

European Vegetarian

Quarterly Journal of the **European Vegetarian Union (EVU)**

Issue 2/2002

Holidays

2002 : The International Year of Eco Tourism

EVU contributes to this scheme by presenting four different holiday-suggestions, which, hopefully, cover a certain range of interests:

Relaxing in the Auvergne/France

A Dutch couple proposes a cosy stay in their renovated farm house, situated in quiet and beautiful surroundings. Rural corners invite for long walks and pretty small villages wait to be discovered. Of special interest is an international vegetarian cuisine.

see page 11

For the adventurous: Sleeping in a tree!

On the big Island of Hawaii this is possible. But the "Yoga Oasis" offers much more than just nights in lofty heights: organic vegetarian food, Yoga Classes, adventure trips and, not far from the resort, all the pleasures of beach life.

see page 12

"Ananda" Travelling and solidarity

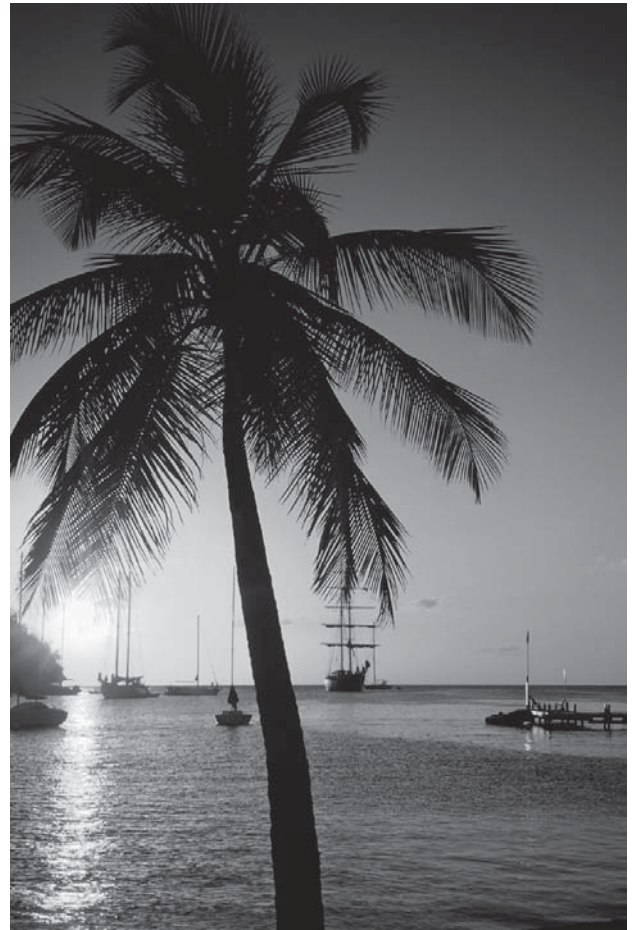
1500 feet above the river Beas in the Western Region of the Indian Himalayas, your host will be a Brahmin family living next to a Krishna temple. Such a trip is mutually beneficial: the pleasure of travelling for the individual is combined with help for the local community who finances afforestation projects with parts of the income. Authentic Indian vegetarian food.

see page 13

No more rat races

The country house "Heartspring" in Wales offers peace and tranquillity for those looking for a change of routines. A choice of services can be arranged, from reiki sessions to reflexology: a possibility for trips made-to-measure. Vegan food.

see page 14



Editorial

Dear friends,

in connection with various activities, I got into (virtual) contact with several people from South India (Brahmins and Jains). As we got to know each other better and started to talk also about more personal matters, I noticed that they found my question about their diet rather surprising. Of course are they vegetarians, just like their parents and the generations before them. What else could they be?

Well, unfortunately things are very different in our part of the world. Even though a very distinct change in conceptions brings about a growing rejection of meat, there is still a long way to go until the meat-eater will be the "odd one out".

Our motives for this way of life are all different and for that reason I am addressing also a variety of relevant aspects, which in a way are all interconnected, in this Summer edition. But since the holidays are coming up, a travel documentary is the main feature.

We all know that travelling can be complicated for vegetarians and vegans and that in many countries our special demands for food just cannot be accommodated. That is why I have compiled a list of places where not only the vegetarian way of life is respected but where the management was also ready to cooperate by granting EVU-members a certain discount. However, a word of caution: I have not tried these places out myself but just present information as I have received it. Even though I did my utmost, by e-mail- and telephone-exchanges, to find out the best offers and the most interesting places, the presentation on pages 11-14 is nothing but a suggestion without any guarantee whatsoever. Any further initiative is the responsibility of the interested party. However, I am convinced that all places mentioned deserve further investigation.

Happy Holidays! Safe Trip!

Herma Caelen
EVU-Secretariat

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Articles for the "European Vegetarian":

Take advantage of the EVU magazine to promote your cause, inform Europe of your successes or share your realizations. The "European Vegetarian" welcomes articles, reports and pictures from EVU affiliates, individual members and interested vegetarians. Please send your texts or pictures to the Secretariat.

Reports of Member Societies

Austria:

A report by FOR ANIMALS Wild Animals in Zoos – Sad Slaves in Prisons

On the occasion of the first anniversary of elephant Abu, star of the Schoenbrunn Zoo, FOR ANIMALS, in cooperation with Verein gegen Tierfabriken (VgT) and Internationaler Bund der Tierversuchsgegner (IBT), organised a common press conference on 23 April 2002 in Vienna. Abu is not a “child of elephant love” but of artificial insemination. A plane from England delivered the semen of Pambo, the father little Abu will never meet.

