

VEGAN VIEWS

A forum for vegan opinion
in memory of Harry Mather

No.125 Summer/Autumn 2012 £1.50



Elecampane grown at Drimlabarra Herb Farm, a vegan organic project in Scotland - see page 7

In this issue :

- | | | |
|----------------------------|-------------------------------|-------------------------------|
| 2 Editorial: vegan dogs | 7 Drimlabarra Herb Farm | 15 How and why I became vegan |
| 3 Cartoons of Dan Piraro | 8 Veganism: what's in a word? | 16 Letters: China Study etc |
| 4 Great British Taste Tour | 10 Gentle World interview | 18 Buddhism on a plate |
| 6 Bethany Alldridge poems | 14 Recipes | 19 Vegan Press |

www.veganviews.org.uk

VEGAN VIEWS

Website: www.veganviews.org.uk
Email: veganviews@ymail.com

*Editors - Sarah Austin and Malcolm Horne
Consultant Editor - David Mather
Printed on 100% recycled paper by
DSM Print Services.*

*Front cover Elecampane photo by Maureen
Robertson - see page 7.*

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.

COPYRIGHT: If quoting from this magazine, please acknowledge the source and do not distort the sense.

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 November) is SUNDAY 30th SEPTEMBER - 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.

The digital pdf version of V.V. is available free at www.veganviews.org.uk
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 through to 124 are also freely available online (as are many earlier issues in our archive).

EDITORIAL

Welcome! The months between issues seem to go pretty quickly and here we are again with our Summer issue. During this time I've set up a **Vegan Dog Nutrition** Facebook group with Butterflies Katz, and we are now approaching 600 members (including some vets) after just a few weeks! The Facebook address is www.facebook.com/groups/398407553536988

The group is for vegans to share their experiences of feeding their canine companions vegan food, either homemade, bought, or a combination. Or for those who would like to change to a 100% vegan diet for their companions. Anyone who is a Facebook member can read the messages, which are public, but you have to join the group to participate. Initially the group messages were pouring in but they have since become more steady.

There are a variety of topics in many threads, and many files about feeding dogs a vegan diet, nutrition and recipe guides, plus videos and articles. Members share recipes, photos, concerns if their companions are poorly, or just tell everyone how well their dog is getting on or what he/she loves doing! If you feed your dog a vegan diet (or if you are interested in doing so) you will be very welcome to join.

The photo shows my three year old labrador Millie. Initially I fed her Burns complete food (which is meat based) but last year changed to V-Dog nuggets (UK version complete vegan dog food). I now feed her on a combination of complete nuggets, homemade cooked food, and some fruit and raw veg. She gets a greater variety of food than before and seems to be very healthy and full of energy.

We have sent some copies of Vegan Views out to people running stalls and would just like to remind you that there is a small reduction in our cover price for selling at festivals, stalls, other events, or to friends or shops. See panel below.

In this issue we have tried to keep a varied selection of topics and as usual it has been interesting and thought-provoking to put together ... so we hope you will enjoy reading it as much as we have enjoyed creating it.

Sarah Austin



SUBSCRIBE TO V.V.

Subscriptions and donations help to keep us going. Three printed issues - now in colour and identical to this digital version - cost £5 inc UK postage (Europe inc Rep. Ireland £8, rest of world £8 surface or £11 air).

When subscribing please state which issue you want to start from, and if you give us an email address we'll also put you on our mailing list.

You can pay online using PayPal at www.veganviews.org.uk (click on the link to Subscriptions). If you're not able to use PayPal, and prefer to pay by cheque or other means, please email us to arrange this.

Please note that digital pdf versions of Vegan Views are available free on our website (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 post.

Back issues (in colour from 124 onwards) cost £1.50 inc UK post.

V.V.124 (David Irving interview, Vegans in the ancient world, How many vegans?)

V.V.123 (VON interview with David Graham, Vegans against suspenders)

V.V.122 (Lee Hall interview, Vegan and transgendered, Critical Society)

V.V.121 (Veggies interview, Speaking in schools, Fox hunting and eating meat, etc)

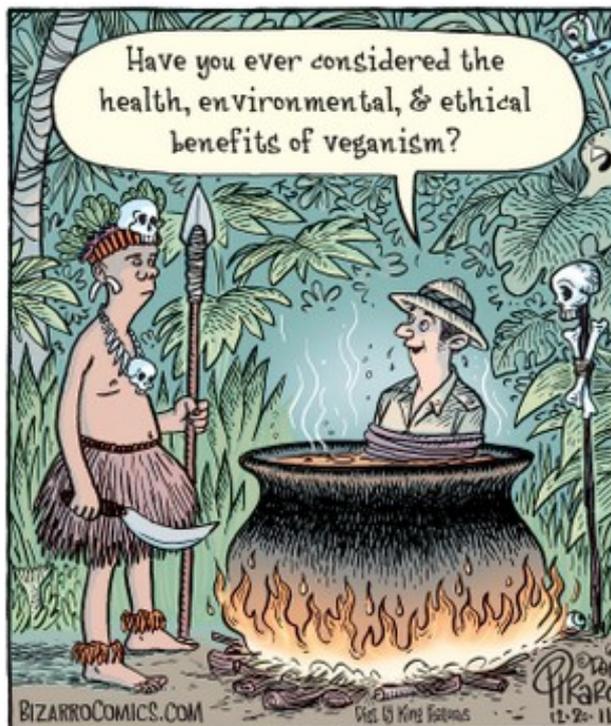
See the V.V. website for an archive of many older issues and articles.

The cartoons of Dan Piraro

Dan Piraro is an award-winning American cartoonist currently living in Los Angeles. He's also an artist and a stand-up comedian, and over a 27-year career has published 16 books of his cartoons as well as three books of prose.

He is best known for his daily syndicated newspaper cartoon *Bizarro*, which has appeared in over 300 newspapers and on six continents. *Bizarro* has won an unprecedented three consecutive 'Best Cartoon Panel' awards from the National Cartoonists Society, and in 2009 Dan won their highest honour 'Cartoonist of the Year'. It has been said that his cartoons appeal equally to the 'average Joe' and the independent thinker, "with irreverent undertones of biting commentary on the human condition and life in 21st century America".

Dan turned vegan in 2002. He had always been instinctively opposed to cruelty to animals but hadn't previously known much about how food animals were raised or processed. On the Bizarro website www.bizarro.com (click on 'Animal Stuff') he has written on 'Why I'm vegan': "One thing I've learned since becoming vegan is that there is almost no food that I used to enjoy that I haven't found a delicious and much more nutritious vegan version of."



At www.bizarro.com you can see examples of Dan's work (*Bizarro* book, trading cards, *Bizarro* posters, etc). You can also see explanations of the various secret symbols in the cartoons, such as the tiny UFO at the top right of the cannibal cartoon above.

A Google Images search for 'Bizarro Cartoons' will bring up a whole heap of Dan's cartoons. Or for a good collection of the more animal and vegan oriented cartoons see the *Evolve* Facebook page - click on 'Photos' then 'Bizarro cartoons' at www.facebook.com/EVOLVECampaigns

And there's a *Bizarro* blog at www.bizarrocomics.com and a Facebook page at www.facebook.com/bizarrocomics



It was natural of course that vegan and animal rights themes would start appearing in several of his cartoons, and at times this has run the risk of appearing preachy. "Suggesting to anyone that they change the way they eat is like asking them to change religions. Most people find it threatening and become defensive. I was that guy for decades, so I know. But it isn't actually as difficult as you might imagine."

"I find humour in all aspects of life, and am a firm believer that it is the only thing that separates us from other animals. Without it, we might as well be groundhogs. Come to think of it, some of us are."



The Great British Taste Tour 'affair'

Last September Dean Bracher took part in ITV's 'The Great British Taste Tour', and the programme was aired this April. One vegan and three meat eaters came together for a few days in Yorkshire to enjoy each other's company, and to compare their differing tastes in food ...

We struggle to know how best to promote veganism, what could be the magic elixir?

With this in mind I decided to apply to take part in a new ITV show that had been posted on The Vegan Society's Facebook wall. The ad said they were "looking for vegans". Two emails and a phone call later I was down to London for an audition at ITV's South Bank studios.

It was a warm summer's day, with tourists half dressed, strolling by the banks of the Thames. There were queues for the *Lorraine* show, and any others with free entrance. I took a lift up to the seventh floor, and had a screen test that lasted 15 minutes, with questions about how I might react while filming. It seemed positive and genuine, for now!

After various delays I finally got the call saying yes, you're on the show. A new and exciting daytime experience like *Come Dine with Me*, but not. Cool, I thought. Free travel and a day out. Oh, and to promote veganism.

Finally, after more delays, the filming schedule was set and they arranged to come to me, to pre-film me in my natural environment. I tried to film in a vegan/veggie café but it didn't work out, so they came to my flat and then to Green Meadow Animal Sanctuary near where I live in Wolverhampton. Four hours of filming and running around that would be 25 seconds of TV time, yay this is exciting! I'd made my red lentil lasagne to show the world (or 0.4 million viewers) what a vegan might cook and eat.

After more delays finally it was show time. Two days of filming in North Yorkshire, which sounded good, albeit slightly colder now that September had rolled in. My travel was paid for, and a booking had been made for me at a hotel in Pickering where they didn't know I was vegan. I nearly phoned them up beforehand just in case, but went optimistic that vegans are always catered for, or at least accommodated. It was a hotel after all, so accommodation is their thing. I arrived on my own, with ITV due to pick me up next morning.

Next day and here we go, a chance to show veganism and vegans in a good light, which is a given (but not always in the media and public's perception).

I'm not naive, I knew this would be a test and they would look for a 'crash TV' effect. It was up to me not to give in to that, to keep measured and calm, even against the odds. That all sounds good in principle, but we are emotional as well as logical beings.

Four in a camper van

It was to be two days driving around in a camper van on a great British taste tour. Four people from different backgrounds, together (or not) in the camper van. A butcher, a theatre worker, an entertainer, and myself. There's a mix straight off. We got picked up one by one, which was staged of course. It took hours to film, and we were behind schedule. TV's great!

It was off to Pickering for a 'get to know each other' session. Then to the real 'meat' or 'cheatin' aspect of the show. We each had to choose an activity in turn, and put some effort into giving our fellow travellers an experience they'd never forget.

It was the butcher not the baker who made the first choice. Perhaps a nice picnic or steam train ride but no, wait for it, pheasant shooting! He said how often would we get to do this? Never, was my vegan, compassionate, give a damn about others, response. But we pushed on towards a £1000 a time 'shoot a pheasant for fun' trip. In the van I lost it a bit with the butcher - it wasn't filmed and I wasn't totally angry, just dismayed that he did what he wanted regardless. The other two were like, yeah, it's not something we'd do but let's try it. I'll leave that one to you.

