

VEGAN VIEWS

A Forum for Vegan Opinion
Quarterly

No. 93 *SUMMER* 2002

£1

• Homo Veganus non capit muscas •



In this issue: Protein from Plants; Nutrition without supplements; Letters; Recipes; Books; Cartoon.

VEGAN VIEWS
Flat A15
20 Dean Park Road
Bournemouth
BH1 1JB UK

Web: www.veganviews.org.uk

SUBSCRIPTIONS

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

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

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

Airmail outside Europe four issues for £7 including postage.

VEGAN VIEWS ON THE INTERNET

The Vegan Views website (www.veganviews.org.uk) features highlights from the latest issue and from recent back issues – going back at present to about 1994.

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

COPIES IN BULK

If you order a minimum of five copies, we will sell to you at 65p each (sale or return), for sale at bazaars or local shops.

BACK ISSUES

Many back issues are still available for 50p each. Eight for £3 including postage. Topics covered include:

- VV92 Veggie Pride
- VV91 How and why vegan
- VV90 Porton Down
- VV89 Feeding the world
- VV88 Farming crisis
- VV87 Meat in crisis
- VV86 Hard choices
- VV85 Sprouting seeds
- VV84 Leah Leneman: in memory
- VV83 Living with cancer
- VV79 Wartime food
- VV78 McLibel judgement
- VV37 Arthur Ling interview
- VV34 Leah Leneman interview

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

We welcome all letters, articles, news of events, and constructive criticism – and try to print all that is relevant and of interest in the magazine. We welcome drawings too (black on white please).

We rely on readers' contributions. Small ads are free to subscribers. If you don't want your letter published please make this clear when writing.

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

SUBSCRIPTION RENEWALS

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

COPYRIGHT

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

The sign © shows that the author reserves copyright on that article.

□□□	CONTENTS	□□□
5	Animal Farm	
6	Update on BSE	
7	Nutritional Supplements	
10	Cartoon	
11	Letters	
15	Community	
16	Books	
17	Recipes	

Produced by Harry Mather, with assistance from John Curtis, Malcolm Horne, Hilary and Wesley. Front cover by Jamie Coglan.

Printed by JR Print, 109a Nortoft Road, Bournemouth, Dorset.

From the editor....

Firstly, let me thank the many who pay more than their subscription. It does help us along financially and keeps the overall price down. I do not have enough time to respond to each one individually, but the appreciation is still very much there.

I am also cheered by the many who add a note of appreciation to say they find the mag informative and it helps them feel in touch with a wider community – this being the purpose of the magazine.

Special thanks are also due to John Vetterlein for the gift of a computer and to John Curtis for directions on how to use it and also for running the website and more general help.

Vegan Views started as sheets typed on a stencil and run off on a duplicator – old technology that not many today will remember and most may not even have heard of. Now VV is coming up into the computer age.

New technology is taken up quickly, new ideas often take longer to be accepted as mainstream. May the day not be long in coming when this magazine will be outmoded because everyone is vegan and people will wonder why it was necessary to state the obvious.

This year saw the murder of a prominent politician in The Netherlands by a man who was said to be an animal rights supporter and probably vegan.

How, some may well ask, can a vegan do such a deed? My answer is that anyone who deliberately, and not in self defence, takes the life of an animal or a human cannot be called a vegan. If vegans think that Meat is Murder, then those who murder are not vegan.

All the best,

EVENTS

8 - 14 Jul. NATIONAL VEGETARIAN WEEK

Theme: A Whole World of Taste. Celebrate and spread the word in local press, radio, restaurants, pubs and shops. Contact: The Vegetarian Society, Parkdale, Dunham Road, Altrincham, Cheshire WA14 4QG. Tel: 0161 925 2000. Fax: 0161 926 9182. www.vegsoc.org.

8 - 14 Jul. WORLD VEGETARIAN CONGRESS.

The 35th congress has the theme: Food for All Our Futures. Edinburgh Conference Centre at Heriot Watt University, Edinburgh. Workshops and lectures by speakers worldwide. An international occasion. Organised by the Vegetarian Society. Tel 0161 925 2000. Web: www.vegsoc.org/congress.

12 - 14 Jul and 4 - 6 Oct. YOGA WEEKENDS

with Shoshana, body-mind relaxation, meditation, Satvic fresh living foods and beautiful, natural surroundings. All welcome. Health retreats. Call 0834 952 457 202 Email: shodaon@e-milio.com. Web: www.home-colonics.com.

13 Jul. VIVA! END FACTORY FARMING MARCH + FOOD FOR LIFE FESTIVAL.

Join a determined coalition of animal and green groups with a unanimous aim: End factory farming – before it ends us! Meet at noon at Kennington Park, London SE11 (nearest tube: Oval). Speeches by celebrities, Viva! and other animal groups. Afterwards... **Food for Life Festival** Camden Centre, Judd Street, London WC1 (nearest tube: Kings Cross). Open from 11am - 7pm. Stalls from animal and environmental groups and ethical companies. Delicious veggie food. Licensed bar with vegetarian wine tasting. Children's activities. Creative workshops for teenagers. Vegetarian cookery demos. Programme of talks. Viva!, 12 Queen Square, Brighton BN1 3FD. Tel: 01273 777688. Web: www.viva.org.uk and www.factoryfarming.org.uk.

31 Aug. EXETER GREEN FAIR

The region's largest regular environmental event. 11am - 4pm, The Bishop's Palace Gardens, Palace Gate, Exeter. Charities and Green Organisation, Vegetarian and Vegan Food, Children's Entertainment, Green Crafts. Entry: 50p per person or £1 for families. For information on booking stalls and all other enquiries, phone 01392 270770 or 01392 275534.

29 Sep. NATIONAL VEGAN FESTIVAL

10am - 5pm. Conway Hall, 25 Red Lion Square, Holborn, London WC1 4RL (nearest tube: Holborn). £1 entry (under 16 free). Campaigning stalls, tasty vegan food and drinks, speakers, wide range of vegan products for sale. Web: www.veganfestival.freeseve.co.uk.

3 - 17 Aug. VEGAN CAMP

For singles and families. It will be held at a Camp Site beside Lake Ullswater in the Lake District at Park Foot Caravan and Camping Park, Howtown Road, Pooley Bridge, Penrith, Cumbria CA10 2NA.

Come for the whole or part of the time and join (if you wish) in communal activities, communal meals, walks. Suitable for all ages. A fun time for children.

Book through the vegan camp organisers. For further details or for a booking form either see website, or phone 0845 330 3918 (local call rates) between 6 & 9 pm (please not after 9pm), or email us, or write to: Vegan Camp, 245 Gladstone Street, Nottingham NG7 6HX. Email: info@vegancamp.org Web: www.vegancamp.org. Newsgroup: clubs.yahoo.com/clubs/vegancampuk.

31 Aug - 7 Sep VEGAN SUMMER GATHERING

9th Vegan Summer Gathering at Exmouth on the East Devon coast 31st August to 7th September 2002. Self-catering accommodation (£60 for the week, not including food, or £40 unwaged/low income). Or there's camping on the edge of town. This year's event will be smaller than usual (about 30-40 people of all ages are likely to take part), and will be just a holiday without the normal meetings and organised trips. But there will still be communal evening meals... and very good company! Day visitors welcome. SAE for details to Malcolm Horne at Brynderwen, Crymlyn Road, Llansamlet, Swansea. SA7 9XT. 01792 792442. **NOTE NEW ADDRESS!**



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

□□□□□□□□□□□□

Large quantities of bushmeat (that means small monkeys) are brought into this country, going past customs in 25lb suitcases. This trade is of course illegal. Other so-called exotic meats like kangaroos are sold legally.

□□□□□□□□□□□□

Baby blue tits
so fluffed and round,
first fledging time
with your parents proud.
Such cheeping twits
in a huddled crowd
flit between trees
and across the ground.

Kaye Axon.

MEAT-FREE CATS. Supplements For home made recipes. In use since 1986. Send to Vegecat, The Vegan Society, 7 Battle Road, St.Leonards on Sea TN37 7AA.

CONTACT NETWORK for measles, mumps, rubella, for families who would prefer children to catch childhood diseases and gain natural immunity instead of the MMR vaccination. To go on list to notify of cases, call Lesley on 020 8851 1233.

TRANSLATIONS into English from French, German, Spanish (personal, commercial, legal, technical) 30 years' experience. Half normal rates for VV readers (no VAT). Also Private language tuition in Bedale-Richmond-Leyburn area. Patricia Tricker MIL AITI Cert Ed (FE). Tel/Fax/Modem 01677 450176.

VEGETARIAN CYCLING AND ATHLETIC CLUB. Open to vegans of any sporting ability. Details: Peter Simpson, 13 Peers Lane, Shenley Church End, Milton Keynes MK5 6BG. Tel 01908 530919. Web: www.vegac.co.uk.