A crew of “specialists” had forced Pambo by artificial stimulation to release the semen which was then, after weeks of strenuous examination and painful treatments, inserted into the womb of Abu’s mother Sabi. This method is perverse and not acceptable. Furthermore photos of the procedure were published on the website of the Schoenbrunn Zoo which is also absolutely despicable.

The habitat of elephants is the wilderness of Africa and India. Every other place means cruelty. The Director of the Zoo, Mr. Pechlaner, described by Austria’s media as an “animal protector”, defends this procedure as a way to preserve species. Why does he forget to mention the already existing overpopulation of elephants in Africa, thousands of whom are shot by farmers? Professor Dr. Julian Bauer, a wild animal ecologist living in Kenya, explains: “There can never be too many elephants, only too many newspaper reports about “pillaging” elephants.”

The organisations confirmed that the April events are only the beginning of an all-Austria campaign against the cruel confinement of wild animals; they demand freedom for zoo animals!

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Fondation Franz Weber: Verdict of The International Court of Justice for Animals Rights

In Genève, Switzerland, a hearing took place on 11 March 2002 regarding the scandalous treatment of animals in European factory farms and slaughterhouses. Of special interest was also the question of ritual slaughtering without stunning. The following verdict was reached against politicians, civil servants, union representatives and industrialists belonging to the member countries of the European Union and Poland relating to the abuse and torture of animals, serious crimes against the dignity of animals and the disregard of animal protection rights.

I. Established Facts

The International Court of Justice for Animal Rights, consisting of an international jury of 11 members and 3 judges has established,

- that since the realisation of the European Community, now the European Union, the fate of animals for slaughter has, in general, deteriorated,
- that those authorities responsible are seemingly incapable or else too indolent to protect these animals from man’s worst excesses of torture or to enforce the existing laws in place for animal protection,
- that in many European slaughterhouses animals are butchered with-

out sufficient or without any stunning and are dismembered when still fully conscious thus causing them untold suffering,

- that those authorities responsible silently or willingly condone the inhumane and illegal activities of producers, dealers and carriers, whilst showing indifference to the untiring efforts of countless organisations working to attain a better fate for animals for slaughter,
- that through their attitude towards animals for slaughter, the European authorities lend weight to the widening dehumanisation and growing brutality within society,
- that the ritual slaughtering of animals in the name of religion and freedom of belief is spreading ever wider, even though the animals are submitted to unimaginable mental and physical suffering,
- that the agricultural policies of the European Union are hostile to animals: animals for slaughter are regarded as disposable goods, masses of them are forced into existence by unnatural methods using artificial insemination techniques, brutally force-fed, in cramped conditions, in animal factories – without considering the existing market demand – this results in millions of them being exported live into foreign countries or being destroyed inland.

II. Verdict-Guilty

Based on today’s verbal deliberations and the resulting hearing of evidence, the Court finds guilty:

1. *Dr. Franz Fischler, Member of the European Commission, Commissioner for Agriculture.* Mr. Fischler carries the main responsibility for the animal-hostile agricultural policies of the European Union. He was the one who instigated the destruction of millions of cattle to

relieve market pressure. He is also responsible for the killing of hundreds of thousands of calves, some only a few days old, to achieve the 'Herod premium' (a premium paid for their destruction) as well as for the subsidising of live animals exported to other European countries. The Court calls upon Commissioner Fischler to resign and to hand back his responsibilities to the Commission.

2. *Mr David Byrne, Member of the European Commission.* Mr Byrne is the person mainly responsible for the destruction of millions of healthy animals during the breakout of foot and mouth disease in 2001, only because some were diseased and the European F+MD-regulations did not allow inoculations against F+MD.
3. *Agricultural ministers of the member states of the European Union,* because they did not enforce their own national regulations valid within the framework of the EU covering the protection rights of animals. Insufficient staffing, the reason given by the ministers and their subordinate authorities, is not an excuse for permitting animals to be so brutally treated.
4. *Mr Gerd Sonnleitner,* the president of the German Farmers' Union and chairman of the European Farmers' Union. As the leading union official, Mr. Sonnleitner carries the brunt of the responsibilities concerning the development of the main structures of European agriculture, these are not only hostile to animals but are also hostile to farmers and have been responsible for the ruin of hundreds of thousands of small and medium-sized farms.
5. *The owners of animal mass production plants,* in which cattle, pigs and chickens lead an existence of horror and despair, and especially the owners of those battery-hen farms where the animals have to suffer untold misery and young

chicks are destroyed by the millions as waste.

Further, the Court declares guilty:

6. *Former Minister of Agriculture Jean Glavany and Mr Daniel Canepa, prefect of the Var District.* Under their auspices arenas used for bullfighting have been turned into public slaughterhouses where blood-thirsty voyeurs can satisfy their lusts watching animals being tortured to death.
7. *Magistrate Herbert Haupt,* as well as *Government Minister Josef Pühringer,* and *Minister of Agriculture Wilhelm Molterer* (Austria). They carry the responsibility for the horrible tortures taking place in Austrian animal production plants and in slaughterhouses, the perpetrators of which are protected from prosecution.
8. *The Rt. Hon. Margaret Beckett, Secretary of State, Great Britain.* She is responsible for the re-introduction of the notorious British live-exports to the Middle East, where the animals suffer a cruel death. She is answerable for the continuation of animal suffering in the battery farms for pigs and poultry in Great Britain.
9. *Polish and EU officials* who are active in the systematic forging of documents, so allowing cattle exported from Poland to EU countries to be falsely identified as EU produce, and so presenting a serious danger to the health of the consumers.
10. *Ms Annemie Neyts, Belgium's Minister for Agriculture.* She tolerates bestial atrocities in Belgian slaughter markets and tolerates the protection of those criminally responsible against legal prosecution.
11. *Mr Miguel Arias Canete, the Spanish Minister for Agriculture.* He is responsible for the scandalous conditions under which live animals are transported in Spain.