We arrived to men in red coats with guns and hound dogs. I said I'm not going to kill birds, I'll let you do that. One of the men with guns asked me to watch. He said, come out and see what you think. I know what I think of taking a life, a bird that will never fly free again!

I waited in the manor house for two hours to the occasional sound of gunfire. I drank black coffee, and they filmed me explaining why I didn't go. The other three came back with two dead pheasants, but no partridge in a pear tree (which would have been shot too).

You may think I sound bitter at this moment, but I wasn't while filming. In a sense I knew what would be coming, and I responded mostly how I thought would be effective. I found the experience difficult on a personal level, but it was nothing compared to what animals go through each day. It's not like they were shooting me. Well, emotionally maybe.

We went back to Pickering for the cooking and eating of said pheasants and I was asked to go into the kitchen and observe, and encouraged to ask questions of the chef. Sitting down to eat, I realised I had no food. Cameras rolling and no food! What must the public think if you take out the meat and then vegans eat nothing? The cameras stopped rolling and the chef made me a mushroom risotto, no one saw that though!

Then it was voting time and the other three of us had to mark the activity. For me it had to be only one point - that was the lowest I could give (the participant with the highest score at the end of the show would win £1,000).

Promoting veganism can seem like talking French to someone who only speaks Russian. Yes, they get your hand gestures but not your intent. After two days of filming it felt like my French had not improved and Russian was the preferred language.

Running late and feeling tired, it was on to the next activity. We went off to Whitby, where I'd been many years before, to the YHA next to the Abbey, overlooking the harbour with sea views. That calmed me down.

It was time for the theatre worker to choose. She had shown



Dean also gives school talks for the Vegan Society and Animal Aid. See his articles about giving the talks in V.V.121 and V.V.122, both available on the Vegan Views website.

a dislike of me from the start, and was very forward in expressing her opinions. She had apparently been vegan at some stage but it got too much for her. A bond had formed between her and the entertainer so it wasn't a surprise when I ended up in the YHA sharing an eight bedded room with the butcher from Birmingham, blimey!

I took some pleasure on learning that he'd never stayed in one before, whereas I had once spent a few nights in a YHA down in Brighton. I was up at 6am to the sound of moans: it's too cold, it's too cold, and as it was cold I closed the window. After a breakfast that was okay, and a few cups of coffee to kick start my tired head, we had to vote, and I gave only one point again.

Vegan breakfast (with kippers)

Whitby has many things going for it - views, cliffs and sea. What it doesn't have going for it, for vegans, is the fishing boats and the kipper house. It was my turn to choose an activity, finally an option to show that vegans can eat good stuff - well prepared and nutritious wholesome food that is suitable for all.

I had little choice. Either go to the kipper house and observe kippers smoking away, minus the cigarettes, or else kippers cooked on Whitby's old lifeboat by its captain. So kippers get eaten even though this is the vegan's choice. When the cards are stacked against you it can be easy to run, and I was tempted at times. But maybe this time I could turn the cards and show the ease of vegan cooking and eating! I had five to ten minutes to find a Holland and Barrett's, buy what I could for breakfast and then cook it on a small boat in the harbour on a twin gas portable hob, while the captain cooked kippers next to me. Good luck then.

He was a nice person, his wife was a nice person. They were a nice couple who, while I didn't agree with them on animal issues, actually made me feel welcome, which was a first during this whole experience. So I had to cook three separate items on one hob, with kippers being cooked next to me. I ran around to impress them, prepared drinks, and got mugs from a local charity shop. All this for what? To show how vegans can be used on TV, made to be entertaining, while spending time with people who are neither nice nor chilled about other

people's lifestyle choices. Was it worth it?

I came across one of the others throwing my fishless fingers to the gulls; well, at least someone got fed. I hope the kippers made them feel bad. It showed a lack of respect to someone who's just cooked them food. I could only guess what mark they voted me.

Last activity. We were running very late, and had trains home to catch from York. We got back into the camper van and drove towards Pickering. Stopped off at a supermarket to buy food for the last contestant to try and impress. I'd stopped talking to them by now, and they to me, apart from the occasional comment by the butcher about the animals in the fields, and how they would be good cooked with this sauce or that dish.

We arrived at a stately home that needs no mention so I won't. The rain was coming towards us and the wind blowing up as if to say come on, this really needs to end now and you need to go home and close the door. We helped with this last task, but didn't eat the food that was made, and then they changed the voting so I gave a quick response that would ultimately mean I'd lose. Of course there are no losers but winners, yeah right. If something good was to come out of this I felt that winning the £1000 prize would mean that vegans are shown in a better light. Looking back now, I realise that we are already a group of people who can be proud to have taken a stance for whatever reason, and we certainly never have to justify being vegan to others, even when they try to make us.

In the voting I did come second, and the response I've received since the show aired is that I did well and stayed measured and reasonable while some around me didn't. I feel I could have done better, it's always a case of second guessing yourself after the event. The money would have been nice to donate to a sanctuary or other cause. But if we are to promote veganism then we need to stay true to our personalities and to what it means to be vegan. The truth about us will always come across, and reasonable people will see through the TV aspect, or whatever medium you present it in.

This is not to put you off going on TV, and if the right chance comes then take it. Just know what you're putting yourself through and whether it's right for you and veganism. It's your choice!

Bethany Alldridge



A few months ago, while browsing the internet, I came across the delicate and touching poem below by Bethany Alldridge, from Albury in New South Wales, Australia. Its theme is a topic that I have always felt is a difficult area for vegans and vegetarians, namely that some animals do eat other animals.

Katharine Gilchrist wrote a very interesting piece on this topic in V.V.124 (*Wild things*, p.4), and declared she had got on top of a problem which had previously troubled her. (But I'm still not quite convinced. It seems a degree of predation is built into the very fabric of existence, and because of this I incline to the view that veganism isn't a perfect philosophy, it's just that - for a number of reasons - it's better than anything else.)

The Weir

*Today the sun sparkles off the water.
Running in to touch my toes and out again.
Today I saw a mother duck desperately protect her young
from a sparrow-hawk
She was so relieved.
Just sitting here - I cried.
Nature is so beautiful. She was so proud and bold for
such a little thing.
And the pee-wees came to help.
But what to fill the hunger of the bird? Don't know.
Just glad it didn't get the ducklings.
Maybe a mouse on its way home with food for its
own young.
Doesn't seem fair.
All the way along - somebody loses.*

I liked the 'don't know' quality of Bethany's poem. As she says, "Nature is so beautiful", but also it "doesn't seem fair".

Very sadly, and very poignantly, I was soon to discover that Bethany died in 2002 (aged 42), the victim of a traffic accident while she was attempting to help an injured turtle by the roadside. I found this out from an Australian newspaper article (www.bordermail.com.au/story/15910/voice-for-animals-now-in-print) about the publication of a book of Bethany's poetry called *Creaptures* (the spelling is intentional).

Most of the information about Bethany on the internet relates to her work as a vision consultant and founder of *Eyerobics* in Australia. There isn't very much else, but apparently she was one of the speakers at the 1995 International Vegan Festival in San Diego, California - where she was listed as a 'vegan marketing activist' from Australia.

The article in the Australian paper mentions too that she was a talented dancer, actor, writer, and teacher. And that she once chained herself to the roof of the Melbourne Sports and

Entertainment Centre to protest against dancing bears in the Moscow Circus.

Bethany was clearly someone who did make a difference.

Malcolm Horne

I wrote later to Bethany's close friend Elaine Kirk (who published the book of her poetry), and she kindly sent me the photos on these pages, this second very vivid poem, and some memories of Bethany that follow below.

Bethany's poems most often reflected her sadness and her struggle in a world where others didn't feel the same as she did - didn't feel the pain of those with no voice that she stood up for. As well as her involvement with *Eyerobics*, she worked in the business of building and selling houses, often involving travelling in her car.

She would ALWAYS have her camera with her and stop to take photos. She once stopped to roll down a steep, grassy hill because it was "waiting for me" - then had to go home and change out of her business suit covered in green stains!

Parking my Life

Stop the car.

Step out of my life.

*Climb business-suited the gate,
wander camera-slung through sheep dung and thistles.
Rustle wrens at pebble-edge creek
swirling silver swooshes by.
Dabble fingers linger under
swing-bridge rocking with the wind.*

*Timeworn double-decker bus paused permanently by
the outhouse.
Arthouse flowered
.... solar powered -
yawning awnings dribble water tired to tanks at the back.*

*Bird bunting in basket-willows
twitter and flit,
stitch their way across paddocks.*

*Sit on the bus step, mossy doormat,
inhale slow the stoppedness.*

*Sun closes my eyes,
feel alive
and out of time
as I know it.*

*Galahs screech and wheel over me.
Finches perch the prickletops.
Two elderly sulkies put out to pasture,
dilapidate lazily 'neath the trees.*

*May I please stay?
.... this air this day
more real to feel than my steering wheel when I*

Stopped the car.

Stepped out of my life.

Bethany was many things; a poet, an actor, a business woman, a photographer and a dancer, but above all she was a political activist for the disenfranchised, whether it be a battery hen, a street dog or a political prisoner.

As Bethany said of herself: "I create my best poems when

two things happen simultaneously - one, I'm highly emotional, and two, I'm keenly aware of my surroundings. Then somehow the feelings and the environment meld together in my mind and I simply write it down. It just comes out and I have to write fast to make sure I get it all down. It's like suddenly seeing those 3D pictures after looking at them for ages. All of a sudden I know exactly what it is!"

It's been ten years since Bethany was killed, and from this distance there's still no distance. She's still around. For those of us lucky enough to have known her she erupted into our lives in a whirl of energy and colour,



surrounded by billowing birds and animals. Generations of magpies, top-knot pigeons, parrots, dogs, horses, spiders, cats, lizards, frogs. They came by land and by air and by water. She managed to care, quite naturally, about insects. Woe betide the man who came to kill the wasps!

Her identification with 'creatures' was total. Every cat and dog had its own voice, even its own language, and the shape of that sound fitted their personalities and their mouths exactly.

She lived her ideals more than anyone I've ever met. Being with her was often enough like being in a poem, or a circus.

Drimlabarra Herb Farm

The front cover of this issue shows the herb *Elecampane* grown at the Drimlabarra Herb Farm, a vegan organic project on the Isle of Arran off the west coast of Scotland, founded in 2000 by medical herbalists Maureen and Keith Robertson.