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

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

WESSEX TALES wholefood vegan restaurant. Licenced organic drinks. 20 Ashley Road, Boscombe, Bournemouth (opposite Boscombe bus station & Sovereign Centre car park). Tel: 01202 309869. Lunch Tues – Sat. Dinner Fri & Sat. Web: www.geocities.com/vegetarian_restaurant.

LYDFORD, DEVON. Room to let for VEGFAM supporters, vegan,

ads free to subscribers

non-smoking. Phone 01822 820203 or write to: The Sanctuary, Lydford, Devon EX20 4AL.

LOW COST HOLIDAYS. Want to get out of the rat race? Interested in sustainable living? Vegan Organic farm near Snowdonia set in forest clearing near scenic reservoirs. £10 per night. Own room, shared facilities. Extra low rates if you volunteer a little of your time helping out. Details Vic or Jackie: 01244 819088.

EXMOOR vegetarian and vegan Guesthouse. Gourmet meals. Organic food where available. Children and pets welcome. Rescued animals. Exmoor walks. Jane and Cliff Strehlow, Fern Tor, Mesham, South Molton, Devon EX36 4NA. Tel/Fax 01769 550339. Email: veg@ferntor.co.uk. Web: www.ferntor.co.uk.

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

HEAVEN AND EARTH Organic Vegetarian café and bakery. 37e Robertson Street, Hastings. Tel. 01424 712206.

GREEN CUISINE Juice and salad bar. Vegetarian/vegan caterers, 3 Carter Road, Shanklin, Isle of Wight PO37 7QL. Tel. 01983 867680.

MAKING WAVES VEGAN GUESTHOUSE in picturesque St. Ives, Cornwall. Food 100% animal free, organic. Special diets catered for. Children welcome. Voted best guesthouse 1999/2000. From £19 per night. Tel: 01736 793895. Web: www.making-waves.co.uk. Email: simon@making-waves.co.uk.

CORNWALL Vegetarian & Vegan B&B. Dinner on request. Lizard Peninsular 1½ miles from sea. 3 miles Falmouth. Good walking. Not for children or pets. Non-smoking. Derek and Lynne Smith, Treneere, Penwarne, Mawnan Smith, Cornwall TR11 5PG. Tel. 01326 250297.

NORTH YORKSHIRE MOORS. Organic vegan natural foods in peaceful coastal village overlooking Robin Hood's Bay. Close to the best fossil beach in Europe. Non-smoking. Special diets. Children really welcome. B&B £20. Dinner £8. Packed lunch £4. Karen, Ranworth Guesthouse, Ravenscar, Scarborough, North Yorkshire YO13 0LZ. Tel: 01723 870366.

BRAMBLES Vegan B&B. Packed lunch and evening meal on request. Regret no pets. Well behaved children welcome. Smoke free. Brochure from: John and Mary Anderson, 10 Clarence Road, Shanklin, Isle of Wight PO37 7BH. Tel: 01983 862507. Fax: 01983 862326. Email: brambles.vegan@virgin.net. Web: freespace.virgin.net/brambles.vegan.

CUMBRIA. Pumpkin House Vegetarian B&B welcomes vegans. A short walk from award winning veg. restaurant Quince and Medlar. Gill & Dave Harris, 3 Challoner St, Cockermouth, Cumbria CA13 9QS. Tel: 01900 828269. Web: www.lakesnw.co.uk/pumpkinhouse.

EARTHWISE VEGETARIAN CAFÉ, Commercial House, 19 b Station Road, Bognor Regis PO21 1QD. Tel/Fax: 01243 828246. Vegan alternatives. Eat or take away. Phoned orders welcome.

HOLLYHOCKS Vegetarian and Vegan restaurant. Imaginative world vegetarian food. No Smoking. 10 Knights Hill, West Norwood, London SE27 0HY. Tel: 020 8766 8796.

ANIMAL FARM

Neville Heath Fowler N.D.A.

It was 1984. Suddenly the cows found themselves out of favour with those in 'high places'. For many years dairy farmers had used all the tricks in the book to squeeze from them more and more litres of milk - far more than they were capable of producing humanely and healthily. But it was not any softening of hearts towards the poor creatures that led to the change. It was just that the politicians of Europe suddenly woke up to the fact that the Common Agricultural Policy was bringing the European Union to the verge of bankruptcy. Taxpayers' money had been squandered in buying into "intervention" at artificially inflated prices any amount of virtually everything that farmers wanted to produce. On top of that the cost of storing the mountains of unwanted butter and skimmed milk and the icebergs of frozen beef had become a scandal.

Some more equal than others

Very abruptly the years of 'laissez-faire' gave way to precipitate action. Runaway overproduction had to be reined in. From now on each dairy farm would be allocated a "milk quota" calculated on their level of production in a previous 'base year'. Farmers who exceeded their limit would be punitively fined. As usual there were winners and losers. Some farmers who had borrowed money at the then prevailing high interest rates to invest in planned expansion of their dairy herds subsequent to the magic base date were faced with financial ruin. Others had more quota than they needed and could sell it at a price that escalated wildly as it became a sought after artificial 'commodity'. But amongst the poor cows there were only losers. Many were surplus to requirements. Their market value plummeted. Their reward for years of long-suffering service was an early death in the slaughterhouse. The ones which were kept faced a future of even greater "efficiency", even more ruthless exploitation requiring greater production at still less cost through greater intensification, cheaper feedstuffs that included slaughterhouse and knacker's yard waste, culminating as we all now know in the great BSE disaster, followed by a Foot & Mouth Disease holocaust of unprecedented scale and horror.

Necessity is the mother of invention

There is nothing like "making a virtue out of a necessity" So it was that, embarrassed by a surplus of milk and cows, a group of UK dairy farmers got together to hatch up a scheme to send some cows to Africa as a charitable enterprise. Giving cows to Africa would dispose of some unwanted animals and at the same time enhance the battered public image of subsidy soaking farmers. Poor cows, flown all that way to such a different climate and environment. For them the slaughterhouse might have been more merciful. Did they take with them the ticking time-bomb of BSE? Too late perhaps, the export of bovine animals from Britain came under world-wide ban

but with financial support, from members of UK churches especially, a local 'cow breeding programme' has enabled the distribution of thousands more cows throughout East Africa, a programme that continues to expand.

NEWS OF VEGFAM PROJECTS 2002

VEGFAM works through other organisations to provide vegan supportive projects.

South Africa, KwaZulu-Natal, Maputaland

Find Your Feet with KwaNgwanase Farming Union.

Seeds for planting (not GMO but traditional local varieties), tools and other farming inputs. To increase food security and nutrition through the cultivation of drought tolerant and nutritious nutrition small grains and legumes for households (with any surplus sold)

INDIA, Andhra Pradesh.

Find Your Feet with Deccan Development Society

Dryland Natural Resources Management,

Nursery plants for marginalized, tribal peoples and untouchables (Dalits) to enable women in particular to build up food and income security through the management of seeds, soil and water.

SUDAN, South.

Seeds for planting, via Concern (London SW11 1LJ)

KENYA - SOMALIA Border.

Water (+ Sanitation) via Action Against Hunger (London WC1R 4AR)

AFGHANISTAN

In 1998 after the earthquake, through our partner Concern (Dublin, Eire), working with a French charity called ACTED 14 villages were provided with water, 4 of these villages had 80% of the losses/damage - 4,551 houses damaged and 2307 people died. In the present circumstances, we are providing £250 for food for these hungry people and are investigating how we can help with longer term development work.

<p>The Overseas Aid Charity for Vegetarians & Vegans is VEGFAM (British Registered Charity No. 232208, Inland Revenue Ref XN8555) FEEDS THE HUNGRY WITHOUT EXPLOITING ANIMALS The Fragile Environment of Developing Countries cannot support TWO populations <i>Humans and their Food Animals.</i></p> <p>For over 30 years VEGFAM has provided short and long-term Relief to People who have been the victims of Drought, Flood, Cyclone or War in over 40 countries. Our Supporters control how much of their Donation goes on Administration since VEGFAM operates three separate Funds for the use of Donors/Testators the particulars of which are:</p> <p>GENERAL DONATIONS paid into a/c No 65023307 00 will be apportioned (by % shown) between PROJECTS (91%) a/c No 65023323 00 Administration Expenses (7%) a/c No 65023310 00 Office Building Fund (2%) a/c No 65023336 53</p> <p>Accounts are at The Co-operative Bank plc, 242 High Street, EXETER, Devon, EX4 3QB, Sort Code 08-92-90. (Midland Banks a/cs retained for use by existing Donors). Postal cheques, IMO's, MO's and PO's to Lydford address, please.</p> <p>SUPPORTERS ARE INVITED TO PAY DONATIONS DIRECT TO ANY OF THESE ACCOUNTS</p> <p>Tel/Fax Lydford (01822) 820203 or (01550) 721197 for more details - Covenant Forms/Bankers Order Forms etc (& self catering visitors accommodation) or write (SAE appreciated) to: VEGFAM, "The Sanctuary", Nr Lydford, Okehampton, Devon, EX20 4AL, Website: www.veganvillage.co.uk/vegfam. Email: vegfam@veganvillage.co.uk.</p> <p>THANK YOU FOR YOUR SUPPORT</p>
--

UPDATE ON BSE

The horrors of the Foot and Mouth crisis and the publicised slaughter of millions of animals have faded from memory. The question of how it started and whether it could return hangs in the air. The Northumberland farm where the disease most likely started was found to be most unhygienic. Apart from our own problems of enforcing strict hygiene, we still have imports from countries where conditions and controls are even less reassuring. So there is no guarantee that we will not see a return of the scenes that so stirred the nation. Sadly, few made the connection to the fact that these animals were in any case destined for slaughter within a short time.