He is also in part responsible that the catastrophic subsidisation policies are being continued within the EU in spite of widespread protests.

III. Conclusion and Recommendations

1. The Court requests that the European Commission and the European Parliament ensure that Animal Protection Rights are introduced and ensured as independent and common aims in the EU treaty and that the necessary competence for their conception is created.
2. Further, the Court requests that Animal Rights are seen as being an independent aim of State in the future European Constitution, and that animals are given a constitutional and legally defensible right to counsel, to their own dignity, to a life appropriate to their species and to a death free of anxiety and pain. Finally, the Court requests that the European Commission sets up its own departmental Commission for Animal Protection Rights consisting of representatives from European Animal Protection Societies.
3. The Court requests more unannounced, official control visits to all animal production plants and slaughterhouses as well as intensifying the supervision of animal transportation. In order to gain transparency, the Court requests the installation of video or webcam surveillance, this would allow any transgressions against the rights of animals to be provable.
4. The Court requests for the third time since 1993, the immediate prohibition throughout Europe of transporting live animals across country borders and, to that effect the abolition of the ominous export subsidies.
5. The Court insists on the principle that animals for slaughter are to be transported no further than the nearest slaughterhouse. If there is no slaughterhouse near-at-hand,

mobile slaughter units are to be used and approved by the EU at the highest level.

6. The Court of Justice categorically condemns the barbaric methods of ritual slaughter without stunning and requests these to be banned in every civilised country. The arguments brought in the name of religion and freedom of belief have to be ethically sound, they cannot be based on the torture of helpless fellow creatures.

Finally the Court postulates the basic principle that the methods of industrial mass production cannot be applied to sentient living beings, the same as conveyor belt work and piecework can have no place in the process of killing animals for consumption. The breeding of every single animal places responsibility on man, each and every slaughter is a grave and serious act which has to be carried out individually, with care and respect.

The current methods of animal handling have not even the slightest ethical basis, they are highly abnormal and therefore dangerous to the health of humanity and destructive to our natural environment. That is why the EU and all the other countries of Europe are being called upon to reconstruct their attitudes toward domestic animals taking the above points as guidelines.

As the relationship of humans to animals is part of the fundamental principles of morality the Court insists that the meat industry be subjected to the control of a Commission for Ethics which is close to national education.

The complete and substantiated court decision will be sent within a conducive period to those parties having been found guilty. In addition copies will be forwarded to the EU Commission, the European Council, the UNO, the UNESCO, to the parliamentary meetings of the accused

countries as well as to numerous nature and animal protection organisations and societies.

Viva! Announces National March and Rally Against Factory Farming With Launch of new Guide.

Viva! is linking up with major animal and environmental groups to stage a massive rally, march and festival against factory farming in London on Saturday 13 July. To mark this announcement, the animal welfare group is launching a new guide, *Stop Bugging Me*, which reveals how almost all food poisoning originates from animal agriculture and foods. It shows how problems have worsened since the advent of intensive factory farming and explains how meat eaters are at risk of contracting a catalogue of disorders from diarrhoea, abdominal pain and exhaustion to stillbirths, enteritis and meningitis.

According to the government, a staggering 9.5 million people in the UK get food poisoning each year, at a cost of £750 million to the National Health Service. A massive 95% of all food poisoning cases are caused by eating animal products. Food poisoning bacteria include; *Salmonella*, *Campylobacter*, *Listeria monocytogens*, *E. coli*, *Bacillus cereus*, *Slostridium butolinum*, *Clostridium perfringens* and *Staphylococcus aureus*.

Says Viva! Campaigner Kat Macmillan, "Meat is the main culprit for food poisoning because bugs love it! Bacteria can multiply extremely rapidly given the opportunity and meat, cheese, eggs and milk all provide the ideal environment for bacterial growth. Infection can occur in the food the animals eat, on the farms where they live, at the slaughterhouse, at the butchers, in the restaurant and even in the home".

Factory farming is at the root of the problem of food poisoning. Intensive farming involves crowding as many

animals as possible into a limited space - making infection unavoidable. Bacteria and viruses thrive in this environment and can infect large numbers of animals within a very short time. Also, poor ventilation in buildings means that airborne bacteria spread easily. Antibiotics have been overused by farmers to try to combat disease and to promote the growth of animals. This has led to bacteria becoming resistant to the drugs so that when the same drugs are used to treat humans, they no longer work.

Ms Macmillan concludes, "Dangerous diseases are spreading like wildfire on factory farms. Over the past decade, we've seen BSE, swine fever, the creation of antibiotic-resistant strains of *salmonella* and *E.Coli* and foot-and-mouth. If we don't act now to end factory farming, it may well end us. In the face of political apathy, it's up to individuals to take action. Our 13 July march and rally will create a force for change that cannot be ignored".