Maureen (who took the photo) writes: "Elecampane (*Inula helenium*) is a member of the Sunflower family and grows as tall as a sunflower. Its soft, almost fleshy leaves give us a signature of its therapeutic indication - which is to soften and moisten dry inflamed lungs that have been hardened by infected mucous. An old fashioned name for it is Elfwort, due to its ability to treat the symptoms of Elfshot which we would associate with chronic fatigue or chronic low grade infection, where the vital force is not strong enough to throw off infection or exhaustion from under or over stimulated (allergy) immune response. If this sounds familiar, you might consider offering garden space for this easy to grow perennial."

The farm is run on veganic/stockfree lines combining vegan and organic philosophy. Drimlabarra are, in effect, a vegan sanctuary and retreat centre "dedicated to researching planetary health via herbal treatments, diet, cooking and raw food, and practical hands-on green living". And they are part of the Vegan Organic Network's 'Centres Network'.



As you can see from the photo, there's a fantastic view from the farm which, though situated at the southern end of Arran, is reasonably accessible, eg from Glasgow. Their website www.veganherbal.com (one of the best-looking sites you will find on the internet!) has many more photos, showing an aerial view of the farm, assorted herbs, the fruit garden, veg spiral, etc, plus details of the courses they run (both at the farm and through correspondence).

Drimlabarra are holding an Open Day on **Sat 18th August 2012** (12-5pm). Maureen again: "We are delighted to offer herb walk tours of the garden and the new geodesic dome glasshouse, as well as the main growing field now planted with hundreds of soft fruit bushes. Also herb tea tasting, and vegan food from the garden such as herb salad, pumpkin soup, and blackcurrant cordial. We will have exhibition boards up about the herb farm, and hope to have our VON stockfree certified plaque to go with the Tolhurst Organic DVD, which we'll have playing on a loop to provide info on stockfree growing. Last year over 50 folk attended and we're gearing up for even more this time! All welcome. Also we will be running our last course of the year *Gathering the Self* on 25/26th August, aimed at taking time out to restore yourself. By spending time in Nature and practising a contemplative approach to communicating with self and plants, it's possible to identify what qualities of medicinal herb you need to support your well being, and to make your own medicine from scratch to take home."

Maureen's article *Herbal medicine is vegan medicine* from V.V.117 (p.28) is available via the back issues page of the V.V. website. The Library section of the Drimlabarra website also features many interesting articles. Website: www.veganherbal.com or ring 01770 820 338.

VON on the road



VON (Vegan Organic Network) have been busy running stalls at various events. Above at Bristol VegFest in May (with Jessica and Richard on the stall), and below at the World Day for Animals in Laboratories march in Birmingham in April. For VON contact info see back page.



What's in a Word ?

Edward J Immel (who lives in Phoenix, Arizona) considers the shifting meaning of the word 'vegan'.

The common usage of the word 'vegan' has begun to shift in the last decade, largely under the influence of celebrities and the news media. Instead of a philosophy and way of life that seeks to avoid the exploitation of nonhuman animals, veganism is viewed by many as a fad diet now - and often as one that allows the occasional consumption of products derived from other animals. These recent changes in usage parallel the evolution of the meaning of the word 'vegetarian' in surprising ways.

The first people to call themselves vegetarians were members of the Alcott House, a progressive spiritual community and school near London, which came to be known as 'the Concordium'. They coined the word 'vegetarian' some time between 1838 and 1841. These vegetarians refrained from oppressing or killing animals primarily on ethical grounds. They rejected eggs and dairy products. They objected to "cultivating the breed of animals for amusement and use" [1]. They taught that the "same divine law by which a man claims a right to live, equally extends to every sentient being" [2], and "Man loses his purity, his real manhood, when he descends to the degraded work of oppression and death, whether inflicted upon a fly, an animal, or a man" [3]. If they had lived in the late 1940s or early 1950s, they would have been known as vegans. Today most people who identify themselves as 'vegetarians' in the West eat eggs and cheese and wear animal skins. Many also often eat fish or chicken.

Similarly, the first vegans were what many now call 'ethical vegans'. Donald Watson, the father of veganism and first president of the original Vegan Society, was particularly concerned by humanity's exploitation of nonhuman animals. He spoke of this injustice in the first issue of *The Vegan News*: "We can see quite plainly that our present civilisation is built on the exploitation of animals, just as past civilisations were built on the exploitation of slaves, and we believe the spiritual destiny of man is such that in time he will view with abhorrence the idea that men once fed on the products of animals' bodies." [4]

For Watson the answer was veganism, a doctrine and practice of non-exploitation. As he explained in his address to the International Vegetarian Congress: "The vegan believes that if we are to be true emancipators of animals we must renounce absolutely our traditional and conceited attitude that we have the right to use them to serve our needs. We must supply these needs by other means ... If the vegan ideal of non-

exploitation were generally adopted, it would be the greatest peaceful revolution ever known, abolishing vast industries and establishing new ones in the better interests of men and animals alike." [5] In practical terms veganism meant excluding "as human food: flesh, fish, fowl, eggs, honey; and animals' milk, butter and cheese", and "encouraging the manufacture and use of alternatives to animal products", wrote Watson [6]. When the early vegans met in 1951, as members of the Vegan Society, to agree on a definition for the word 'veganism' for the first time, the consensus echoed the view of Donald Watson: "The word veganism shall mean the doctrine that man should live without exploiting animals." [7]

Today we often see a different understanding of the meaning of veganism. Journalists tell us that a former US president is a 'vegan' for his health, although he eats fish. An American actress and singer tells us she's also a 'vegan' who eats fish. A Canadian singer-songwriter says she became a 'vegan' to lose weight. An actress and author is a 'vegan' who occasionally eats cheese. An ex-vegan author asserts in a radio interview that most 'vegans' eat beef "once a week" and that when she was a 'vegan' she would regularly "binge on eggs and dairy" [8]. I've personally seen self-identified 'vegans' who claim that they don't see anything wrong with killing animals for food, and 'vegans' who cheat on their 'diet' with ice cream or other dairy products. It seems the semantic shift that occurred with vegetarianism has begun again with veganism. Veganism is being reduced to a plant-based diet and not a very consistent one. For some vegans these changes in the way the word is often used appear to be trivial, a distraction from the work of advocacy. Others see them as benign, 'flexible', and 'inclusive', even worthy of their support. I can't agree with either view.

Why would anyone who is serious about veganism and animal liberation want to support or passively allow the similar degradation of the meaning of veganism that is happening now? It would mean compromising or discarding our principles at every turn and supporting the exploitation of other animals. It would mean spreading confusion about what we stand for and weakening our message. If we constantly lower our ethical standards and tell others "veganism means whatever you want it to mean", we will cease challenging people to do better. We might as well say: "Everything is vegan and everything is just fine". If we try to stand for everything, in the end we'll stand for nothing.

There was nothing wrong with the original meaning of the word. It was clear, self-consistent, ethical, and rationally defensible. It was inspiring. It's something worth defending. It was the clarity and vision of the first vegans that caused them to rapidly grow from a group of twenty-five individuals to hundreds to thousands. We need more vegans like that today.

TOPICS TO WRITE ABOUT

We'd love to hear from you!

You might like to react to the article on this page, or to other articles or letters in the magazine.

Or tell us what you think about the potential of lab-grown 'meat', or your experiences of living in a non-vegan world, or why you became vegan (or why you're not!). Or perhaps some topic of your own choice?

Or maybe you'd like to review a relevant book or video for us, or send us a recipe or a photo? Or tell us about an interesting website, blog, or forum that you've seen.

There's also a detailed list of possible topics in our Facebook group www.facebook.com/groups/275870003100 (click on 'Files' at the top of that page).

References

[1] *A Brief Account of the First Concordium, or Harmonious Industrial College* (Ham Common, England: Concordium Press, 1843), p.3 www.ivu.org/history/england19a/A_Brief_Account_of_the_First_Concordium_or_Harmonious_Industrial_College.pdf (accessed 9 May 2012).

[2] *Ibid*, p.6

[3] *Ibid*, p.7

[4] Donald Watson, *The Vegan News* No.1 (November 1944), p.1

[5] Donald Watson, 'The President's Address to the International Vegetarian Congress', *The Vegan* Vol.III No.3 (Autumn 1947), p.12

[6] Donald Watson, *The Vegan News* No.3 (May 1945), p.1

[7] Leslie Cross, 'Veganism Defined', *The Vegetarian World Forum* Vol.5 No.1 (Spring 1951), p.6

[8] Terra Verde. KPFA 94.1, Berkeley, CA. 29 October 2010 www.kpfa.org/archive/id/64995 (accessed 4 April 2012).

THE MOVEMENT FOR COMPASSIONATE LIVING

TREES

TAKE IN CO₂, GIVE OUT OXYGEN,
TRANSPIRE WATER TO CLOUDS AND PROMOTE RAINFALL

TREES SHELTER CROPS,
HARBOUR WILDLIFE,
FERTILISE SOIL,
CHECK EROSION,
DRAW UP MINERALS AND
STABILISE WATER TABLES.

WOOD FOR FUEL,
FURNITURE,
BUILDINGS,
BRIDGES,
VEHICLES,
BOATS,
HOUSEWARES, etc.

TREES CHECK GLOBAL WARMING

They could even reverse it if enough forests were established! Enough land would be available if livestock farming was phased out. Trees take in CO₂ and store carbon in their wood. When wood is burned, CO₂ returns to the atmosphere. However, if forests are of mixed species, and those grown for their wood are selectively felled and saplings immediately planted in their place, the forest unit would be a permanent sink for carbon.

www.MCLveganway.org.uk

This educational and attractive Trees poster is available in a laminated A4 format from the *Movement for Compassionate Living*, 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT. It costs £2 including UK postage.

There are five other laminated A4 posters: *Compassionate Living*, *The Food Target*, *Global Warming*, *Home Grown Sources of Essential Nutrients*, and *Self-reliant Tree-based Autonomous Vegan Villages*. You can see all these on the MCL website www.mclveganway.org.uk

Also see group listings on our back page for more details of MCL (and their quarterly journal *New Leaves*).



MCL was founded in 1985 by Kathleen Jannaway, who appears in the 1976 *Vegan Society Open Door* film mentioned below (Kathleen was secretary of the Vegan Society at that time).



This is a frame from the first UK *Vegan Society* film, which was shown twice on BBC TV in 1976 (as part of the *Open Door* series). It's now available in three chapters on YouTube at www.youtube.com/watch?v=rNskRUJRnrU (or just search for 'vegan video 1976').