And what about the previous disaster of animal farming - BSE or mad cow disease? Can we assume that problem has been solved, never to return? We are assured that the problem is under control and that cases have fallen from 37,000 in 1993 to 1,100 in 2001. That means the disease has not been completely eliminated, although one would suppose that the original infected animals have by now all been slaughtered. Cows over 30 months old are not allowed into the food chain. These older ones are killed, rendered down and there are over 200,000 tons of their remains in storage awaiting incineration.

It is generally assumed that BSE resulted from feeding cattle with residues from the slaughterhouse, thus turning these herbivores into carnivores. Most parts of slaughtered animals are sold but there remains a residue that needs to be disposed of. With millions of animals being regularly slaughtered, this is no small problem and viewed from a strictly economic point of view, what better way to solve this problem than to return the unwanted parts to the food chain? We can now see that this was a good recipe for spreading the disease.

Meat from cattle and sheep has been fed to adult cattle for about 100 years, but more recently it started to be fed to calves in the first weeks of life. It has now been found that most cattle who developed BSE contracted it in their early life. In most other countries calves were fed on mother's milk or milk powders for about 8 weeks of age. British farmers tried to minimise the cost of milk powder by feeding Mechanically Reconstituted Meat, which sometimes contains spinal cord material - the very parts that are now suspect of spreading the disease.

Professor Michael Crawford has linked a deficiency of Essential Fatty Acids (EFAs) to some of the most serious diseases of the developed world, including BSE. Particularly, the EFA omega 3, is needed as a blood-brain barrier. The switch from soya meal (which contains EFAs) to pulverised animal feed (low in EFAs) made the animals susceptible to foreign proteins, particularly brain proteins.

The theory is that the prion exists to track copper and pass it on to the brain's defence system. Lack of EFA leads to a distortion of the membrane and alters the

internal environment. The prion may then leave the membrane and misfold into the harmful form that destroys the brain. That is said to be consistent with the rapid spread across the country.

Mark Purdy, the dairy farmer who refused to spread organo-phosphate on the back of his cattle, and blamed the BSE on the use of organo-phosphates, has also found a link with low intake of copper (and a high intake of manganese) and BSE.

Organic farmers do not feed animal parts to their cattle and proclaim they have had no cases of BSE. Unfortunately, the current standards for organic farming allow the spreading of blood and bone meal and animal manure as fertilisers. This problem is being addressed by the Vegan Organic Network (see address page 20).

Some cattle born after the strict regulations to control the disease have been found to have developed BSE. Since meat and bone meal may be used in other parts of Europe, outside contamination is always possible. Other countries were originally infected with BSE from our exports of the animal feed suspected of being the cause of BSE.

There have now been 100 deaths from nvCJD (believed to result from eating BSE contaminated meat) in humans. Young people seem to be more susceptible. Fish oils are promoted as being rich in EFAs but vegans can obtain a good source of EFAs from linseeds (also known as flaxseed).

Harry Mather

DINNER TIME

Dinner time,
with garlic and oil.
Dinner time,
with bread and red wine.
Dinner time
for a hapless snail,
dinner time
is no time at all

Kaye Axon.

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

Burrow Farm, Highampton, Devon EX21 5JQ.

www.MCLveganway.org.uk

NUTRITIONAL SUPPLEMENTS – A DISSENTER’S VIEW

Kath Clements

As new legislation on nutritional supplements unfolds across Europe, and retailers are tailoring their products and bracing themselves for possible legal test cases, this article is actually about whether we need nutritional supplements at all.

When the movement towards wholefood and organic eating had a resurgence in the 1960s and 70s (one of several such resurgences in the last couple of centuries!) many people started eating more wholegrain foods, and they also started thinking about vegetarianism. The word ‘organic’ was used widely in this ‘alternative’ culture, but not as it is used today, to denote a method of food production. It was used to describe anything (a thought, a process, a product, an event) which had evolved in what was considered to be a ‘natural’ or a ‘wholistic’ way. ‘Organic’, in fact - at least for the rebels / visionaries / drop-outs of the time - was the flavour of the moment. They ate wholefoods. They became vegetarian. They wore loose clothes and liberated their bodies. I almost dare say, of those that did the above, that they became healthy. But most of them did not take supplements, which simply were not available to a wide market and, in any case, were not ‘organic’.

Sadly all good things come to an end, usually because they are killed or swallowed by the various arms and mouths of capitalism. Capitalism can’t bear to see people staying healthy on unprocessed food and water alone – there’s not enough profit in that! So it invents SUPPLEMENTS! It provides statistics to show that intensively farmed agricultural land has diminishing amounts of naturally occurring minerals and – hey presto! – we all need nutritional supplements! And so successful has this idea been that in the UK alone the market for nutritional supplements was worth £376 millions in 2001, with an additional £60 - £70 millions in ‘direct sales’ (pyramid – type marketing, networking, etc.) You will be lucky to come away from a consultation with a practitioner of nutritional medicine, or indeed from a sign-up with a networking company, without being poorer by a three figure sum.

There is an interesting parallel here with what capitalism has done to our ‘heads’ since the 1970s. Just when we imagined that our rejection of consumerism signalled our freedom from old-fashioned constraints and the bonds of ‘normality’, computer technology enabled manufacturers to supply a vast array of consumer products undreamed of in the previous era of mass factory production – hence we were given the illusion of freedom of choice whilst still being consumer slaves. End of revolt!

In the case of nutritional supplements, do we really need this huge array of factory and laboratory produced products? Do they really protect us from colds,

infections, osteoporosis, heart disease, cancer and the whole range of degenerative diseases of our times? Is heart disease something which is lurking out there to attack us as soon as our defence is down? Does it really work like this? Or is perhaps the marketing machine producing more and more ‘designer’ supplements in order to feed our hypochondria, giving us once more the illusion of individual worth and choice?

We certainly do need minerals and vitamins, but we need them in their organic form, as they occur in plants. Naturally occurring vitamins and minerals in our food are very different from those which have been factory processed, even if they have been processed with organic compounds (i.e. compounds produced from carbon). The science of nutrition is in its infancy. Most clinical nutritional knowledge comes from experiments on animals, which come nowhere near to replicating the enormous variety of contributory factors in human health. Moreover, nutrients in food come packaged with a whole array of accessory vitamins, minerals trace minerals, enzymes, co-enzymes and other nutrients about which little is yet known. Nutrients are still being discovered (some think that as yet we are only aware of a tiny proportion), and even with current knowledge it is clear that all nutrients work in association with 8-10 other factors. It is therefore obvious that any supplementation programme which uses packaged vitamins and minerals (as opposed to supplementation with a whole ‘superfood’ such as algae or sprouted grains) will create some sort of imbalance, because the accessory nutrients – some of which have not yet been discovered – will inevitably be lacking, even in a multi-mineral/vitamin cocktail.

I personally have come to the view that, whilst there is possibly a case for supplementation in cases of evident specific deficiency and in certain illnesses, this should be for a limited period only and it should be understood that some form of imbalance will be operating during this period. Our nutrition should come from a variety of fresh and whole food - and how strange it is even to have to say that!

People who sell supplements will tell you that because food today is denatured by intensive farming and food processing, and because we can’t all be sure that we are getting correctly balanced meals all the time, we need to buy their supplements. They say that our food is deficient, so we need to add in what is missing. But do our bodies really work like that? Natural hygienists and naturopathic doctors would say not.

Digestion is an active process, not a passive one. It is not a case of what is ‘put in’, but more a case of what our bodies ‘take out’ of the food we give them, before our digestive systems eject (or store away) what they don’t need.

Nature presents nutrients in a way that our bodies can recognise and utilise – that is, in whole, fresh foods. Each fruit or green leaf is a whole orchestra of proteins,

carbohydrates, essential fats, vitamins, minerals, trace minerals, enzymes and co-enzymes, which support each other in the complex processes of digestion and absorption. There is no need to replicate this (indeed it is quite impossible). The attempt to analyse food nutrients, isolate them and mix them back together again, seems to me purely absurd.