For more information contact Kat Macmillan or Tony Wardle at Viva! on: 00 44 1273

On Saturday 13 July campaigners will be meeting at Kennington Park at noon for speeches and will then march to Trafalger Square. The event is sponsored by Viva!, CIWF, FAWN, PETA and the Green Party and supported by Animal Aid, Advocates for Animals, Care for the Wild Defense Fund, the Jewish Vegetarian Society, the League against Cruel Sports, the Vegan Society, Uncaged Campaigns and the Young Indian Vegetarians.



Arbor Day, worldwide honouring of trees

For the inhabitants of Peking, the Gobi desert is getting too close for comfort. Infamous sandstorms, "Sha chen bao", turn the sky brown, hiss through the streets, get caught in corners and invade houses through the tiniest cracks in windows and doors. This spooky gatecrasher from Northern Provinces upsets people by visits that are increasingly frequent and violent, and forces them to wear protective masks (if they really cannot afford to stay at home during the storms) and even shuts Airport traffic down because of bad visibility.

A Chinese proverb warns: "No shade tree? Blame not the sun but yourself." Indeed! Large already-fallow regions in Mongolia and in North China, as well as the continued intense livestock breeding contribute to ever growing desertification. Goats pull up the last plants so that no roots are left to keep the soil in place. Consequently large regions are being swept clean of humus layers. The situation has become so dramatic that, nowadays, one third of the Chinese landmass has already turned into barren regions and no end of this development is anywhere in sight. Huge efforts are underway to stop that catastrophe but the chances of success are more than questionable – impressive sand dunes 70 kilometres away from Peking are stern reminders of the enormity of the problem.

But China is not alone in facing

this frightening development. For instance, the problem of rapidly disappearing tropical rain forests is well known. Unfortunately, awareness of this critical situation and clear indications of the dangers ahead have not led to the slightest improvements. Now, as ever, the motto "business is business" leads to continued destruction - on a global level. Dr. Steven Best, Associate Professor of Philosophy and Humanities, University of Texas, El Paso, warns: "Everyone knows that the rainforests are disappearing, but few realize how rapidly and how their food choices play a key role. Since 1945, half of the world's rainforests have been burned, bulldozed, and mined into oblivion. [...] At the current rate of devastation, the rainforests of the world will be completely levelled in another fifty years. [...] One of the principle reasons for deforestation is to provide grazing ground for cattle. [...]"

However, human fascination for trees has run through history like a red thread, the most spectacular having been the sacrifice of the Bishnoi woman Amrita Devi and her 362 friends who in 1730 gave their lives to protect trees from being cut down. Much later in 1854, a certain J. Sterling Morton, lover of nature who moved with his family to Nebraska, founded "Arbor Day": a special occasion for the planting of trees. Following the first official "Arbor Day" in

There is no aristocracy in trees. They are not haughty. They will thrive near the humblest cabin just as well as they will in the shadow of a king's palace. There is a true triumph in the unswerving integrity and genuine democracy of trees.

J. Sterling Morton

1872, more than a million trees have been planted in Nebraska, a once treeless plain, and serve as windbreaks, keep soil in place, provide fuel and building materials, and shade from the hot sun.

However, it was not before November 1951 that the Food and Agriculture Organisation (FAO) arranged for all member nations to set aside one particular day each year to celebrate "Arbor Day". For Germany it is April 25th: an encouragement to pay one's respect to nature and an occasion to do what everyone ought to achieve during his lifetime: to plant a tree.

But not only in America and Europe this special anniversary is celebrated. For instance in New Zealand the "Tu Kakariki" invites for this special green festival on 5 June: "Arbor Day is a reminder to all New Zealanders that we can all play a part in protecting the native forests and wildlife which are left, so our children and grandchildren will be able to experience a remnant of this country as it once was."

Herma Caelen



How Deforestation happens:

Deforestation occurs in many ways. The majority of rain forest cut down is cleared for agricultural use: grazing of cattle, planting of crops. Poor farmers chop down a small area (typically a few acres) and burn the tree trunks, a process called "Slash and Burn" agriculture. Intensive, or modern, agriculture occurs on a much larger scale, sometimes deforesting several square miles at a time. Large cattle pastures often replace rain forest to grow beef for the world market

(Source: The Tropical Rain Forest Information Center (a NASA Earth Science Information Partner - <http://www.bsrsi.msu.edu/trfic/>)

How a Butterfly Saved a Giant

Is this my last moment?

This question sprang to the terrified mind of twenty five year old Julia Hill alias "Butterfly" during that dramatic night in February 1999, when a fierce storm threw her around violently in the top of the Redwood tree called Stafford Giant (or Luna) in which she had squatted since December 1997. Around her major branches were ripped off, some of the eight fixtures of the platform had already cracked, and the tarps, previously offering at least some kind of protection, had been shredded and were flapping around in storm and hail. Of course, she could have climbed out of the tree but, by doing so, she would have betrayed a promise that she had given to herself and Luna. And she was by no means ready to do that!

Why, for heaven's sake, does a Butterfly confront a tornado?

In January 1997 a muddy landslide, initiated by intensive logging by the Pacific Lumber Company (PL), went down from the hills and wiped out seven homes of the little town Stafford, California. It was with great horror when the following October people heard again the noise of chainsaws echoing from the hills: another clear-cut operation.

In order to protect the Stafford Giant, the only remaining Redwood tree on the hills with an estimated age of 1500-1800 years and a diameter of almost 5 meter on the ground, Daniel climbed into the top. These magnificent trees reach more than 60 meters into the sky, and live up to 2000 years: wonders of nature. Not too long ago, Redwood forests extended from central California north to southern Oregon. However, today intense felling has left only remainders and even these are still being ransacked.

