the V.V. website for an archive of many older issues and articles.

EVENTS

For loads more events click the Events link on the Veggies website at www.veggies.org.uk

VIVA'S INCREDIBLE VEGGIE ROADSHOW

Sat 26th November 2011 Liverpool
Sat 4th February 2012 Cambridge.
Both 10:30-4pm. Food tasting, talks and cookery demos, veggie goodies to buy. www.viva.org.uk or 0117-944-1000.

ANIMAL AID'S CHRISTMAS FAYRE

Sunday 4th December 2011 10am-5pm.
Kensington Town Hall, Hornton St, London W8. Entry £2 (under 11s free). Loads of stalls, talks, food and more. www.animalaid.org.uk or 01732-364546.

INTERNATIONAL ANIMAL RIGHTS DAY

Saturday 10th December 2011 Uncaged co-ordinate events across the world, calling for fundamental rights to be bestowed upon non-human animals by 2048 (100 years after the Declaration of Human Rights on this date). www.uncaged.co.uk or 0114-283-1155.

BRIGHTON VEGFEST

Sat 17th & Sun 18th March 2012
11am-6pm at the Hove Centre. Free entry. www.brighton.vegfest.co.uk or 0117-307-9872. (Bristol Vegfest dates are 25-27 May 2012)

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

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 single, £18 family a year. Further info from VON, 504 Manchester Road, Blackrod, Bolton BL6 5SW (tel: 0845 223-5232 / email: info@veganorganic.net). Websites: www.veganorganic.net and www.stockfreeorganic.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 Cyfng Road, Ystalyfera, Swansea SA9 2BT (tel: 01639-841223). Website: www.mclveganway.org.uk

VEGAN VILLAGE (www.veganvillage.co.uk)

lists hundreds of UK vegan companies and contacts. Also regularly updated message noticeboard, plus shopping, food, travel, health, and more.



VEGGIES are a vegan food catering service, based in Nottingham but operating at events all over the country. Their "vast & extensive" website www.veggies.org.uk includes the UK Animal Rights Calendar and the Vegan Outreach Diary. At 245 Gladstone Rd, Nottingham NG7 6HX (tel: 0115 960-8254).

VEGAN NEWS is a long-running online newsletter (www.tinyurl.com/vegannews) edited by Pauline Lloyd - book and product reviews, recipes, events, vegan directory, gardening tips, and much more.

OVER 1200 LINKS TO VEGAN-RELATED WEBSITES (blogs, recipes, forums, action & campaigns, online shopping, recipes, events & festivals, networking, etc, etc) at www.veganchatroom.co.uk

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.

COMMUNAL LIVING If anyone is interested in the possibility of living as part of a vegetarian community, do contact me to discuss a venture (or an adventure!) scheduled for 2012. We had a very successful first meeting on 30th Oct, and ended up with a core group of 10 people who were particularly interested. We would be delighted to have others join us for subsequent meetings - our next one is on Thurs 1st Dec 12-5 pm in Torquay, Devon. Love & Peace to all, Roisin 01202-425095 roisingrunner@yahoo.co.uk

VEGAN SKINCARE Daily cleansing, exfoliation and acne & pore control. Visit www.skinvac.com and see it work before you buy. Kind to humans & animals! Vegan discount code: *vegan*.

APRICOT KERNELS Amygdalin-rich, sun-dried from India. 400 gms £8, or 900 gms £15, post paid. Includes free copy of 'The Cancer Business'. Cheques to Nemesis. NEMESIS, 1 Quarry Bank Road, Chesterfield S41 0HH. hera@nemesisawake.com

ACCOMMODATION Self-catering holiday accommodation available in the Burren National Park in Co.Clare, Ireland.

The house is situated in its own grounds deep in the countryside and is surrounded by spectacular views. The letting in this very comfortable house consists of a living room with wood burner, sunroom, kitchen, two bedrooms and a bathroom. Tel: 0161-4913027.

FOLLOWERS OF THE WAY Fathom the mystery of iniquity - spiritual vision after vegetarian Rev. Todd Ferrier and vegan artist Antony Bates: P.O Box 39/2 Viva!, 8 York Court, Wilder St, Bristol BS2 8QH (allow 21 days for reply to paper mail).

PERSONAL Vegan female, living in Provence, would like to get in touch with vegans in England. Please write to Janna Van Wijngaarden, 287 Chemin Rural du Plan, 83630 Aups, France.

Topics to write about – we'd love to hear from you!

- What is your experience of being vegan amongst non-vegan friends and family? Please share your experiences of living in a non-vegan world.
- Are your companion animals vegan, and if not what are your reasons?. What pet foods do you buy?