What we need to do, then is to improve our digestion and absorption with good food, pure water, fresh air and all the other components of health (including the mind/spirit connection) whilst remembering that we always compromise our body's ability to absorb nutrients when we consume refined foods (especially sugar and wheat) and when we use antibiotics (which destroy the micro-organisms needed for digestion). What we do not need to do is to assault our systems with an array of chemicals designed in a laboratory and which our systems are not prepared to receive. It is not our role to manage the levels of minerals etc carried in our blood plasma, since our bodies are perfectly designed to do that for us.

Take the mineral magnesium (and you may well be doing just that if you are a middle aged person who has been sold the fear of osteoporosis). Magnesium occurs in all green leaves. It is part of the chlorophyll molecule. Without magnesium a leaf cannot be green, end of story. And the magnesium in the leaf is in an easily assimilated organic form, even if the vegetable was not 'organic' grown – it comes together with a complex combination of other minerals and trace minerals to which our bodies have become receptive over the millennia of evolutionary time. No state of the art supplements manufacturer can replicate this, and no supplement will truly make up for the lack of eating well, just as coffee will not make up for the lack of sleep and sunlamps will not make up for the lack of fresh air.

Optimum levels of mineral intake are simply not known with certainty – RDAs and RNIs are actually based on average intake, rather than proven need, and hence they vary between countries (and, in the case of trace minerals, recommendations are controversial to say the least.) Far better to let the body select what it needs from the food eaten than to pump in additional chemicals. It is extremely easy on a fresh and varied wholefood diet to obtain and exceed all the identified RDAs. And here lies one of the potential dangers of factory produced supplements. They may actually reduce the body's efficiency in absorbing nutrients. It has been established, for instance, that the lower the intake of the mineral calcium in the diet, the greater becomes the body's efficiency in absorbing it. Could it be possible, then, that by spoonfeeding ourselves with minerals, we disarm our body's powers of absorption?

Yes, of course there is some evidence that nutritional supplements 'work', but perhaps it is misunderstood exactly how this is so. A naturopathic view is that they may work by over-stimulating parts of the system (and there is a parallel here with prescription drugs), thus

leading inevitably to cellular exhaustion and premature ageing. Moreover, by providing in excess of what is actually required, they certainly put extra strain on the liver and kidneys, which have to process and excrete or store what we don't need.

If someone is truly malnourished and in poor shape (whilst still consuming sufficient calories), then clear results may be expected from supplementation – but if this is brought about by supplements only, rather than a change of lifestyle, then the long term results will not be good. This actually is the other main danger of supplementation – people feel that if they are using expensive supplements which are meant to give all round 'protection' then they don't have to bother so much with their diet and lifestyle – and that really is a dangerous state of affairs! There are no quick fixes, and our health really does depend on many variables including, mainly, our own input. It would be nice to think that we could find our elixir in a bottle – as the majority still seem to keep hoping to find it by means of their doctors' prescriptions – but, really, we can't.

"In the end no one will sell you what you need. You can't buy it off the shelf, you got to grow it from the seed"

Chris Smither

Some of the above is a combination of personal observation, speculation and common sense, whilst the general thinking is influenced by that of the Natural Hygiene movement. We must all make up our own minds about nutritional supplements, and if we do decide to try them we should be aware of these arguments and also aware of exactly how the products are being 'sold' to us. There is a huge choice out there, and also a range in quality. Information about the product should be freely available from the manufacturers, and in fact one of the quality guidelines should be the willingness of the producer to supply this information. Vegans especially may wish to press hard. (One of the most successful 'multi-level' marketing companies, in its distributors' magazine, recently described its glucosamine as a 'herbal' product!) We need to separate out information about the product from the enthusiasm of the person with a vested interest who is selling it to us, and from the placebo effect on ourselves (perhaps the most difficult of all). And if you do decide to take them I should end by saying, because you'll need it, good luck!

Kath Clements www.k-clements.fsnet.co.uk

VEGAN NEW ARRIVAL

Louise, Rick, Aimay, Daisy and Molly are happy to announce the arrival of our lovely boy:

Jude Willow was born at home at 6.15 am on Sunday 28th April. Weight 9lb 2 oz.

We are all doing well!!

VEGAN VIEWS ON THE WEB

Vegan Views magazine now has a website at www.veganviews.org.uk. As well as promoting the magazine, there are over 100 articles from the current and previous magazines from up to 8 years ago, in some cases with updates. These are listed both in date order and using cross-referencing to subject to make it easier for people to find what they want. Soon, more articles from earlier magazines will be added. Although many older articles have dated (it might be misleading to put them on the website) others are timeless, and these are the ones that I choose. Not all the magazine is on the web – that would make subscribing superfluous. But having four or five articles from each issue will hopefully give people an idea of what they would get if they subscribed.

There is a links and information page there too – a copy of the VV magazine 'Notices' page. In preparation though is a more thorough version. It may be some time before this is uploaded since getting more articles on the site has the priority. Unfortunately, the older magazines were not produced on a computer so putting articles from them on the website is a time-consuming process. Even so, I think it's worth the effort.

The website went live in October 2001, and so far, it hasn't cost Vegan Views a penny. I hope it never will. VV subscriber Rob Sheppard volunteered to host the site on his server, and also registered the www.veganviews.org.uk domain name. A couple of people have asked if they can pay us to put adverts on the website, so if we decide to, this will help to subsidise the paper VV magazine.

One very popular and good UK-based vegan website is Vegan Village at www.veganvillage.co.uk which has been listing Vegan Views for some time now, long before we got our website. For several weeks last year and a few weeks this year, the Vegan Views website was in Vegan Village's Top 10 most visited sites.

A few people so far have asked about subscribing to Vegan Views after seeing our website, and one person asked about bulk buying for a shop. One person wrote an article for the magazine after seeing our site.

It's all very well having an informative website, but will many people look at it? One important way to attract people is to get other friendly websites to link to us. I sent plenty of emails to various veggie and vegan organisations, and although a few gave us links, the vast majority didn't, and didn't even acknowledge my email. That's where VV readers can help... If you have a website, then please link to us. If you subscribe to a veggie/vegan newsgroup, then please mention us. If you see a related website without a link to us, then please suggest that they do – you might succeed where I didn't.

To me, the most annoying thing about the internet is that many people have high ideals about putting together a website, and get half way there, uploading a soon-to-be-

completed version, but then give up or never update it. I'm determined to not let this happen with the Vegan Views website.

John Curtis

NO MORE MOUTHS, PLEASE!

I have lived in Africa. In Ethiopia for example, where I worked for one and a half years, I saw the devastation wrought by overgrazing. The country has lost 90% of its trees in three decades, with wide acres denuded of trees degrading rapidly into desert, the precious rainfall pouring off slopes, unretained by vegetation, eroding deep gullies in the sand as it goes. I have seen goats by the thousands, standing on their hind legs to reach every green shoot that brave saplings venture to put forth. Africa certainly does not need more mouths to feed! Some charities plant trees; others send goats to eat them! The way forward, to sustainability, to health, and to sufficiency, lies not in greater consumption of animal products but in a better appreciation of the value and importance of plant protein foods for direct human consumption. It is so wasteful to use and to grow food for farmed livestock. Some African countries are even producing meat for export back to Europe! Not one of the agencies I have encountered in Africa teaches that there are different and better ways of living and making use of resources. Yet in all the African countries I have visited or had contact with there are people who are seeking to develop and encourage the vegetarian alternative. HIPPO is determined to help them so that together we can make a difference. Send us your name and address so we can tell you about our vegan aid programme. Our address is: HIPPO, The Old Vicarage, Llangynog, Carmarthen SA33 5BS. Email: hippocharity@aol.com.

A NEW VEGETARIAN SOCIETY

There is a new Vegetarian Society in Africa. The Vegetarian Society of Uganda, formed with the encouragement and assistance of Help International Plant Protein Organisation (HIPPO), aims to promote the benefits of a vegetarian/vegan diet in terms of human health and animal welfare. The secretary is Dr. Wabbi Leonard who is also an overseas member of the UK based Vegan Organic Network (see page 20).

He works as the co-ordinator for the Buddu Social Development Association and as technical officer for a 1,000 acre Organic Training farm that is being established at Buddu village near Masaka, Western Uganda, with the support of HIPPO. Anyone who wants to express support for any of this work can email a message to Dr. Leonard at vegesu@yahoo.com or busoda@yahoo.com. Financial support can be directed through HIPPO by mailing a cheque to HIPPO, The Old Vicarage, Llangynog, Carmarthen SA31 3AQ.