After Daniel had managed to spend some days in the tree, a platform was

hastily fixed at a height of 50 meters and covered with tarps. A series of activists stayed in this lofty "home", the last one in December 1997 being Julia. Did she know at the time what she had let herself in for? Certainly not, because due to a fast escalating hardening of positions, PL tried to starve her out, attacked her by floodlights and intensive megaphone-blare and even hired an enormous helicopter that shook her around with gusts of more than 100 km/h. In vain! The young woman did not blink!

Of course, the press loved this story and the small butterfly had to learn in a hurry to handle the giant "Media". Many journalists visited Julia and she gave long telephone interviews and became a famous teleguest in talkshows.

The newborn media-star is in trouble

But all these achievements became unimportant during that night when Julia had to fight for her life, together with Luna in whom she confided: "I don't know what's happening here. I don't want to go down, because I made a pact with you. But I can't be strong now. I'm frightened out of my mind, Luna, I'm losing it! I'm going crazy!" And then, as Julia reported later, the incredible happened in that the tree started communicating with the young woman: "Julia, think of the trees in the storm. The trees in the storm don't try to stand up straight and tall and erect. They allow themselves to bend and be blown with the wind. They understand the power of letting go. Now is not the time for you to be strong, Julia... let it flow. Let it go..."

In a later interview Julia explained that during that night she gave her life to the universe: "Use me as a vessel completely to be a part of making this world a better place. And when I die I will die doing what I know is right!"

From that point on a complete and total change occurred.

Julia and Luna had not only survived without any harm but in the following months secret negotiations with PL finally took place. After a lot of time consuming complications, an agreement was reached so that Julia could climb down on 19 December 1999 - after holding the protest-world record. The report of an eye witness reads as follows: "In one of the most touching minutes ... Julia's feet touched the ground, she fell to her knees and collapsed weeping. After a long moment she got up, stretched her arms towards the tree and cried: 'We did it' No eye remained dry."

Julia did not waste any time

Only two days later she stated in a talkshow: "A lot of people look at me almost as a mythological creature but such power lies in each and every one of us. And all we have to do is tap into it and recognize that it is within ourselves to make incredible change. The corporate and political power has made us feel powerless, but the strength of the individual and the energy of the universe can outweigh any other force! All they have to do is look inside and find it. That's what I have trying to make people understand! Of course, each and every one of us can work wonders, but if we join our hearts, thoughts and souls only the sky is the limit."

Herma Caelen

The complete story about the record in tree squatting can be read in "The Legacy of Luna" by Julia Butterfly Hill, Harper San Francisco, ISBN 0-06-251658-2

To exist as a nation, to prosper as a state, and to live as a people, we must have trees.

Theodore Roosevelt

Food Irradiation

The Secretariat received several inquiries regarding this controversial issue, so the following excerpts from different sources might be of interest. As can be expected in a question of such complexity, policies and opinions differ widely and the following represents a compilation of texts right across the board.

EU Paper Food Safety – from the Farm to the Fork – Food Irradiation

1. Introduction

Irradiation is a physical treatment of food with high-energy, ionising radiation. It can be used to prolong the shelf life of food products and/or to reduce health hazards associated with certain products due to the presence of pathogenic micro-organisms.

The treatment may be applied for different purposes, such as:

- a) Prevention of germination and sprouting of potatoes, onions and garlic.
- b) Disinfestation by killing or sterilising insects which infest grains, dried fruit, vegetables or nuts.
- c) Retardation of ripening and ageing of fruit and vegetables.
- d) Prolongation of the shelf life and prevention of food-borne diseases by reducing the number of viable micro-organisms in meat, poultry and seafood.
- e) Reduction of micro-organisms in spices and herbs.

In practice, the use of this technique is rather limited although it is authorised in many countries.

2. Community legislation

At Community level irradiated foods and food ingredients are regulated by:

→ framework Directive 1999/2/EC of the European Parliament and Council on the approximation of the laws of Member States concerning foods and

food ingredients treated with ionising radiation. The Directive covers general and technical aspects for carrying out the process, labelling of irradiated foods and conditions for authorising food irradiation.

→ implementing Directive 1999/3/EC of the European Parliament and Council on the establishment of a Community list of food and food ingredients treated with ionising radiation. **So far, this list of products authorised for irradiation within the whole EU contains only a single food category: “dried aromatic herbs, spices and vegetable seasonings”.** The marketing of any product not complying with the Directives has been prohibited since 20 March 2001.

The framework Directive sets out that

- a) The treatment with ionising radiation of a specific food item may only be authorised if :
 - there is a reasonable technological need,
 - it presents no health hazard,
 - it is of benefit to the consumers,
 - it is not used as a substitute for hygiene and health practices or for good manufacturing or agricultural practice.
- b) Any food irradiated as such or containing irradiated food ingredients has to be labelled.
- c) A favourable opinion of the Scientific Committee on Food (SCF) is needed to place a specific food item on the EU-wide list of products authorised for irradiation. **In 1986, 1992 and 1998 the SCF expressed favourable opinions on irradiation of fruit, vegetables, cereals, starchy tubers, spices and condiments, fish, shellfish, fresh meats, poultry, camembert from raw milk, frog legs, gum arabic, casein/caseinates, egg white, cereal flakes, rice flour, and blood products.** The SCF emphasised that food irradiation

must not be used to cover negligence in handling foodstuffs or to mask their unsuitability for use as food.