The frame here shows Erica Cook, who introduced the 30-minute programme, with Jack Sanderson (then deputy president of the *Vegan Society*) and Eva Batt (author of vegan recipe book *'What's Cooking?'*).

The picture quality is rather grainy, and the sound a little rough, but it's still watchable. The Society received around 10,000 enquiries following the showings of the film - go to www.vegansociety.com/resources/magazine/Back-issues.aspx for an extensive report from the Spring 1976 issue of *'The Vegan'*.

A few people have added comments on the YouTube page, including this: "It was very informative and touching. I don't know how omnivores still justify their eating habits."

Interview with Angel Flinn of Gentle World



In our last issue (Vegan Views 124 p.3) we published Angel Flinn's inspirational article *The Vegan Evolution*. Angel is the outreach director of Gentle World ('for the vegan in everyone'), and for this issue we asked her to tell us about Gentle World and the work that they do.

Gentle World was founded in 1970 and became a non-profit educational organisation in 1979. They have centres on the Big Island of Hawaii, and (since 2000) the North Island of New Zealand, and their core purpose is to help build a more peaceful society - by educating the public about the reasons for being vegan, the benefits of vegan living, and how to go about making such a transition.

Gentle World is also a vegan community, and its member-volunteers have given seminars, private consultations, cooking classes, and video and audio lectures, all free of charge, as well as meals to thousands of people. In addition to their educational programme, they have rescued, fostered and re-homed many abandoned and abused animals. They have also offered free vegan meals to shelters for abused women, the homeless, and people with AIDS.

They have published two cookbooks *The Cookbook for People who Love Animals* (1981) and *Incredibly Delicious: Recipes for a New Paradigm* (2000). And they have taught people how to prepare delicious, nutritious, plant-based food and how to grow their own fruits and vegetables veganically - without the use of animal-based fertilizers and soil amendments.

Their monthly email newsletter and website <http://gentleworld.org> carry an ever-growing stream of articles on a variety of vegan topics. These are just some examples: *A Beginner's Guide to Vegan Advocacy*, *Life in a Vegan Community*, *Vegan Education in Animal Farming Country*, *Freedom's New Frontier: A Guide to Animal Rights*,

Are Anti-cruelty Campaigns Really Effective?, *Nutritious and Delicious Sprout Salads*, *Tantalising Tahini Recipes*, *A Beginner's Guide to Travelling as a Vegan*, *Is your Alcohol Vegan?* and *Good Nutrition for Healthy Vegan Dogs*.

Gentle World are also dedicated to providing an example of how to move towards a more sustainable, communal, self-sufficient lifestyle, including how to live more harmoniously with nature, other animals, and one another. "We hope to inspire others to understand the vegan ideal so that we may create a more peaceful world together - not in some distant tomorrow when the lion lies down with the lamb. But today, when we do."



How does it work having centres in Hawaii and New Zealand, over 4,000 miles apart? Do some people travel between the two? How many people live permanently at these centres, and what sort of activities take place at them currently?

Maintaining the two locations makes it possible for us to reach out to people from many different countries, since both Hawaii and New Zealand are popular destinations for travellers from all over the world. All of Gentle World's full-time members (of which there are 12) travel between the two centres, with some people staying longer in one location or the other. Each individual is responsible for his/her own airfare, as well as living expenses, which are lessened by the lower cost of communal living.

We're sometimes asked how we feel about the environmental impact of air travel, which is certainly a valid concern. However, we believe that any negative impact caused by our travel is offset by the positive effect of our educational programme. One carbon footprint calculator online states that "most people can save twice as much carbon by going vegan than by not flying". In addition to attempting to spread the vegan message in two hemispheres, we strive in a myriad of different ways to demonstrate how to live in an ecologically sound manner. Amongst other things, we never use a clothes dryer or air conditioner, we drive as little as practically possible, we re-use and conserve everything we can, we catch rainwater and use alternative forms of energy, and we don't commute.

During the New Zealand summers, most of us reside in Shangri-La (our NZ centre) from January until the end of April. Some people go earlier, and stay a bit later, to open up and close down [the gardens](#), and generally organise everything before and after the centre is closed for the winter, when we return to our centre in Hawaii, where our educational programme continues until the end of the year.

One of our main activities is hosting visitors, and this is one of our most rewarding forms of outreach, because of how effective it is in helping people to understand and embrace veganism, not to mention [the appreciation we receive](#) from people who have the opportunity to experience the way we live. This is especially true for those who get the chance to visit Shangri-La, which is an absolutely enchanting environment. The natural beauty attracts many people who wouldn't necessarily seek to be hosted by a vegan community, but even in these cases, the most important aspect of their visit ends up being their education about veganism. Almost magically, this often tends to come naturally as people settle in to the experience of [living in a vegan culture](#), where everyone around them already accepts veganism as being the foundation of our ethical standards.

Who founded the group, and how did it start up? How has Gentle World evolved over the years, and are there any specific plans for the future?

The idea for a gentle world began in 1970, in the minds of a young married couple, Light and Sun (we all choose names

that remind us of what we are evolving toward), who saw [the truth of veganism](#) and decided to live that way. [In the group photo on the previous page, Light and Sun are sitting next to Angel, who is on the far right.]

In those days, communal lifestyles were much more common, and other young people were naturally drawn to their vision of a gentler, simpler and more sustainable way of living. Those who were willing to live the vegan ideal, which at the time was a far more radical choice than it is even now, decided to live and work together as a supportive group, to make it easier to do.

Ten years later, with the publication of the first cookbook, Gentle World decided to incorporate as an educational organisation, in order to formalise the vegan outreach that had become a naturally-occurring part of their interactions with others. This vegan education evolved into [cooking classes](#) and [presentations](#), film screenings and seminars, as well as the charitable offering of nutritious meals to those in need.

Now that the internet has become such an important tool for vegan outreach, our educational efforts are increasingly being directed toward online activities, based upon spreading the information on our website, which is updated regularly with informative articles for both new and seasoned vegans. We're excited about seeing it grow in the years to come.

One of our most significant goals for the future is to acquire a bigger piece of land here in Hawaii, with enough space to allow our [veganic growing](#) and education to expand, and to provide more space and accommodations for our visitor programme, which is becoming more popular all the time. We're looking for the perfect property and, in the meantime, seeking funding to make it a possibility.



This renovated farmhouse is the community's gathering place at Shangri-La in New Zealand

What does your visitor-volunteer programme involve? Do you get many people visiting and helping?

Our visitor programme is the 'hands-on' part of our educational outreach. Visitors to Gentle World have the opportunity to live and work side-by-side with our member volunteers, some of whom have been vegan for over 40 years.

We have found that visitors to our centre are [profoundly influenced](#) by the experience of living in a vegan culture; going about the activities of the day surrounded by people of many different ages, for whom veganism is [more than just a lifestyle](#), but [an evolutionary philosophy](#) and a whole new way of approaching life and the world.

Everyone who visits leaves with a better understanding of what veganism is, and many of our guests really take the vegan message to heart and [carry it with them on their journey](#). It's very uplifting to be a part of that transformation.

To what extent are you able to integrate with local people, many of whom perhaps don't share your values?

We find that the best way to win hearts and minds is through kindness and generosity, which we practise through the sharing of our food and our knowledge. We offer free meals and education to all who are interested.

How did you come to veganism and Gentle World yourself, Angel?

I became vegan in 2000, after a few years of vegetarianism and a year or so of confused 'veg*nism'. I gave up dairy and eggs after learning how they were produced, but dwelled in the land of 'almost vegan' for a while, as I lacked sufficient conviction to give up other animal products, such as leather, [wool](#), the bone carving I wore around my neck, or the [sugar](#) and [honey](#) I turned a blind eye to.

At a festival in New Zealand, I attended a workshop facilitated by Gentle World's founders. They explained how veganism was the ethical foundation of their belief system, and pointed to their commitment to shared ideals as a reason for the group's longevity.

A few months later, I visited the community, which turned out to be the precursor to my decision to join - a move I made around six months later. My two-week stay, and especially my interactions with the two founders (who had been vegan for thirty years at that time, and have now been vegan for over forty), led to the first time I looked honestly at the hypocrisy in my 'veganism'.

It was around six months later that I found myself volunteering at the Hawaii centre, where one of the founders was delivering a powerful presentation. She said one thing that I will always remember the essence of: 'I can't stop the animal industry from killing, and torturing and enslaving animals ... But I can stop myself from being a part of it.' All of a sudden, my determination that I already **was** vegan just dropped away, to be replaced by a deep understanding of what being vegan really means. I was left with a feeling of such relief, such freedom, and such gratitude for the realisation that I had the power to liberate myself from the guilt and confusion that was stopping me from moving forward.

In the twelve years since, my understanding has continued to deepen and expand, and it has been a great privilege to spend my time and energy helping others to have the Gentle World experience.



Members live in small homes or caravans near the farmhouse

The word 'Gentle' makes one think of a very peaceful, non-aggressive approach to life. Does this name 'Gentle

World' influence how the group operates, and does it tend to attract gentle people and gentle thoughts too?

We hope so! As we are all human and none of us has been 'raised' in a gentle world, it is sometimes challenging, but has gotten much easier with the years of practice. We frequently receive feedback from people who are drawn to the name, as though it speaks to their own inner desire, and from those who describe experiencing a feeling of calm here that they describe as 'other worldly'. I think, if we were honest, we would all agree that a gentle world is what we are really longing for.

As you can tell from the names we choose for ourselves as individuals, we believe strongly in the power of names as a tool for creating the reality through which we experience our lives. The name 'Gentle World' is intended to bring out the gentle nature inside us all. Although we all (sadly) find it necessary to hide our gentleness from time to time (especially when interacting with others who don't understand the importance of living peacefully), we firmly believe that our true nature is gentle, and that this is a necessary quality to consciously cultivate, if we ever hope to have a truly peaceful existence. It helps to have a reminder of that on a daily basis.

You've written articles in support of the abolitionist theory of animal rights, and in one interview you said: "I'm inclined to believe that our biggest obstacles are not only the big money behind animal exploitation, but also the big money behind the animal welfare business." Can you explain that a little, and is it your own personal opinion or is it shared by most or all of the others at Gentle World?

We have an article on our website called [Making a Killing with Animal Welfare Reform](#) that explains this specific idea in detail. However, this is not an original concept! In recent years, I've learned a lot from reading the work of [Gary Francione](#), who has written extensively about this subject. Anyone interested in exploring this issue can learn all about it by reading his blog and his books, especially *Rain Without Thunder*, which explores how dramatically the animal movement (which was rights-based at its inception) has shifted from its original approach. In my opinion, the abolitionist approach is really a return to the original goals of the animal rights movement, before it was corrupted by this manufactured idea that welfare reform is the way to create 'real change for animals now'.