Letters

EUTHANASIA OF ANIMALS

To Tim and Julia Wood (VV no 92),

I am very sorry for the loss of your dear old dog Rory. I understand the awful feelings you have about it because I speak from experience here. I have "lost" 3 beloved elderly cats over the last few years, "put to sleep" because of terminal diseases related to old age and the lack of quality of life near the end of their natural time.

As a vegan who abhors the taking of life, I also fully understand your feelings of guilt over ending your dog's life. It was not you who decided the time for Rory had come, the vet decided. This is very important for you to accept for your own peace of mind. I'm not saying blame the vet, but vets do see many, many cases and through their training they learn at which point life is not much fun anymore for animals. Pets seem to hide pain, and it can be hard for us to realise that although they may be still trying to wag their tails and are not moaning about their pain, their arthritis hurts them just as much as it does humans. It must confuse and distress them when they want to get up and they can't. Steroid medication can certainly ease the pain and inflammation of many diseases of old age, including slowing tumour growth.

Speaking generally now, if you are not happy with your vet's recommendations, or palliative medication is not being offered, seek another opinion or ask for a specialist consultation. Good vets always seek to keep your pet as comfortable as possible for as long as possible, if diagnosed terminal.

Once a decision is made that there is nothing more to do apart from end your pet's now miserable life, you can ask the vet to make a home visit a day or so later.

For a small extra fee, the vet will then be able to euthanase your unsuspecting and unstressed pet in its familiar surroundings.

Like Rory, my last cat was having good and bad days, with a huge and ever increasing head tumour affecting his balance. It was only a matter of time. Finally his ability to open his mouth to eat became so impaired by the tumour and I had to be brave for him and decide that I would not allow such an utterly proud and independent character to get any worse.

Sometimes we just love our animals too much to be able to make an objective decision as to the animal's quality of life. Most good vets judge a case purely on that, the quality of life of the animal and that alone. Some years ago, I came across an 85 year man with his poor old dog, who had a huge distended abdomen and was clearly ill. The man told me his dog was in the end stages of liver disease and the vets could do no more. He would not put

the dog down however because he felt that he couldn't live without the dog. But the dog was going to have to suffer terribly before death. Surely therefore if you love your animal so much, the gift of a merciful, quick, quiet and pain free death is the greatest, most selfless gift we can give to our loved ones, however much agony it causes us? Why can't this gift be granted to humans, who because of our higher consciousness, suffer more because we understand what is going on when we know we are facing a terminal disease?

Don't torture yourselves over Rory. You showed your love for him by limiting his suffering. You showed the greatest compassion possible. Oh dear, I'm crying now.

Helen Davies, 14 Priory Road, Shirehampton, Bristol, BS11 9TD. Email: helen-info@blueyonder.co.uk

Dear Tim and Julia Ward,

In response to your letter in the Spring 02 Vegan Views on the question of the use of euthanasia in animals, my feelings on this is that there are no absolutes as to the rights and wrongs of this. The Bible (Genesis) instructs that we have dominion over the creatures. How we best use this power is the point in question - hopefully always with compassion and the best ways to relieve their pain and suffering. You say in your letter that "animals are not given pain killers as humans who are suffering are". Would you clarify this - as I can't believe that any vet would withhold pain killer relief from a suffering animal.

**Sincerely,
Margaret Thompson.**

Dear Vegan Views,

I would like to reply to the letter entitled Euthanasia of Animals in the Spring issue. I feel very sympathetic because I am in a similar position. I have a 17½ year old dog that suffers with arthritis. There is no cure for arthritis, though she does have pain relief daily. I live in a flat above shops without access to a garden. She can't manage the steps very well so I carry her up and down. She has good days and bad days. I have had many people stop and talk to me about her when we are walking. I used to encourage this, but I don't now. Most of the comments are from elderly people about how sad it was to see her as she is. One gentleman told me he had arthritis and he had both hips replaced. He knew it was a painful condition and the kindest thing to do would be to put her down. It was all I could do to restrain myself from asking why he wasn't put down.

I think that people don't see elderly dogs out walking around and they don't like it. Older dogs are kept in their gardens. I wonder if euthanasia sometimes is too easy of an option. My dog often has faecal incontinence. I don't blame her and it isn't a problem for me to clean it up. My vet has said he wouldn't tolerate this in his house. Since

reading Tim and Julia's letter, I worry that some well-meaning member of the public may report me to the RSPCA. If the RSPCA then contacts my vet, what would he say?

Personally, I think euthanasia is a good thing. I'm glad that when my animals are at the end of their days and I know they are not enjoying life anymore that I can make their suffering as brief as possible. I think there are situations when it would be good for humans too. I see the body as the carrier of the spirit. When something dies, it is only because the body is malfunctioning or is damaged. I see the spirit living on in another carrier when the body it is occupying is no longer viable. When euthanasia is done, it only stops the body. The spirit isn't damaged, it just moves on, in my opinion.

I empathise with Tim and Julia because I think deciding when it is best for your animal friends to be euthanased is one of the hardest decisions. To have this decision forced on you by an outside party is awful because you can never go back and change it. There is only one chance to get this right so you will not regret it. That was taken away from them.

Cindy Bartels.

ABOUT GANDHI

Dear Harry,

I was shocked to read in Vegan Views no. 90 the lie about Gandhi by Susan Fox (page 5). I very much hope that I am in time for you to refute this and include this piece from Gandhi:

"I am not opposed to the progress of science as such. On the contrary the scientific spirit of the West commands my admiration and if that admiration is qualified it is because the scientist of the West takes no notice of God's lower creation. I abhor vivisection with my whole soul. I detest the unpardonable slaughter of innocent life in the name of science and humanity so called and all the scientific discoveries stained with innocent blood I count of no consequence."

Young India. December 17th 1925.

Editor: Susan Fox was criticising Gandhi's attitude to women; not his attitude to animals.

OSTEOPOROSIS

Dear Harry,

I wonder if you can have any influence on The Vegan Society and the next edition of the Animal Free Shopper book(let). In the current 5th edition, the introduction points out the health benefits re: heart and cancer, but there is a lack of reference to the silent miserable massively costly epidemic of osteoporosis in the Western world.

Since last August I have read 6 or 7 different pieces of research all implicating animal protein, including dairy and milk products in the exacerbation and acceleration of this condition (as well as salt, caffeine, phosphoric acid (in many soft drinks etc, etc.)

So I would respectfully put a strong case to include the charting of osteoporosis's catalogue of premature death, excessive disabling tendencies, and sometimes agonising pain when advanced, plus the enormous cost to the NHS in excess orthopaedic procedures: broken bones in legs and wrists, crumbling vertebrae and costs for long term care in residential nursing homes, etc., and all largely avoidable if people ate only pure plant food for protein, minerals and vitamins.

This omission screams out to be remedied in the next edition of the Animal Free Shopper. I'm glad Camilla Parker Bowles gave osteoporosis more prominence in a recent lecture, speaking of how dreadful it was to see both her grandmother and her mother disabled and severely pained by this, for a long time.

Trying to persuade the government and the NHS to change tack and reduce their costs, plus bedblockers and waiting lists, by promoting plant food only to prevent and reduce osteoporosis is almost impossible due to the Meat and Livestock Commission and the Dairy Industry plus Egg Producers.

Yet like the struggle with tobacco companies, it may eventually turn the tide. Health care costs are spiralling ever upwards and there is a tendency for people to live longer. Will we live to see law suits taken against animal food companies as occurs now with tobacco companies, arguing that giving people a taste for these substances substantially wrecked their health.

Will we see animal food as a form of substance abuse for which people need rehabilitation, 'drying out' in 'plant food only' therapeutic communities?!

Sooner or later patients themselves in ever greater numbers, plus the Treasury, may see it is in their own interests to "kick the animal food habit". Helplines, Medical Advice, Support Groups, etc. to help people improve their health in this way. It may be a long way off. We have huge companies ranged against us, but the days of naivety with regard to food consumption and health are slowly passing.

When I say I eat a vegan diet, the average NHS nurse almost automatically sceptically comes out with, "Well, how do you get your protein?" Yet I wonder how many patients these nurses have, whose health is irretrievably and painfully wrecked by precisely not eating a vegan diet?! The government called for what is called 'joined up thinking'. Not too much sign of that in the health service at the moment!

Thank you for your work in promoting the vegan diet.

**Greetings
Cerys Brangwyn.**

TOLERANCE

**Dear Friends,
Re - Letters VV 90.**

Tolerance is a fine thing and the world needs more of it, but there are limits. Should we be tolerant of false teachings which have caused, and are still causing, enormous harm and suffering.

Churchianity is the worst thing that has ever befallen the animal kingdom and, literally, countless billions of God's creatures have suffered and died because of it. It is a historical fact that in the aftermath of the Council of Nicea in AD 325 the original Manuscripts of the New Testament underwent numerous alterations and adulterations. Certain scholars called 'Correctors' were appointed by the ecclesiastical authorities and commissioned to 'correct' Scripture in the interests of orthodoxy.