- d) **National authorisations allowing the irradiation of certain foods within Member States can be maintained until the completed EU-wide list of products authorised for irradiation enters into force.**
- e) Member States may also maintain restrictions or bans on irradiated foods, in compliance with the rules of the Treaty, until the completed EU-wide list of products authorised for irradiation enters into force.
- f) Member States shall ensure that the analytical methods used to detect irradiated foods are validated or standardised. The European Committee for Standardisation (CEN) has standardised a number of analytical methods developed with the financial support of the European Commission.
- g) Foodstuffs may only be irradiated in approved irradiation facilities in the Member State or in irradiation facilities in third countries which have been approved by the Community.
- h) Member States have to inform the Commission of their competent authorities.

3. Consultation

DG Health and Consumer Protection published a Consultation Paper on Food Irradiation on 2 October 2000 and invited all interested parties to send comments. The comments received are summarised in the following document:

Comments on the DG Health & Consumer Protection Consultation of Consumer Organisations, Industry concerned and other interested parties on the strategy for completion of the positive list of food and food ingre-

dients to be authorised for irradiation treatment.

4. Communication of the Commission

As a result of the comments received on the consultation paper, the Commission adopted on 8 August 2001 a Communication on foods and food ingredients authorised for treatment with ionising radiation in the Community.

(Source: europa.eu.int/comm/food/fs/sfp/fi_index_en.html)

Excerpt: C 241/6 – Official Journal of the European Communities – 29 August 2001:

Communication from the Commission on Foods and Food Ingredients authorized for Treatment with ionising radiation in the Community

2. Opinions of industry associations and other parties

The views of industry associations and other parties which sent comments are more diverse.

Comments in favour of food irradiation.

The irradiation industry is clearly in favour of authorising all products for which the SCF has expressed a favourable opinion. The FAO/WHO International Consultative Group on Food Irradiation which has the mandate to evaluate and advise on the global activities of food irradiation, the United States Government and some research associations/institutes expressed similar opinions. The main arguments are that according to the scientific community, food irradiation is safe and contributes to increasing consumer protection by destroying harmful organisms in food (red meat,

poultry, etc.). The technique, if applied using good manufacturing practice, will not substitute for good hygiene practices. There is no justified reason to prohibit/restrict the application of food irradiation in the EU.

The global trade liberalisation through the WTO requires that national authorities base their regulations on Codex Standards, sound science and proper risk analysis. Although it is acknowledged that improvement of hygiene should have first priority, the failure of hygiene measures to avoid the presence of harmful micro-organisms, especially in red meat and chicken, is stressed. Many countries have authorised irradiation of a number of food products, including red meat and poultry. Also, food irradiation is the best substitute for fumigation of fruit and vegetable in order to get rid of pests. Food irradiation has in general the potential to substitute for harmful chemicals.

The current low treatment volumes do not indicate that there is no technological need since social, environmental and economic factors have an overwhelming power over technological need, scientific endorsement and consumer benefit.

Comments against food irradiation

The food producing industry, in particular the producers and traders of meat products, dried fruit/vegetables, potatoes, milk products, cereal flakes and tea are not in favour of the inclusion of their products into the list. Current procedures to ensure good hygiene are considered to be sufficient (no technological need). ...The authorisation would affect negatively the image of these products. The irradiation of fresh fruit and vegetables to inhibit sprouting and delay ripening might mislead consumers with regard to age and freshness of the products. The Confederation of the Food and Drink Industries of the EU (CIAA) is of the opinion that it is unlikely that food manufacturers will

make use of food irradiation until consumer confidence in the technology is secured. CIAA believes that the negative image of food irradiation will be further reinforced if all the products for which the SCF expressed a favourable opinion were to be authorised for irradiation. Food irradiation could be used to substitute good hygiene practices and could lead to unfair trade practices. Any extension of the list should be accompanied by an information campaign to reassure consumers about the safety of the technology. The issue of extending the list should be postponed.

(Source: www.iaea.or.at/icgfi/documents/communication.pdf)



European Consumers (AEC)

On their website, updated 23 April 2002, AEC reports about a meeting on food irradiation with the following introduction: “ The Food Commission and Public Citizen organized an international meeting on Food Irradiation in Brussels on October 17th, 2001. The meeting was urgently needed as the UN organisation Codex Alimentarius is moving ahead with a proposal to remove all limits on how much irradiation food can be exposed to, and an increasing number of large irradiation facilities are being constructed around the world.

Food irradiation is on the rise all over the world. Concerns regarding

the health, safety, nutrition and economic impacts of irradiated food have not yet been resolved.

- Using irradiation to extend the shelf life of food and the distance that food can be shipped undermines nutritional value, local food supplies, and environmental and economic sustainability.
- Using irradiation to mask the pollutants and bacteria found in food as a result of dirty slaughterhouse practices and unhygienic food processing methods is an unacceptable approach.
- Food irradiation technology supports the factory farm practices and mono-culture crop, system favoured by large-scale and trans-national producers and distributors, at the expense of consumers and small-scale producers.
- The weakening of current global food irradiation standards must be firmly opposed, including moves to allow all food to be irradiated and dose limits to be removed.
- Consumer interests and the protection of global food security necessitate a ban on this technology as applied to food commodities until such time as outstanding health and economic issues have been adequately investigated and resolved.