Gentle World has never been involved in animal welfare, as our approach has always been to teach people about the necessity of veganism, which transcends the animal treatment issue and goes straight to the heart of using animals in the first place. We all feel sad about the fact that so many people who devote their time and energy towards animal advocacy appear to be backing away from promoting a strong vegan message. A more ambiguous, welfare-based approach might appeal to the mainstream, but obscures the essential point behind a veil of confusion. If we don't make the vegan message central to our advocacy, how can we ever expect to see a vegan world?

Gentle World obviously believe that presenting people with delicious vegan food is an important part of promoting veganism (Lee Hall, who we interviewed in V.V.122, has made this point - that vegan cookbooks are "a real part of politics, a real contributor to animal rights theory"). How do you go about that, given that your two centres are a little isolated? And are you able to grow a large percentage of your own food both in Hawaii and New Zealand?

We try to grow a lot of our own fruits and veggies in both locations, which is easier for us in New Zealand because we



A Hawaiian rainbow over Gentle World's veganic garden

have more space there. In Shangri-La, in addition to our garden greens and other veggies, we have enough space for multiple fruit orchards, large corn crops, lots of squashes and potatoes, and even watermelon! Here in Hawaii, although we are limited by the size of our current property, we have the advantage of being able to grow fruits and veggies all year round, and so we're looking forward to finding a bigger piece of land so that we can expand and start to be more self-reliant with regard to produce. Even so, we do manage to grow all our own greens (which is a lot!) as well as other crops, including corn, cucumbers, squash, peppers, tomatoes and even eggplant and soybeans. We also grow pineapples (which are sweet and delicious), bananas and papayas, and have some coconut palms that are promising a harvest soon.

[Serving delicious food](#) is definitely an extremely important part of our vegan education, especially because of the popular misconception that vegan food is bland, boring, or lacking in variety or a sense of familiarity. We love showing people that they can eat an endless assortment of incredibly beautiful and mouthwatering dishes, without having to sacrifice the tastes and textures that they're used to.

There are several blog posts on our website that describe events we've done in both Hawaii and New Zealand, all of which have been very well received. And of course, with our visitor programme, we have the ongoing opportunity to show our guests how well we eat at every meal of the day!

Each year we participate in [a major event](#) here in Hawaii where people come from all over the island. We serve our delicious food to hundreds of people, the vast majority of whom are non-vegans, and they all rave about the taste, with many of them asking us where our restaurant is! (A number of years ago now, Gentle World did have a very successful restaurant on the Hawaiian island of Maui, and that was where many of our most popular recipes were developed. 'The Vegan Restaurant' ran for two and a half years under Gentle World management, and remained vegan for several years after that, even under two new owners.)

It's true that living outside of a major population centre definitely limits the number of people we can reach with this kind of outreach, and that's one of the reasons we're becoming increasingly drawn to online activity, which is more far-reaching. But when it comes to food, a taste is worth a thousand words, or even pictures!





Summer serving food at the Kohala Fair in Hawaii 2010

Gentle World's byline is 'for the vegan in everyone'. That's a very nice concept. But how true do you think it is? There do seem to be a number of people who are positively hostile to veganism. For example, when your *Vegan Evolution* article was featured on the *Care2* website in 2009 it attracted some 670 comments, many positive but others rather less so. And you later added an excellent comment yourself: "It is regrettable that this discussion became so personal and hostile ... We can disagree, and we can even be passionate about where we stand, but it seems to me that we would all benefit from becoming more gentle, and perhaps, in that way, the discussion would be able to go further and deeper."

Yes, those forum discussions can get very unpleasant, which is why I choose to stay away from them these days, though when someone says they are going to become vegan as a result of an article, it makes all the criticism fade into the background! I try to always remember that those voices are coming from people who are constantly immersed in a culture that insists (through heavy programming that we're all exposed to throughout our entire lives) that animals are resources, and that killing and eating them is an absolutely reasonable thing to do. But when people react with such hostility, I tend to think that they're upset because they know inside that, even if we don't always phrase it perfectly, what we're saying is fundamentally true.

When we chose that phrase as our byline, as well as wanting to create an inclusive feeling that would be welcoming to our target audience (ie potential vegans, as opposed to those who are already there), we wanted to plant a seed in people's minds that the vegan concept is really not out of their reach, as they may have been led to believe.

Despite all their protestations against veganism, most people agree that killing (or causing pain and suffering), for the sake of pleasure or convenience, is not morally justified. From this point, embracing veganism as a philosophy and worldview does not require much of a leap. Veganism is a simple matter of putting into practice the values that the vast majority of us already share. We believe that there is a part of each person (however deeply buried) that is capable of understanding that concept. We hope that our site speaks to that part of everyone.

Jack Perkins of Radio New Zealand spent several days at Gentle World's 'Shangri-La' New Zealand centre in 2011. You can listen to his half-hour account of the visit (and interviews with Angel and other members) at www.radionz.co.nz/national/programmes/spectrum/20110626 - and there's also a gallery of photos on that page.

Book review

Pig by Brett Mizelle
 Reaktion Books 2011
 224 pages paperback
 100 illustrations (60 in colour)
 ISBN 978 1 86189 805 0



Some years ago, during a walking holiday in the New Forest of Southern England, we suddenly found ourselves in the midst of a herd of domesticated pigs. Seemingly oblivious to our presence, the pigs used their powerful snouts to lift the turf, searching for tasty morsels of food. The pigs had been sent out to forage for acorns and beech mast under an ancient practice known as 'pannage'. Soon afterwards the herd scampered away into the forest, leaving us grateful to have shared a moment of freedom in their brief lives, destined to end a few months later at the slaughterhouse.

Like other titles in Reaktion's Animal series, *Pig* explores the human-animal relationship, concentrating on the domesticated pig (*Sus scrofa domestica*). As relationships go this is about as unequal as you can get, and with a very few exceptions it is difficult to see how pigs benefit from the arrangement. The exceptions include pigs kept as pets (the actor George Clooney is reported to have described the 18-year relationship with his Vietnamese pot-bellied pig Max as the longest he had ever had), and the few remaining pigs used to unearth truffles for the gourmet food market.

Otherwise, most domesticated pigs are among the hundreds of millions worldwide that are reared and killed for meat every year, making pork the most widely eaten meat in the world, with nearly 100 million tonnes consumed globally in 2006. To add insult to injury, many of these animals are reared in CAFOs (concentrated animal feedlot operations) under systems pioneered in the US cities of Cincinnati (once widely known as 'Porkopolis') and Chicago that have industrialised the rearing and slaughter of pigs - Smithfield Foods' Tar Heel meat processing plant in North Carolina is capable of butchering a staggering 32,000 pigs per day.

The ruthless exploitation of the domesticated pig is amply documented in *Pig* by author Brett Mizelle, Professor of History at California State University, alongside other more appealing chapters chronicling the many roles played by pigs in language, folklore, literature and art. The book's final chapter describes the millions of wild-living pigs in the world that serve as "a reminder that these highly adaptable, intelligent and social animals will never be fully controlled by humans". Ironically it is these very qualities, coupled with the ability to thrive on human leftovers and waste products, which made pigs so suitable for cohabitation and domestication. As the author, whose sympathies are clearly with the pig, concludes: "an effort to understand the pig ... just might begin to remove the ambivalence from our attitudes about and practices towards pigs, narrowing, if only slightly, a gap between humans and pigs that reflects the devaluation of life itself".

One can only hope that this informative and interesting book will aid that understanding, though only a dramatic reduction in the demand for pork, bacon and ham can put the human-pig relationship on a more equal footing.

Paul Appleby

RECIPES

The first two recipes on this page come from the **Vegetarian Recipe Club** <http://vegetarianrecipeclub.org.uk> (an offshoot of *Viva!*), where all the recipes are "deliciously vegan".

And there's a lot more than just recipes too, with articles, a regular blog, a Facebook page, and more.

The Chana Dhal Pancakes recipe was sent in by Richard & Sandra Barnett who run the **Barn Vegan Guest House** www.veggiebarn.net in the New Forest in Hampshire (see advert back page).

And the Chocolate Cake recipe on the next page comes from the **Parsley Soup (Cherry's Vegan Recipes)** website at www.parsleysoup.co.uk

Tofu Burgers



These are simple to make (takes 30 minutes), and really good. For a real pro look, use a burger press (about a fiver from good hardware or kitchen stores) - if not, a cookie cutter or lid of a jar will do. Good served on rolls or in pitta bread as the photo here shows. Add salad, relish and vegan mayo as preferred. Also nice with baked potatoes.

For a gluten-free option replace oats with sticky brown rice - cook it for at least 30 minutes. Drain and mash a little before adding to the rest of the burger mix. Use tamari - wheat-free soya sauce also.

1 tbsp olive oil
1 medium onion, finely chopped
1 clove garlic, crushed
225g / 8oz firm plain tofu
3 tbsp oats (porridge oats are fine)
2 tbsp gram flour (also called besan) or chick pea flour, available from big supermarkets, ethnic food shops or health food shops
1-2 tbsp shoyu or tamari style soya sauce
1 tsp paprika
1 tsp mixed herbs
½ tsp allspice
More oil or oil spray to fry burgers

1. In a medium saucepan, heat the oil. Sauté (gently fry) the onion and garlic until onion is translucent. Turn off heat, add tofu, and mash the mixture with a potato masher until soft.
2. Add all other ingredients except for frying oil. Mix in until everything is thoroughly integrated.
3. Makes 4 large or 6 small burgers. If you aren't using a burger press you may wish to chill the burgers for a few minutes to make cooking easier.
4. In a frying pan (preferably non-stick) heat the oil or spray. Gently fry the burgers for a few minutes until golden brown on each side.

Creamy Lemon Cheesecake with Blueberries

No need to miss out on creamy cheesecake with this divinely simple, dairy and animal-free recipe from Rose Elliot! It's incredibly quick and can be made and chilled the day before. Preparation and 'cooking' time 10-15 minutes. Serves 4-6.