Many of the beautiful teaching of true Christianity, as originally taught by Jesus, i.e. boundless love, reverence for all creation, vegetarianism/veganism, anti-hunting, teetotalism, the honouring of women etc. were suppressed to court popularity and make Roman Catholicism more acceptable to the meat-eating, hunt-loving, alcohol-drinking, chauvinistic pagan masses of the day.

Not only that but various of the festivals (Dec.25th, Eastr, Black Friday, etc.) and legends of Mithraism/paganism were adopted by the church, interwoven into the Christian story and fraudulently passed off as Christian truth. Had the church been faithful to the original teachings, one can only wonder what might have been!

Yes, there are some good people working to promote animal rights within the church. I wish them well, but it will be an uphill struggle. Taken as a whole, the Bible is hardly animal friendly, and according to the Church and Bible, the Lamb of God was a carnivore! The 'Gospel of the Holy Twelve' the main gospel used by the early Christians records that Jesus was a vegan.

It's a sorry indictment on the state of the Church that people should need to teach them things that they should be teaching 'us'!

John.

VITAMIN B12

Dear Harry,

I am the mother of a 4 year old, breastfeeding daughter. I have followed a strict vegan diet for the last 8 years. I have recently suffered from B12 deficiency, although my daughter is fine.

I am interested to hear from anyone who has had experiences of a B12 deficiency, or has any theories on

why it occurs. Anyone interested in more detail of my experience is welcome to contact me. My name is Lisa. Address: 63 Leven Drive, Waltham Cross, Herts EN8 8AL. Tel: 01922 624079.

A RECOMMENDED RESTAURANT

Dear Harry,

I have received a leaflet VEG OUT in London. Restaurants listed under Vegan Chinese & Thai were knew to me. A friend and I went to one at 56 St.Martin's Lane, Covent Garden, WC2 which was excellent and so cheap. They deserve to do well. Would you give them a mention in the next VV please.

**In friendship,
Doreen Craddock.**

*For more info and restaurants visit:
www.veganvillage.co.uk/fddrnk.htm*

MEN'S CANCERS LINKED TO DAIRY-RICH DIET.

Prostate and testicular cancer rates are "closely correlated" according to new research. Scientists said countries where people ate a lot of cheese tended to have a high rate of testicular cancer. A diet rich in milk was associated with high rates of prostate tumours, the most common cause of cancer in men.

Mr. D Meyer sent in the above quote from The Sunday Times of 10 March 2002. The source of this research is not quoted.

□□□□□□□□□□

SPIKE MILLIGAN

Spike Milligan who died this year was widely acclaimed as a comic genius. He was also a committed vegetarian and believer in the rights of animals.

He produced many volumes of poetry which often expressed deep ideas in an inimitable way, like this one:

If a Robin in a Cage, puts all Heaven in a rage,
What happens when,
Dies the billionth battery hen?

LATE NEWS: BATTERY CAGES

The government declares it will ban all battery cages within ten years.

VEGGIES UNITED RAP

Zaak Karol © 2002.

Now all you Veggies
Throughout the land
You must all join together
Take each other's hand.

Vegans, Raw Foodists,
Sprouties too,
Juice head, Fasters,
Your aim is true

You got to show the Meaties
It's not OK
To stuff yourselves with dead flesh
Every day.

So come on stop fighting
And bickering
'Cos divided we lose
And united we win.

We're all like apples
On a tree
We all come from
The same family.

We all get into
The same Veggie Vibe
We're all members of
This noble tribe.

So come on face the future
Without any fear
If you're in a group they won't laugh at you
And call you a queer.

So come on face the future
Without any doubt.
Tell the world you're a Veggie
Scream and shout it out.

I know the world's full of Meaties
They're every where,
But your burden's so much lighter
If you know someone who cares.

All hassles and doubts!
With a Veggie mate
All your fears and anxieties
Evaporate.

Yes the world's full of Meaties
They're every where.
They say you're a minority,
You're easy to scare...

Into quiet submission.
So you never dare
To voice your opinions
Give your views some air

But this is the thing
They want you to believe
It's a brain washing plan
That was conceived

By people like McDonalds
And Kentucky Fried
To make you feel intimidation
Make you run and hide.

'Cos they know
If you all unite and try and ban it
You might just stand a chance
Of saving the planet.

Just remember all you people
Chewing meat and bones
The Veggies are together
We're not alone

And your stupid propaganda's
Just a useless drone.
It has no effect on us
'Cos we're not one of your clones.

You try to tell us
That it's right to eat
All the rotting flesh and guts
That you call meat.

You tell us what to do
Is right and just
But you're only fulfilling
Your carnal lust.

'Cos if the Veggies get together
In peace and trust
We could see closed down abattoirs
And knives left to rust.

If we vote with our feet
And voice our disgust
We could make the Meat Industry
Finally go bust.

Yes, Veggies, get together!
Don't bicker and moan
'Cos united we can fight
Divided we're alone.

I know the Meaties may seem huge
A giant on a bloody throne
But remember what they did
To Goliath with a stone.

COMMUNITY – NEWS FROM BRYNDERWEN

On the 31st May we moved into Brynderwen, a large house in a semi-rural location on the outskirts of Swansea - the first step in setting up a vegan community.

Brynderwen (Welsh for oak tree hill) has four and potentially five bedrooms, a raised front and back garden, and a huge double garage with planning permission to convert to further accommodation - or to part accommodation, part workshop. There are beautiful views from the house, with the sea in the far distance.

We're in the process of buying two adjoining acres of rather wild and steep land with the idea of establishing a tree nursery. There's scope for assorted businesses (including B&B possibly), and we also want to involve people - preferably vegans - who might prefer to live nearby rather than in the main house.

If you're interested in any kind of involvement (from living here, and paying rent, to simply visiting for a while and perhaps helping out a little) please get in touch with me at Brynderwen, Crymlyn Road, Llansamlet, Swansea SA7 9XT. Tel: 01792 792442.

The house itself is comfortable and needs little immediate work, but the garden and driveway (and the land when bought) do need attention. We're open to a variety of ideas, and there is scope and potential here for anyone with a little energy and vision. Hopefully there will be some interesting times ahead...

Malcolm Horne.

Vegan Look at the News

WARNINGS ON BSE

A government scientific adviser, Professor Anderson, said in May that tighter controls should be considered against imports of sausages, meat pies and beef pates. He said tests on cattle for the disease could not necessarily identify infected animals and cautioned against Britain relaxing its ban on most cattle over 30 months old entering the food chain, a measure not copied elsewhere.

Other countries allow cattle to enter the food chain provided they are tested for BSE. Although meat from these carcasses cannot be sold in Britain, it can enter the country as processed food.

Britain still had 135 cases of BSE in January and February, taking the total towards 181,000 since 1986, Ireland has had 60 cases in the first two months of the year, France 52 Germany 29.

The Food Standards Agency is reviewing whether it should recommend changes to the 30-month rule as part of a regular check on anti-BSE measures.

VEGAN SOCCER

Vegans taking part in a football match in Taunton, Somerset decided to quit the game because the ball was made of leather.

From Worcestershire Evening Mail.

WASTING GRAIN

Cattle are amongst the most inefficient converters of feed. In the US 157 million metric tons of cereal, legumes and vegetable protein suitable for human use is fed to livestock to produce 28 million metric tons of animal protein for annual human consumption.

The shift from food to feed continues apace in many nations with no sign of reversal. The human consequences of this were dramatically illustrated in 1984 in Ethiopia when thousands of people were dying each day from famine. At the very same time, Ethiopia was using some of its agricultural land to produce linseed cake, cotton seed cake and rapeseed meal for export to the UK and other European nations as feed for livestock. Millions of acres of third world land are now being used exclusively to produce feed for European livestock.

(From Jeremy Rifkin, President of the Foundation on Economic Trends in Washington DC, USA, article in The Guardian, London).

A CASE OF B12 DEFICIENCY

Two Seventh Day Adventists whose six-month old son died after they refused him medical treatment were both given five-year jail sentences for manslaughter by a court in New Zealand in June.

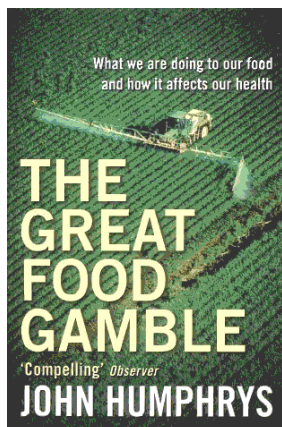
The baby died of bronchopneumonia associated with anemia and brain damage caused by a deficiency of vitamin B12.