Governments are negotiating the liberalisation of food irradiation standards and the harmonisation of food irradiation laws at global and regional levels. Trans-national corporations and food conglomerates are extending their reach to all corners of the world, seeking to increase the profits at the expense of regional food sovereignty and at the expense of the health, safety and prosperity of consumers and local food producers.

The meeting was an opportunity for the exchange of information between those most concerned and best informed on food irradiation and its many implications. A forum for discussion of experiences and develop-

ments in various key countries. Invited to the meeting were representatives of other consumer, health and environmental organisations, farmer groups, trade unions, globalisation groups, academic institutions and governmental bodies.

More can be found under:

http://www.consumer-aec.org/english/activities/irradiation/irradiation_index.htm

Association of European Consumers in Bruxelles:

Ms. Anna Selberg – Coordinator

70-72 rue du Commerce

1040 Bruxelles

Tel: +32 2 545 90 74 / Fax: 545 90 76

E-mail: aec@belgacom.net

Public Citizen “fundamentally opposes the use of ionizing radiation as a “treatment” for food. Irradiation destroys vitamins and other nutrients, forms chemicals known or suspected to cause cancer and birth defects, and masks unhygienic food production practices. Instead of this short sighted quick-fix, we are encouraging the food industry and government regulators to institute comprehensive solutions in response to food safety challenges.”

Public Citizen, 1600 20th St. NW , Washington, DC. 20009

(Public Citizen is a national, non-profit consumer advocacy organization founded by Ralph Nader in 1971)

http://www.citizen.org/cmep/foodsafety/food_irrad/

Based on my experience in Los Angeles, my advice to the public is not to eat meat.

*Gregorio Natavidad
meat inspector*

List of Member States' Authorisations of food and food ingredients which may be treated with ionising radiation – Belgium (BE), France (FR), Italy (IT), The Netherlands (NL) and United Kingdom (UK):

Deep frozen aromatic herbs - FR

Potatoes - BE, IT, UK

Yams - UK

Onions - BE, FR, IT, UK

Garlic - BE, FR, IT, UK

Shallots - BE, FR, UK

Vegetables, including pulses - UK

Pulses - NL

Fruit (including fungi, tomato, rhubarb) - UK

Dried vegetables and fruits - FR, NL

Cereals - UK

Flakes and germs of cereals for milk products - FR

Flakes from cereals - NL

Rice flour - FR

Gum arabic - FR, NL

Chicken meat - NL

Poultry - FR

Poultry (domestic fowls, geese, ducks, guinea fowls, pigeons, quails, and turkeys) - UK

Mechanically recovered chicken meat - FR

Offal of chicken - FR

Frozen frog legs - BE, FR, NL

Dehydrated blood, plasma, coagulates - FR

Fish and shellfish (including eels, crustaceans and molluscs) - UK

Frozen peeled or decapitated shrimps - BE, FR

Shrimps - NL

Egg white - FR, NL

Casein, caseinates – FR

(Source: Annex of www.iaea.or.at/icgfi/documents/communication.pdf)

Holiday Ideas

Relaxing in an idyllic stone farm in the Auvergne



In Rosières (near the medieval town of Le Puy), Willem and Lydie Nouris have restored an old farm which they gladly share with guests. Here is their personal invitation: "For eleven years now, we, a Dutch couple, are living in the Auvergne, an authentic and peaceful region in France. Our home is an old stone farm, which we restored in the original style. It is situated at an altitude of 750 meters and offers breathtaking views on the Mézenc mountains. The village of Rosières is at 10 minutes walking distance.

We receive our guests in a personal and relaxed way. Visitors who enjoy nature, walking and stillness will appreciate the charm of the region: an abundance of flowers and berries, butterflies, birds (like buzzards, pheasants, kites), foxes and deer. Most relaxing is the rural quietness;

a chat with an old farmer or a flock of sheep crossing your path will contribute to the idyllic environment.

We offer accommodation in spacious rooms either with bath or shared shower. There is also the possibility to stay in a caravan situated on a beautiful spot, dominating the valley. Or you can bring your own tent to camp on our 6 ha. land. Sanitary is perfect.

We are vegetarians and vegetarian cooking is Lydie's favourite thing (she gives vegetarian cooking-lessons in an organic shop in Le Puy). Vegans are catered for as well. "La Garnasette" is the place for vegetarian gastronomes who like generous menus from all over the world.

We do not receive more than ten guests at any given time in order to guarantee quietness and a personal atmosphere. We are open all year, and especially our Christmas arrangements are very exceptional indeed!

We are looking forward to seeing you and send our best regards

Willem and Lydie Nouris

Food: The prices include full board which consists of a good breakfast of homemade jams, yoghurt and muesli, a packed lunch and a five course evening meals (organic products) which have a definite international flair with Indian, Mexican, Greek,



French, Italian, and last but by no means least, local dishes being served. An example is the Auvergne Menu: Creamy nettlesoup (spring) or pumpkin soup, Le Puy lentil salad with smoked tofu, Soufflé au bleu d'Auvergne Pounti (pie with wild spinach, onions and prunes), Le Millard (cherry-tart).

Prices:

(per person, per week, full board)

Camping	270 Euro
Caravan	318 Euro
Room with private wash-basin and toilet, shared shower	360 Euro
Spacious room with private bath	405 Euro

EVU members receive a discount of 5 per cent.