175g / 6oz ginger biscuits (most supermarket 'Value' ginger biscuits are vegan)
75g / 3oz vegan margarine, melted
400g / 15oz plain vegan cream cheese, such as Tofutti or Sheese, available from health food shops
Finely grated rind of 2 lemons
25g / 1oz caster sugar
175g / 6oz blueberries - or raspberries if preferred
Icing sugar to dredge
Mint leaves to decorate (optional)

1. Put the biscuits into a polythene bag, secure lightly then crush with a rolling pin. Transfer the crushed biscuits to a bowl, add the melted margarine and mix to combine.
2. Press the mixture into a 20cm / 8 inch flan tin with a removable base. (Don't push the mixture up the sides of the tin.) Place in the freezer or fridge while you prepare the topping.
3. Put the cream cheese in a bowl and add the lemon rind and caster sugar. Stir to make a creamy mixture. Spoon it into the flan tin on top of the biscuit base. Take it to the edges but try to smooth the surface. Put in fridge to chill until needed.
4. To finish, lift the cheesecake out of the tin - keep it on its base - and place on a serving plate. Decorate with the blueberries or other fruit of your choice, such as raspberries. Dust with icing sugar and serve as soon as possible.

Chana Dhal Pancakes



The photo shows Chana Dhal pancakes served with sprouted alfalfa and mung beans and chilli apple jelly.

These 'pancakes' are extremely versatile. They can be eaten as a quick snack with some pickle, used as substitute burgers, or served with rice and/or a salad for a filling and delicious main meal. They are low in fat, high in protein and fibre. On top of all that they're easy to make. And, here at *The Barn Vegan Guest House*, we've not found anyone who doesn't like them yet!

200g Chana Dhal (Yellow split peas, available from Asian groceries and many supermarkets)
2 tsp whole cumin seeds
2 tbsp chopped coriander
1 red chilli pepper - chopped
Salt to taste (it needs a fair amount I find)
Groundnut oil (or other flavourless oil) for shallow frying
Makes around 15 depending on how big you want them.

Wash the chana then leave to soak in plenty of water for at least six hours (or overnight). Drain and place the chana into a food processor along with all the other ingredients except coriander. Whizz for about 30 seconds until generally chopped up. Then keep whizzing while adding cold water until you get a 'sloppy porridge' consistency. Stir in the coriander.

Put enough oil for shallow frying into a large frying pan and heat using a medium flame. When hot start frying the pancakes by putting in 1 tbsp of the mixture at a time (you can usually get four or five pancakes in at one time). Cook for about 2-3 minutes, then turn over using a spatula and cook for a further 2-3 minutes. Drain on some kitchen towel.

They're great hot or cold and any left over can be frozen. We wrap any that we want to keep in kitchen foil and then freeze. When you need them again you can just pop them in a medium oven for 15 minutes to warm through.

Obviously you can vary the spiciness according to your own taste. Enjoy!

Chocolate Cake

225g / 9 oz self raising flour
150g / 6 oz caster sugar
25g / 1 oz cocoa
1tsp baking powder
1tsp natural vanilla essence
100ml / 4 fl oz vegetable oil
200ml / 8 fl oz water - you may not need ALL the water, depending on what sort of flour you use
100g / 4 oz chocolate chips (optional)



Cooking Time: 25 minutes
Makes 8 slices

1. Put self-raising flour, baking powder, sugar and cocoa in a bowl and mix well.
2. Pour over the vegetable oil and vanilla essence and then gradually add the water.
3. Mix thoroughly with a wooden spoon or electric whisk. Add the chocolate chips at this stage if you are using them.
- 4) Pour into shallow oblong tin (7"x11"), or two round 8" sandwich tins, and cook for about 25 minutes at 200°C/400°F (gas 6).

How and why I became vegan

Shari Kraut Yard explains what led her to veganism. Shari, who lives in Connecticut USA, is a 47-year-old registered nurse, and the mother of two adult daughters.

It was my love and compassion for animals that started me on my path to becoming a vegan. I can clearly remember the very first time that I actually made the connection to the food that was on my plate. It was the day after Christmas in 2005. My husband and I had done some shopping and then went out for dinner. I had ordered a piece of filet mignon with garlic mashed potatoes. Only a few bites into the meal I looked down at my plate and saw how the blood from the meat had run into the mashed potatoes, turning them a light pink colour. The sight of the blood, followed by the idea of the blood, and the texture of the meat in my mouth, literally made me feel ill. From that day forward I swore I would never consume red meat again.



It was not a struggle for me to eliminate red meat from my diet, but the idea of eliminating fish and chicken seemed next to impossible. What would I eat? How could I go out to dinner and find something on a menu? Where was I going to get my protein? All of the usual questions, which I now see as convenient excuses. It didn't take long for me to feel like a hypocrite, and I also chose to eliminate chicken and lastly fish from my diet.

I am ashamed to say that I was very ignorant, or just in denial, when it came to the dairy industry. I would tell myself "nothing had to die to make a dairy product". So I was OK with it until a fellow vegan, who I had become friends with on Facebook, sent me a disturbing picture of a glass of pink tinged milk with the heading "In Every Glass of Milk is a Little Bit of Veal".

I honestly had never made the connection between the dairy industry and the veal industry. Yes I loved my milk, my ice cream, chocolate and cheese, but it was time to take the blinders off and see the brutal reality. I educated myself on the truth behind factory farming and the dairy industry.

I read as much information as I could find, and I forced myself to watch horrific videos of the pain and suffering these innocent animals endure for the sake of satisfying our appetites. It was on February 6th 2011 that I proclaimed I would never financially support any industry that exploited animals.

I was very fortunate because my husband Craig always supported my choice to become vegetarian and then vegan. Although he is not vegan, he respects how I feel and will not buy any meat for our home, nor order it while we are out at a restaurant. Our kitchen is primarily vegan, but he has been known to sneak ice cream into the house and hide it in the back of the freezer. He gets caught every time!

My body responded to becoming vegan in a way I couldn't have imagined. I have always been active and consider myself an athlete, having participated in numerous marathons and trained for and completed two Ironman Triathlons. However, looking at me you would never have known the hours I put into working out, because I always carried additional pounds. Regardless of all the exercise and trying every diet ever invented I couldn't lose the weight. I was actually referred to as a Clydesdale in my division. (Apparently it is politically correct to refer to a woman over 150 pounds as a massive horse.)

After only four months of being a vegan I lost 23 pounds, without changing my exercise routine. In fact I was not training for any events, so my exercise demands were much less over that four month period. I resolved the issues that I'd had with chronic constipation. My skin and hair improved, and I now have more energy than I know what to do with.

Although I cannot deny the physical benefits I have experienced from becoming vegan, it is the spiritual and emotional changes that have brought me to a place of inner peace. I feel like a vegan diet actually feeds my soul. I feel physically and spiritually lighter, and more in touch with the world around me. I find peace in knowing that every decision I make is in support of another living being. I have chosen to put the life and the wellbeing of all these innocent, beautiful animals first and it feels right in my heart and my soul.

It doesn't matter how you begin on your path, as long as you take the first step. Take the time to make that connection with what is on your plate and how it got there. Take the time to educate yourself, even if it is difficult to see the reality of the pain and suffering these animals are subjected to. Then make a choice. We have the choice - the animals do not. I choose compassion.

How many vegans?

The main problem with the numbers game (*How many vegans are there in the UK and USA?* V.V. 124) is health vs ethical - for example the Vegetarian Resource Group in the USA conducts many excellent surveys, but does not really count vegans, they just count people who do/don't eat eggs/dairy/honey.

They never ask about leather/wool or ethics etc as VRG is purely health-related, and the USA is still much more health motivated than the UK, but we are getting more so here, partly thanks to Americans online. In the blog that was mentioned, I was careful to use just dietary terminology, whereas the UK Vegan Society prefers to count (ethical) vegans, hence the lower numbers.

The best description I heard recently was that if you go to any vegetarian event in North America you can be sure the food will be all vegan - the chairs you sit on might not be...

John Davis, Shropshire

John Davis is manager and historian of the International Vegetarian Union. His History of Veganism blog is at www.ivu.org/history/vegan.html - see also page 19 of this issue.

Limitations of The China Study

I have not read David Irving's book *The Protein Myth*, but it is obvious from the interview with the author in V.V. 124 (Spring 2012) that he sets great store by *The China Study* by Professor T Colin Campbell, claiming that the book "offers scientific evidence that is absolutely irrefutable, that consuming animals is the major cause of our killer diseases". With respect to Mr Irving, I beg to differ, and I would like to explain why.

The China Study was a geographic study of mortality, biochemistry, diet and lifestyle in rural China, conducted in the 1980s/1990s by researchers in China, the US and the UK. A brief description of the study can be found on the website of the UK collaborators, the Oxford-based Clinical Trials Support Unit under the leadership of Professor Sir Richard Peto: www.ctsuo.ox.ac.uk/~china/monograph/Intro.htm

To summarise, the aim of the study was "to describe the wide variation across 69 rural Chinese counties in diet, lifestyle, blood and urine biochemistry and mortality rates". Surveys of 8000 adults (60 per village in two villages in each of 69 counties) were conducted in 1983 and 1989, and the results used to characterise each county by the average

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 page 2 for contact details, and page 8 for some possible topics.



of the characteristics of the participants.

The averaged results were then correlated with cause-specific mortality rates in the same counties for the years 1973-75 and 1986-88, and the findings published in 1990 and 1998. Not surprisingly, with so many lifestyle characteristics and cause-specific mortality rates being compared, some of the correlations turned out to be statistically significant. However, as the CTSU website points out, although "a few of the 'ecological' (i.e. geographic) correlations of particular factors with particular diseases do yield good evidence of causality ... the real importance of this study is purely descriptive".

Thus, *The China Study* is a good example of what is known as an 'ecological' study. This is generally reckoned to be the least informative type of epidemiological study. An ecological study cannot prove anything, at best it can generate hypotheses that can then be investigated in other types of epidemiological study. Dieticians Jack Norris and Virginia Messina recognise this in their book *Vegan for Life* (reviewed by myself in V.V. 123), in which they explain why they do not cite findings from *The China Study*: "most of the participants in the China Study were neither vegetarian nor vegan, making it difficult to draw specific conclusions about the health benefits of these diets".

Much more reliable evidence on the links between diet and disease risk comes from prospective studies in which the dietary and lifestyle characteristics of thousands of individuals are collected and compared with subsequent disease rates in the same individuals collected over many years of follow-up. Some of these studies have been specifically targeted at vegetarians and vegans, including the Adventist Health studies of North America and the UK-based EPIC-Oxford study (www.epic-oxford.org), although the number of vegans in these studies is too small to be able to draw definitive conclusions about their long-term health.

Indeed, the only data published thus far on mortality in vegans, from a collaborative analysis of mortality in 76,000 individuals from five studies with a high proportion of vegetarian participants, found no difference in all-cause death rates between vegans and regular meat-eaters (*American Journal of Clinical Nutrition* 1999; 70: 516S-524S).