The parents believed that their son could be treated with prayer, herbs and vegetables. The couple did not eat meat, fish or dairy products, which contain vitamin B12.

A spokeswoman for the Seventh Day Adventist Church said the couple's attitudes to modern medicine are not the teaching of the church and were the unfortunate personal choices of the couple.

Most vegans obtain B12 from fortified products such as Soya milks, yeast extracts and vegan margarines (but check the labels). Vegans should be aware of the possibility of a B12 deficiency. It is easily cured by an intake of B12 from non-animal sources.

BOOKS



THE GREAT FOOD GAMBLE by John Humphrys.

(What we are doing to our food and how it affects our health). Published by Hodder and Stoughton (Coronet paperbacks) £7-99. 2002. ISBN 0 340 77046 5.

The author is a well-known broadcaster on Radio 4's Today programme. He is not vegan nor remotely vegetarian. His concern is about the way food is produced and the resulting effect on our health and the environment. He had the experience of owning a dairy farm for ten years and is old enough to remember farming conditions 50 years ago. In the 1950s farming was still following the traditions of centuries, which respected a balance with nature. When government wanted to greatly increase home production of food (after experiencing shortages during the War), it used subsidies for growth promoters, herbicides and pesticides. The author is concerned about the effect of these practices, whose purpose is to increase yields but ignores the effect on our health or the environment. Farming used to follow a biological process that maintained the quality of the soil to obtain best results for plants and the animals. It has become a factory process that happens to be based on the land.

Anti-biotics have been routinely fed to animals (notoriously to chickens) since it was found that this increased their growth rate by 50%. Anti-biotic residues find their way into the systems of those who eat the animals and the bacteria in humans build up a resistance to those anti-biotics. Hospitals, for whom anti-biotics are a useful weapon, now find they have to deal with ever stronger bacteria and are running out of means to deal with them and losing the struggle. This is only one of the many problems raised.

The book also reveals how the establishment try to conceal evidence of the damage being done, e.g. stating that BSE would not be transmitted to humans when there was no evidence to support such a view.

Subjects covered include fish farming and he considers Genetic Modification of foods as unnecessary (there is enough food produced for all the world's population – the poor simply cannot afford to buy it) and also dangerous.

The book has been very thoroughly researched and provides a wealth of information. It is well written with personal examples and would be an excellent read if the subject were not so alarming. It gives full evidence that our present attitude to food production is flawed and radical changes are needed.

As he points out, "our health and our wellbeing are intimately bound up with our diet". It is to be hoped that there will be enough notice taken of this book for public attitudes to food production to begin to change drastically.

H. Mather.

ANIMALS CONTACT DIRECTORY 2002/2003

Networking for Humans Animals and the Environment.

ISBN 0 95259 34 4 8. £4-95 + 85p P&P from Veggies Catering Campaign, 245 Gladstone St, Nottingham NG7 6HS. Tel.0845 458 9595. Email: acd@veggies.org.uk. Web: www.veggies.org.

Over 6,000 entries of organisations and companies working for animal rights and welfare worldwide.

VEGETARIAN GUIDES publishes many guides to help vegetarians and vegans on their travels, including guides to Europe £9-99, France £6-99, London \$5-99. The Guide to Britain and Ireland will shortly be revised. Postage is £1-50 for one book and £1 extra for each additional book. Vegan Guides Ltd. PO Box 2284 London W1A 5UA. Fax 0870 121 4721. Web www.vegetarianguides.com.

VEGETARIAN VISITOR 2002 – where to eat and stay in Britain. Edited by Annemarie Weitzel. £2-50 post free from John Publishing Direct Sales, 2 Home Farm Cottages, Sandy Lane, St. Paul's Cray, Kent BR5 3HZ Tel/fax 01689 870437. Visa/Mastercard accepted. Also online at www.veggieland.co.uk/visitor.

VEGAN SHOPPER 5th Edition £5-95 + £1-50 P&P from The Vegan Society, 7 Battle Road, St. Leonards on Sea TN37 7AA. Web: www.vegansociety.com. Also **SOUNDBITES** – The Vegan Society video (30 min). A popular and entertaining introduction to animal-free cookery. Easy, junk or gourmet. Complete with recipe booklet. £9-95 +£1-50 P&P.

HEALTHY VEGAN INFANTS/CHILDREN gives individual case histories of children being brought up as vegans and also professional advice. £2 from: Plamil Foods, Bowles Well Gardens, Folkestone, Kent CT19 6PQ. Tel: 01303 850588. www.veganvillage.co.uk/plamil.

RECIPES

POTATO AND BROAD BEAN SALAD

1lb/450g potatoes, scraped
8oz/225g shelled broad beans
Shredded crisp lettuce leaves
Finely sliced spring onions
1 garlic clove, crushed
1 dessertspoon Olive Oil
1 dessertspoon lemon juice
1 dessertspoon white wine vinegar
½ teaspoon dried parsley
Black pepper

Boil the potatoes until just done, drain and allow to cool, then dice them and put them in a mixing bowl. Cook the broad beans until tender, drain and rinse under cold running water. Slip the skins from the beans and add the beans to the potato. Mix the olive oil with the garlic, lemon juice, vinegar and parsley, season with black pepper and spoon over the salad. Toss carefully, then cover and chill. Arrange some shredded lettuce on a serving plate and pile the salad on top. Garnish with finely sliced spring onions.

From: "A Vegan Taste of Mexico" by Linda Majzlik £5-99 post free from John Carpenter, Alder House, Market Street, Charlbury OX7 3PQ

EAT YOUR SPROUTS.

Summertime is the best time for sprouting seeds.

Use a Sprouter or a jam jar. Soak them overnight, then keep in a warm place and rinse them 2 or 3 times a day until they begin to sprout.

Mung Beans and alfalfa are favourites. (alfalfa sprout more slowly) but try also fenugreek to add a spicy flavour and lentils which are surprisingly sweet and sprout easily (use whole lentils not split ones). Other beans and seeds can also be experimented with.

You can have a vegan organic garden in your kitchen.

The starches turn to more easily digested sugars and there is an increase in vitamin C and B vitamins.

HM

MUSHROOMS

Vegetarian and Vegan.

For NATIONAL VEGETARIAN WEEK

8TH to 14TH July 2002

The Mushroom Bureau has joined forces with the Vegetarian Society to bring together flavours from around the globe to modern meat-free, mushroom meals. The recipe ingredients are cleverly sourced from the shelves of our supermarkets and delicatessens. Whilst

mushrooms may have originated in France and Japan, they too are there for the picking on every shopping trip.

MUSHROOMS VEGETARIAN AND VEGAN is a new **FREE** recipe leaflet available from the Mushroom Bureau to start your travels through a world of taste. It features recipes from America, Britain, China, India, Italy and Mexico.

Just send an A5 (9" x 6") 19p stamped addressed envelope to:

Mushrooms vegetarian and vegan
Mushroom Bureau
Creep hedge House
East Hanningfield
Chelmsford CM3 8BP

Visit www.mushroom-uk.com for more mushroom information and monthly recipes.

□□□□□□□□□□□□

VEGGIE PRIDE IN PARIS

The Veggie Pride Demo took place in Paris on 18th May 2002. Its aim was to assert pride in being vegetarian/vegan and demanding that society acknowledge their needs without treating them as outsiders. Their stirring manifesto which was translated by Patricia Tricker from the original French appeared as an article in V.V.92.

The march in Paris' Left Bank attracted hundreds more than the 200 who came to the first, hastily convened march, last October, and will doubtless grow as an annual event. Some participants wore animal costumes and there were many individual banners. The atmosphere was exuberant and non-violent with constant shouting of slogans against animal exploitation and torture. "Neither on the plate nor in the labs...Justice for animals" etc. Bullfighting was also condemned. On the march I met Germans and Italians who were staying in Paris and there were a few from Britain who had travelled specially for the occasion.

The demo arrived at the Place de la Sorbonne where it stayed many hours with leafleting of passers by, information stalls and moving testimonials from young and old. One speaker told how he had wanted to go veggie at 8 years old but his parents would not hear of it and told him that when he grew up he would understand why it was necessary to eat meat. Now grey-haired, he has still not found a reason for it.

***Be kind to animals
by not eating them***

SMALL VEGAN/ORGANIC COMMUNITY in reclusive scenic Pyrenees (France) Offers accommodation in rustic homestead and chapel over 250 years old and beautiful home cooking. Contact Bleurette: Email enthousiasme@wanadoo.fr. Web: www.douceur-harmonie.org. Phone 0033 4 68 39 62 56. Douceur et harmonie, 'el Faitg', 66230 Serralongue, France.

B&B in private Vegan House with large garden in pretty little town. Lovely scenery and places of interest. Persons caring for someone with Alzheimers specially welcome. Joan Bryan, River View, Woodside, USK, Gwent NP5 1SZ. Tel 01291 672429.

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

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

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

CHIPKE Natural toiletries. Wide range. Suitable for vegans (with exception of honey soap and lip salve). Products sourced locally or internationally to avoid exploitation of people or environment. Animal testing is unnecessary and unacceptable. Send for brochure to: Chipke, 6 Wyle Cop, Shrewbury, Shropshire SY1 1UT Tel. 01743 244466. Email chipke@hotmail.com.

MALE, spiritual, gentle, quiet, S.O.H. seeks low cost accommodation preferably rural/ coastal but anywhere considered, in congenial atmosphere. Possibly exchange work for rent (or part of) ie. Gardening, building, carework, domestic, etc. Contact: Stevie c/o 9 Lund Court, Framwell Gate-Moor, Durham DH1 5EZ.

THE GREEN QUEEN Twice yearly lesbian/gay/bisexual/vegan/veggie mag, welcomes short stories, poetry, articles, opinion, book/film reviews, campaign information. Issue 7 now available, please send £1-13 to K Bell, Green Queen, BM Box 5700, London WC1N 3XX.

REGULAR SOCIALS organised in Waltham Cross near Enfield. Vegan buffet. Everyone welcome. Tel. Lisa 01922 624079.

Meat is Murder

SELF-INKING RUBBER STAMPS £7-50. Vernon Stuttard, 15 Millbrook, Fence-in-Pendle, Lancs BB12 9PE.

HEALING RETREATS AND HOME-COLONIC Training all year in Southern Spain or UK in September. Empowering 10 day home-colonic retreats or 3 – 5 day training courses with juice fasting, yoga & meditation, nutrition, digestion & living food talks, consultations and a lot of TLC! Safe & simple way to gain health & self-reliance. Will undoubtedly change your life! Contact Sho & Dao Tel. (0034) 678 014 534. Info at website www.home-colonics.com.

RAW FOOD HEALING RETREAT IN RURAL DEVON Supervised and safe water and juice fasting, personalised raw food retreats, health and nutrition consultation, raw food preparation, health lecture, emotional healing, iridology, health course, etc. Phone Dr Gina Shaw for your free brochure: (01626) 352765.

NATURAL NUTRITION AND NATUROPATHY Reflexology, Metamorphic Technique, Linseed & Hempseed oil. Amanda Wise, P Dip, NN, MCMA. Tel: 01258 459929.

VEGAN SHOE REPAIRS and large range of vegan shoes. Total Liberation c/o Lyme Leisure, South Street, Axminster, Devon EX13 5AD. Tel. 01297 631133. Web: www.lymeleisure.org.uk.

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

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

VEGAN CAT-COLLARS AND CATNIP TOYS. Non-Leather, Non- Animal Fur. For details, send SAE to: Ann, 4 Green Street, Wollaston, Northants NN29 7RA.

FINAL SOS FROM BERLI'S IN SALISBURY We are still in urgent need of a chef to run our small kitchen at Berli's, a vegan restaurant in Salisbury. We only opened in October but have been unable to find anyone committed enough to join us for long enough to make a success of the business. We have a wonderfully loyal band of customers, who would be heartbroken if we had to close. But it is now looking as though we will be forced to. We need a full-timer but can negotiate if the right person comes along. Give us a call or email if you're interested and we can talk it through. Please pass this message on if you know someone who might be interested. Contact Debbie on 01722 328923. Email: veggie_debbie@hotmail.com.



notices



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

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

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

Amplifaire A new and most efficient system for heating home and water. Also Amplifaire flue pipe to make AGA or Rayburn more efficient. Send a large SAE (44p 2nd class) to Frieden Howard at The Sanctuary, Nr Lydford, Okehampton, Devon EX20 4AL.

Vegetarian Visitor 2002 lists 130+ guest houses, hotels and B&Bs plus nearly 200 cafés, restaurants and pubs. Coded for vegans. Fully revised. £2.50 paperback. Jon Carpenter Publishing: 01689 870437.

Vegan Business Connection wants to hear from individuals as well as companies providing goods and services suitable for vegans. Contact VBC c/o Veggies, 245 Gladstone Street, Forest Fields, Nottingham NG7 6HX.

0 0 0 0 0 0 0 0 0 0

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

Vegetarian and Vegan Gay Group Informal social group meets on the last Sunday of each month and has other events for vegetarian & vegan gay, lesbian, bisexual, transgender & gay-friendly people and their friends in London. Further details: Tel/fax 24 hour info line on 020 8690 5397. Email: vvgg@freeuk.com.

0 0 0 0 0 0 0 0 0 0

The Plant Milk Trust was established in 1976 to promote soya milk and other vegan foods, particularly in the areas of research and publicity. It is managed by five devoted honorary trustees. Gifts or legacies are most welcome, and all monies received are totally devoted to the Trust's work, without any administrative expenses. Write for details to Dr G J Buist, 53 Gosden Hill Road, Guildford, Surrey GU4 7JB.

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

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

Vegetarian and Vegan Bodybuilding to collate evidence of vegetarian & vegan bodybuilders who have made impressive muscular gains, and to provide postal help line. Membership free. David Fairclough, 17 Inglewood Road, Rainford, St Helens, Merseyside (tel: 01744 454495 Sat 12-9:30 or Mon 5-6:30).

Arkangel is an animal liberation magazine produced 3 times a year. £10 for 3 issues inc p&p or £2 per issue.

Plants for a Future Blagdon Cross, Ashwater, Beaworthy, Devon EX21 5DF. Researching ecologically sustainable vegan organic horticulture. A resource and information centre. Web: www.pfaf.org.

0 0 0 0 0 0 0 0 0 0

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

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

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

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

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

Veganism & vegan organisations

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

The Vegan Society If you would like more information on Veganism send two 1st class stamps for an information pack to The Vegan Society at Donald Watson House, 7 Battle Rd, St Leonards on Sea, East Sussex TN37 7AA. Web: www.vegansociety.com.

The Movement for Compassionate Living (The Vegan Way) is organised by Kathleen Jannaway, and works non-violently for lifestyles possible for all the world's peoples, sustainable within the planet's resources and

free from all animal exploitation. Annual subscription £5 (or what you are able to afford) includes the quarterly journal NEW LEAVES. Other literature available. Web: www.MCLveganway.org.uk - or SAE for details to MCL c/o David Lane, 245 Gladstone Street, Nottingham NG7 6HX.

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

Vegans International co-ordinates the promotion of Veganism worldwide, encourages the formation of new organisations, and arranges the Vegan International Festivals. Contact Cor Nouws, PO Box 1087, 6801 Arnhem BB, Netherlands.

VON The Vegan-Organic Network (previously called VOHAN) encourages and researches into non-animal growing techniques. Publishes a magazine GROWING GREEN to spread knowledge, and reports from vegan organic growers worldwide. Contact David Graham, VON, 58 High Lane, Chorlton, Manchester M21 9DZ. Tel: 0161 860 4869. Web: www.veganorganic.net.

Vegans in your area

If you wish to publicise your meetings, extend an invitation to meet other vegans in your area, or request penpals, please send details for this page.

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

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

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

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

Sheffield Vegan Society meet in the upstairs room of the Fat Cat, Alma St, Kelham Island, on the first Wednesday of the month. Business 7:30pm, and then social 9pm. Contact 54 Uppertorpe Road, Sheffield S3 7EB. Tel: 0114 258 8869.

Carmarthen Vegetarian Friends We are nearly all vegans and we meet socially on the first Tuesday of each month at 11.30am at the Waverley Vegetarian Restaurant, Lammas St, Carmarthen. Just come, or to check phone 01267-241547 or hippocharity@aol.com.

Cumbrian Vegans Are you interested in joining a local

group for shared information/support? If you are then please call Mandy on 01900 817038.

East Riding Vegans meet about once a month for socialising. New members welcome. Ring Maggie 01482 444435.

North Riding Vegetarians & Vegans meet about once a month for socialising. Please phone or fax Patricia on 01677 450176, or write to Cottage No 3, Arrathorne, Bedale DL8 1NA.

Leeds Vegetarian & Vegan Society Meet twice a month for socialising. For programme ring Ian on 0113 2572760. Web: leedsveg@ukgateway.net.

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

Nottingham The Animal Rights Confederation meet on the first Sunday of the month from about 6pm, usually at the Rainbow Centre Café, 245 Gladstone Street, Forest Fields, Nottingham. Social, speaker, snacks. Phone beforehand 0845 458 9595 for details.

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

South Wales/Hereford/Gloucester area Vegan couple and child seek vegan friends. Interests include music, art, cooking, meeting people/socialising. Write to 10 Duffryn Terrace, Wattsville, Gwent NP11 7QN.

Leicester Kate Axon would like to meet other vegans in the area to explore the local pubs and restaurants. 9 Tillet Road, Thorpe Astley, Leicester LE3 3RD.