To summarise, definitive data on the long-term health of vegans is currently unavailable, and the findings of ecological studies such as *The China Study* cannot be extrapolated to vegetarians and vegans. Although there is general agreement among nutritional epidemiologists that healthy diets should emphasize whole grain foods with plenty of fruit and vegetables in preference to foods high in saturated fat, sugar or salt (especially red and processed meat), there is no consensus as to what constitutes an 'optimal' diet, let alone how much (if any) animal protein such a diet would contain.

Meanwhile, vegans should follow the excellent dietary advice provided in books written by qualified dieticians such as *Vegan for Life* (see above) and *Becoming Vegan* by Brenda Davis and Vesanto Melina, and not simply assume that their choice of diet automatically guarantees good health and longevity.

Paul Appleby, Oxford

Paul Appleby is a Senior Statistician at the Cancer Epidemiology Unit, University of Oxford, and a co-author of around 100 peer-reviewed papers published in medical and scientific journals, including papers relating to the EPIC-Oxford study and other long-term studies of the health of vegetarians and vegans.

On a related theme (the critical evaluation of research) see also Ginny Messina's blog 'The Vegan RD - thoughts on being vegan, a dietitian's perspective', mentioned in The Vegan Press column on page 19 of this issue.

Utopias and veganism

I am inclined to agree with Jenny Wood on her article in V.V. 124 re *Utopias and Veganism*. I have been a vegan for twelve years now, but became a lacto-ovo-vegetarian in the 70s. There did seem to be a more visionary mood in the 70s and 80s. Lots of independent wholefood shops were about, stocking a wide range of foods as well as ethical cosmetics and self-published books dealing with green issues as well as recipes. The staff were interested in their wares and were normally very helpful.

Think Global, Act Local! was the

slogan. It was a time of learning new skills; like fruit and vegetable growing, bean sprouting, yoghurt making, baking bread, and producing your own wine and beer. Dependency on supermarket chains was questioned as was dependency on cars. An interest in cycling and its pleasures was reinvigorated. Later Sustrans were to start laying down The National Cycle Network, providing an alternative and pleasant way to get about. Today independent shops of all kinds have greatly diminished, chain stores having largely replaced them, and again we have become more dependent on supermarkets for our food.

'Cheating' style vegan foods may have some value in helping omnivores make the transition to a vegan diet, but I do suspect they may make the public at large ask "if vegan food is so good why do you have to imitate bacon, chicken and roast beef?" Vegans have all the fruits, vegetables, pulses, grains, herbs and spices of the world available to them, there is no need to concoct flesh substitutes.

However I appreciate that for veganism to be more widespread it has to be accessible. For many putting a packet of veggie sausages in their basket instead of pork ones while in Tesco's is an easier option than finding and visiting some unfamiliar wholefood shop. However I am aware that there is a healthy movement against the unthinking compliance with the self-centred neo-liberalism that Jenny mentions in her article; it's just that ideas are more likely to be disseminated via the internet today, rather than by the more visionary books, pamphlets and magazines of the past.

Keith Gilbert, Canterbury

Look to your French connections - veggies and vegans

When going away, whenever possible we try to support entrepreneurs in their efforts to spread the veggie/vegan message. Occasionally we go abroad for a different holiday, and a couple of times we have travelled down to Le Puy (south of Lyon in the Auvergne) and spent wonderful holidays enjoying the generous full board hospitality of Lidy and Willem Nouris at their enchanting *La Garnasette*. With her homely cooking skills, Lidy has even successfully managed to run vegetarian cookery courses for the French! See details of this great place at www.lagarnasette.net

We have become such friends with Lidy and Willem that we try to see each other regularly, and this year met up at

the atmospheric *Under the Lime Tree* in the Charente, near Angouleme, run by Nikki and Sean. Despite inclement weather, we enjoyed six days of shared interests in all things veggie/vegan. Nikki is a wonderful hostess, providing both tasty meals and other 'body food' in the form of massages. She also welcomes groups for activities, ranging from basket-weaving to yoga classes. See www.underthelimetree.com for details.

As usual, we split up the long journey down and back by stopping (for the first time) at a newer 'oasis' in France, namely that of *La Haute Fariniere* run by Dawn and Robert near St Suzanne, between Le Mans and Rennes (approx 2½ hours from Caen or St Malo, if travelling by car).

Whilst Dawn offers traditional vegetarian organic cooked meals, her passion is raw food as part of a healthy lifestyle regime. She amazed us with a substantial raw four course explosion of tastes, all presented in a manner befitting a top class restaurant. Accommodation and furnishings are all luxurious. Dawn is a Health Coach and offers a wealth of holistic practices, full details of which can be found at www.dawncampbellholistichealth.eu

All venues mentioned have a different ambience but each is in a fabulous setting with easy access to historic towns and villages, as well as quiet walks and bike rides. Such gems, and all providing a warm welcome with excellent sustenance for the veggie/vegan explorer, otherwise 'lost in France'.

Mike & Gina Wright, Gloucestershire



This is one of many banners on the Evolve Campaigns website www.evolvecampaigns.org.uk (check out their short videos too, which carry attractive and positive messages).

EVOLVE is a non-profit organisation dedicated to embracing and expanding the vision of animal liberation through promotion of lifestyle changes that in turn benefit human health and the environment, as well as the lives of millions of exploited animals worldwide.

Big Biggies and the Big Picture

Why are vegans not more widely recognised and accepted, and will they ever be? This is a subject which comes up so often in the vegan media, and one that seems to have no solution. There cannot be a *logical* reason for it of course. I am going to add my take on it here and see if it resonates with anyone.

Why is it that vegans, the most compassionate of people, are so sadly ignored by the mainstream? The way I see it is that vegans are a minority group, and are sidelined by the system we live in because we live in a society governed and dominated by something I am going to call the Big Biggies - the big corporations which include Big Pharma, Big Farming, Big Media, and Big Politics. All of these groups work together and all are interdependent.

This has resulted in the polarisation of society. To get elected now a political party must dance to the tune of the majority, the middle ground, let us call this the 63%, and as a result there is nothing to choose between any of the mainstream parties anymore. They want to get elected so they all sing and dance to the same tune. They are all in the pockets of Big Pharma, Big Media, and Big Farming. The advertising industry directs its advertising at the 63% in the middle ground, television programmes are produced for the 63%, movies are made for the 63%, and so on.

When you have a situation like this everything becomes more and more rounded off and tailored to fit this group, and you end up with a spiralling downwards of expression, creativity, uniqueness, art, individuality and so on. Minority groups are neglected altogether, and so vegans are not part of the big picture and are never going to be. Add to this some more direct reasons: Big Farming doesn't want them for obvious reasons, they don't consume their products. Big Advertising doesn't want them because they live frugally and waste less than most people, and as such are not easy to float advertising at. Big Pharma doesn't want them because they tend to be healthier and have less need of their products, and so we go on.

The Big Picture is that the Big Biggies that control and dominate the only group of people that matter to them - the 63% - have no desire for veganism, in fact they would rather it didn't exist. As the years roll by and this 63% become more brainwashed, unconscious, and cloned, even green thinking becomes eroded.

I am retired now but mix with a lot of students, and I can remember when 40 years ago students were very green thinking generally, and very radical - 30 years ago there were lots of them who

were veggie and vegan, 20 years ago it was still strong among them but starting to diminish. Now in 2012 I scarcely ever see a vegan student and even green thinking among students has declined amazingly. I am regularly in a super-market close to a university and as such I am often able to watch students at a sandwich bar - all grabbing chicken, chicken, chicken and more chicken, with the odd cheese and the odd egg and a whole lot of tuna/mayo, but I never ever seem to see any evidence of veggies and never vegans. Later, passing through the checkouts, it is extremely rare that one ever carries their own bag and almost all of them rip off carrier bags in a mindless fashion, putting a pack of sandwiches in one bag, a banana in another, and so on. They just don't seem to care anymore, even about green issues, whereas 25 years ago this was positively not the case. This is what comes about when you have Big Biggies singing and dancing constantly to one tune, one agenda and one ultimate goal.

The Big Supermarkets are only just accepting of vegetarians, and all have a mundane tokenistic section devoted to the likes of certain well-known brands, boldly stated to be vegetarian (but they are mostly not vegan). One certain famous brand that you see rather boringly and predictably in the vegetarian chiller cabinets of almost all big supermarkets contains egg of course.

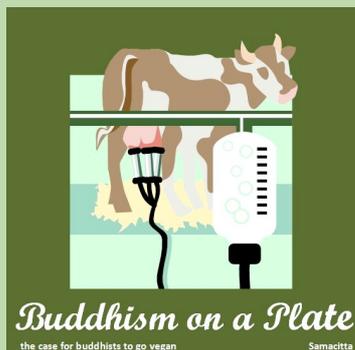
When it comes to vegan, they are as good as not interested. But what is vegetarianism anyway? It does nothing to save the male cows which are mindlessly murdered in their thousands each year in the name of dairy milk, or the chickens which veggies are led to believe roam wild and free and have a wonderfully healthy 'free-range' life. Vegetarianism actually supports all of this and I wonder how a vegetarian can look in a mirror and say "I do nothing that contributes to the suffering of animals".

It is clear that the world cannot feed its growing population on farmed animals for much longer. Neither can the environment handle the farming of these animals, and new techniques for producing meat without the involvement of an animal are being researched and becoming available. I believe that the world will not go vegan but will go non-farmed animal meat in the not too distant future. It will go that way because it just has to, it has no choice. As a vegan this does not reassure me, but I suppose it is a small step towards some kind of progress, even though it will be motivated by profit and greed as much as the need to feed the world's population in a more sustainable way.

Caroline Marks

Buddhism on a Plate

This essay by Samacitta (chair of Birmingham's Triratna Buddhist Centre) puts the case for Buddhists to go vegan, and is available in an easy-to-read on-screen format at http://issuu.com/thebuddhistcentre/docs/buddhism_on_a_plate



To an 'outsider' it would seem obvious that Buddhists would be vegetarian at the very least. Buddhism is big on compassion and our interconnectedness with all beings. Yet it isn't quite so simple, hence the need for Buddhist and animal advocate Norm Phelps to write *The Great Compassion: Buddhism and Animal Rights* - which argues against the spiritual bodyswerving about eating animals amongst certain Buddhists!

So it was heartening to read Samacitta's article *Buddhism on a Plate* from the Triratna Buddhist movement. Triratna isn't wholly vegan

but its centres are vegetarian, and veganism is certainly a growing trend. Indeed, its founder - now in his 80s and a long-term vegetarian - became vegan recently.

Buddhism on a Plate looks to the Buddhist First Precept as a starting point (non-harm and the development of loving kindness).

Samacitta moves on to explain clearly how animals are exploited for food. I also found her comments on the difference between the Jewish Holocaust and the mass exploitation and killing of animals to be gripping. In Buddhism, greed, hatred and delusion are called 'The Three Poisons'. She suggests that while the Holocaust was based on hatred, the mass slaughter of animals comes from greed and craving - we humans turn a blind eye to suffering in order to eat the animal foods we crave. As she points out, greed is equally as destructive as hatred.

With all religions, even a non-theistic one like Buddhism, sticking to the letter of scriptures can be misleading. And given that nothing at all was written by the Buddha or his followers during his life, and for a long time afterwards, and that our world has changed beyond measure, I'd suggest that all Buddhists should ask themselves these questions:

- * Would you see the Buddha in a slaughterhouse or factory farm?
- * If eating animal products contributes to animal suffering, world hunger and environmental destruction, what choices should a Buddhist make?

Jane Easton

Veggies news

Amongst the 30+ events already booked for the Veggies summer tour, we're particularly excited about the campaigning opportunities offered by the catering at three key activist gatherings: the Peace News Summer Camp 26-30 July; the Earth First Summer Gathering 1-6 Aug, and the UK Animal Rights Gathering 10-12 Aug. All three gatherings are to be hosted on successive weekends at the same location, Crabapple Community near Shrewsbury, with vegan outreach by Veggies being a common theme uniting them all.

In other Nottingham news, interest has been expressed in holding another Vegan Beer Festival at Nottingham's Sumac Centre (a vegan social club). The weekend of 28th July is possible, but not finalised. Contact via Veggies.

We were sad to hear that Malcolm Tandy, owner of Cafe Nomad, died peacefully on 27th March 2012. Although not fully vegan himself, Malcolm was an expert master chef producing the best vegan and vegetarian food in Nottingham. With his passing there will be a gap in the diets and social lives of Nottingham's vegan community, and there is an opportunity for any enterprising vegans who might be interested in taking on the premises, which at the moment remain fully equipped and with a queue of customers waiting to support a new enterprise. A memorial page can be found at www.veggies.org.uk/2012/04/rip-malcolm-tandy and Veggies are happy to encourage anyone interested in taking on a new vegan project.

Patrick Smith

See back page for Veggies contact info.

**** The Vegan Press ****

The Vegan RD (a dietitian's perspective) / The ins and outs of VEG 1 / Was Vitamin B12 a problem for 19th century 'vegans'? / The Vegan Woman / Free from Harm / Jo-Anne McArthur videos

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. If you know of anything (including online blogs and forums) we haven't mentioned, that you think other readers might like to hear about, then please let us know.

Vegan for Life, a recent book by US dietitians Jack Norris and Virginia Messina, was reviewed positively by Paul Appleby in V.V.123 (p.14). One of the authors, Virginia (or Ginny) Messina, has a blog **The Vegan RD (thoughts on being vegan, a dietitian's perspective)** at www.theveganrd.com

The emphasis here is on "critical thinking" and on not exaggerating the



health benefits of veganism. As I write, the most recent entry (29th May 2012) is *When vegans get cancer* ("At any age, we vegans can expect that our compassionate diet has the added advantage of lowering our risk for certain diseases. But, vegan diets are not 'miracle' cures or guaranteed prevention and it's a mistake to ever believe that they are. As always, the only true promise that comes with veganism is that it will remove your contribution to the use and abuse of animals.")

Scroll down to the entry dated 21st February 2012: *Vegan diets, critical thinking, and nine blogs you need to read* ("Someone asked me recently why it matters whether vegans understand how to interpret different types of research and claims about diet. If vegans want to believe that cow's milk causes osteoporosis or vegetable oils clog your arteries, or all processed foods are evil and disease-promoting, who cares? But I think those misconceptions matter...")

The nine other blogs that Ginny refers to (and gives links for) are "written by ethical vegans who are committed to critical thinking and scientific integrity. They aren't afraid to question the prevailing vegan dogma or ask unpopular questions."

The Vegan (see p.19 for Vegan Society info) has an article by Stephen Walsh in its Summer 2012 issue (p.32) on the popular **VEG 1 multivitamin tablet** that the Society has been selling since 2005. Stephen discusses possible future modifications, and explains the emphasis put on vitamins B12 and D, also iodine and selenium. "We...did not attempt to include all the vitamins and minerals required for health. VEG 1 was designed to be a complement to a healthy vegan diet, including nutrients only to address specific concerns."

This isn't available online at the moment, but should be later (as and when back issues are put up on the Society's website, see under Resources at www.vegansociety.com).

John Davis has continued to add articles to his fascinating *History of Veganism* blog. In **Was Vitamin B12 a problem for 19th century 'vegans'?** he comments that there are no reports of deficiency, but it was a lot more difficult to be vegan in those days and some 19th century 'vegans' managed "to keep close to their diet over a long time, but only rather inconsistently, others were deeply committed for a short period, but then drifted back to including some animal products".

And there's an interesting comment on perfection: "... If we want a vegan future it is not so important how perfect any individual manages to be. What matters is agreement about the ideal of a vegan world - where we are collectively trying to

go is more important than where any one of us is right now."

John's recent articles are at www.vegsource.com/john-davis and the vegan history collection (now well over 70 articles) can be seen at www.ivu.org/history/vegan.html

There are plenty of interesting articles on **The Vegan Woman** website www.theveganwoman.com and, despite the name, much of the material will be of interest to males too! It's "a platform dedicated to the vegan lifestyle", featuring a variety of mostly female writers. Sivan Pardo, who founded the site, has promised to write an article for our next issue about why she set it up, and what her experiences with it have been.

These are just a few of the many articles: *How to hold on to your compassionate nature in a non-vegan world? / Explaining veganism to children / Is birth control vegan? / Vegan party food - the safe choices / How to convince your boyfriend to go vegan / How to throw an awesome fairy party for a vegan child / Veganism's journey into mainstream and the history of moral progress / Forays into a high-raw vegan diet / Veganism as perceived in the media.*

Here's a quote from the last of these articles: "Veganism is a fringe ethical movement. This means that the mainstream media is going to treat it as wrong headed. It's interesting though to see if different sections of the media treat veganism differently. Let's compare news media with fiction...". And the conclusion? There's "a massive bias against vegans in news media" but in fiction we fare a lot better - perhaps because "the arts have always leant towards progressive values".

Free from Harm <http://freefromharm.org> is a website featuring news stories and videos dedicated to "bringing the vegan and vegetarian lifestyle into the mainstream", with an emphasis on animal topics. There's a helpful list of over 30 categories on the home page (including animals and the law, book reviews, food and culture, genetic engineering, farm animal investigations, and so on).

It was on the *Free from Harm* site that I came across the next item. **Jo-Anne McArthur** (creator of the *We Animals* photography project www.weanimals.org) was mentioned in this column before (V.V.123 p.3), following an interview with her in issue 5 of the Canadian vegan magazine TOFU. You can now watch an absorbing one hour talk by Jo-Anne at <http://freefromharm.org/food-and-culture/from-the-animals-point-of-view-photojournalist-jo-ann-mcarthurs-video-presentation>



It's a talk which Jo-Anne (a delightful speaker) gave recently to the Hawaii Vegetarian Society. She chats about her work, and shows many of her animal photos. Her focus is to remind people that animals are "someone not something", and she

comments that "part of my work is to put a face to the billions of animals we consume each year".

In a shorter video at www.thevegantransformation.com she talks more specifically about veganism, and about how she became vegan back in 2003.

Malcolm Horne

EVENTS

For loads more events (including **World Vegan Day November 1st** and **World Vegan Month**) click the **Events** link on the **Veggies** website at www.veggies.org.uk



VEGAN CAMP 4-18 August 2012

The Camp began in 1981 and rotates around campsites in England, Wales and Scotland. This year's 32nd Camp is to be held at Ormside, Appleby-in-Westmorland, Cumbria. Family-oriented but many single people go too. Focus is mainly on outdoor activities (walks, fun sports, trips out, etc). Friendly atmosphere, and ideal for children. Come for a day or two, or stay the whole two weeks. Website: www.vegancamp.co.uk or SAE to Gordon Forrest, 9 Seymour Street, North Shields, Tyne & Wear NE29 6SN.

SUMMER VEGAN FÊTE Saturday

25 August 2012 Conway Hall, London WC1. Stalls, food, workshops. Website: www.vegancampaigns.org.uk/fete

FESTIVAL OF LIFE Saturday

29 September 2012 Conway Hall, London WC1. Talks, workshops, stalls, vegan organic meals and wholefoods, permaculture and environmentalism, etc. Website: www.festivaloflife.net

IVU INTERNATIONAL VEGETARIAN CONGRESS 5-16 October 2012

San Francisco & Los Angeles, USA. Talks, workshops, events, etc - all food vegan. Website: www.ivu.org/congress/2012/index.html

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.

THE BARN VEGAN GUEST HOUSE

Exclusively vegan accommodation in the beautiful New Forest. 100% cruelty free, 100% solar powered. Perfect for walking, cycling and relaxing. Full details at www.veggiebarn.net or phone 023 8029 2531.

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.

COMMUNAL LIVING A vegetarian and vegan group, in the very early days of getting together, is seeking more members. We are hoping to start looking for property and land next year for a community/co-housing venture. We will be in the countryside, and expect to be approx 30 mins drive from the town of Yeovil in Somerset. Two of us are in the middle of moving from Bournemouth to a conventional property in Yeovil, with a third expected to join us later this year, so that we can be in the area we want - and it will 'get the ball rolling' we hope! All enquiries very welcome, even if only out of curiosity! Love & Peace, Roisin
Email: roisingruner@yahoo.co.uk (or contact Roisin via Vegan Views).

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.

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, Anandavan, 58 High Lane, Chorlton, Manchester M21 9DZ. Tel: 0161 860 4869
Email: info@veganorganic.net
Websites: www.veganorganic.net and www.stockfreeorganic.net



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.

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).

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



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.

VEGAN FORUM (www.veganforum.com) is a very active online message board for vegans. New posts each day on a wide variety of vegan-related topics.

OVER 2700 LINKS TO VEGAN-RELATED WEBSITES (blogs, recipes, forums, action & campaigns, online shopping, recipes, events & festivals, networking, etc, etc) at www.veganchatroom.co.uk

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