"La Garnasette"

F 43800 Rosières

France

Tel&Fax 00 33 471 57 40 96

For a long list of other vegetarian holiday ideas, see the following internet page:

www.vegetarian-vacations.com

Sustainable Tourism

Tourism is now one of the world's largest industries and one of its fastest growing economic sectors. Prior to 1997, the issue of sustainable tourism had been discussed by the Commission on Sustainable Development only in the context of the small island developing states. However, during the nineteenth Special Session of the General Assembly to review the first five years implementation of Agenda 21, the General Assembly considered that there is a need to consider further the importance of tourism in the context of Agenda 21. Tourism, like other sectors, uses resources, generates wastes and creates environmental, cultural and social costs and benefits in the process. The General Assembly, therefore, placed sustainable tourism on the agenda of the Commission at its seventh session.

The Commission at its seventh session in 1999 considered tourism as an economic sector and held a multistakeholder dialogue on the topic. The Commission adopted decision 7/3 on tourism and sustainable development, which includes an international work programme on sustainable tourism development. The implementation of the programme will be reviewed in 2002 as part of the 10-year review of progress achieved since UNCED. **The General Assembly in 1998 proclaimed 2002 as the International Year of Ecotourism** (A/RES/53/200), reaffirming Economic and Social Council resolution 1998/40, of 30 July 1998. United Nations – Sustainable Development

website: <http://www.un.org/esa/sustdev/tourism.htm>

Sleeping in a tree? Why not. On Hawaii this is possible!

Aloha, here is another tempting offer for adventure by the Yoga Oasis, a retreat center on the Big Island of Hawaii, in the Puna district, open to individuals and group leaders for exclusive use and personalized programs. This center, situated in Hawaii's largest conservation area, is just a short drive to natural thermal hot springs, sauna steam caves, a black sand beach, surfing, snorkelling, tide pools, Lava Tree State Park, farmers market, hiking to Green Mountain & Green Crater Lake. This secluded and private sanctuary, off the beaten path, is nestled on 26 acres of lush rain forest and surrounded by coconut palms, papaya, banana, mango, avocado and macadamia nut trees and a vast array of colorful, fragrant flowering plants. Sun, occasional rain showers and a perfect 60 to 80 degrees year round.

Accommodation

Up to 30 guests can be accommodated. The rates are the following (subject to change) per person and day – they include morning yoga class and breakfast:

1. *Tree house*. Three nights minimum for the special private 700 sq. ft. bungalow, consisting of 2 large rooms with bamboo floors, private full kitchen with stove and fridge, bath and a semi open shower downstairs. Sleeps 4 people: one queen size bed and one double size (soft) futon. Double: \$225, each additional person: \$25.

2. *Camping, including breakfast and morning yoga class* - all year rate \$30 per person (does not include towels or linens).

3. *Private Room or Tent* (large tent like canvas structures built on coconut tree platforms with standard beds) - shared bath: single: \$75, double \$99.

Meals:

Home made vegetarian (or vegan) food is offered: Breakfast: \$10, Lunch: \$10, Dinner: \$15

To customize the stay, there are several possibilities: Yoga class (\$10), Herbal & Juice Detox.. (\$75), Local nature and adventure tours (\$25 and up), Thai Massage (\$65), Avocado Salt Glow (\$65), Hawaiian Lomi – Lomi (\$65), Watsu - Water massage (\$75).

For EVU members Yoga Oasis grants a 10 per cent discount off their regular room rates (not for special workshops or camping).

For more details please contact:

Yoga Oasis

P.O. Box 1935

Pahoa, Hawaii 96778, USA

website: www.yogaoasis.org

Tel. 00 1 800-274-4446 or 00 1 808-965-8460

Make your products and projects known through the EVU magazine. Our readers in more than 30 countries are always interested in a wide range of suggestions and topics.

The rates are:

1 column size

2,5 cm	25 Euro
5 cm	40 Euro
10 cm	60 Euro

2 column size

5 cm	75 Euro
½ page	250 Euro
full page	350 Euro

For more information, please contact:

EVU- Secretariat

26, Rue Moncoureur

B 7011 Ghlin

Tel. 00 32 65 362584

e-mail evu@ivu.org

ANANDA: Adventure, Spirituality and Mutual Aid

THE IDEA

is to explore small-scale sustainable alternatives to conventional tourism in India. Ananda is made up of local people from villages in the Kullu Valley and run at the Krishna Temple. The hosts are the Acharya family who as a family of Brahmin priests play an important community role.

THE AIM

is a more holistic approach to sustainable development and tourism and the hope towards a greater whole, bringing together all aspects of personal, social and ecological development; this may eventually include schemes to promote knowledge of holistic medicine, renewable energy, waste management and sustainable architecture.

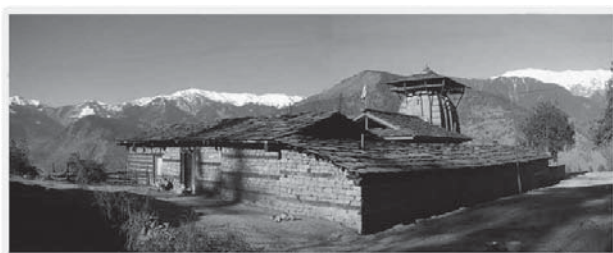
THE PLACE

is the 'Murlidhar' Krishna Temple, perched on a forested ridge 1500 feet above the river Beas in central Himachal Pradesh (western region of the Indian Himalaya) which offers a spectacular views over the Kullu Valley, a place of immense beauty and tranquility.

THE ACCOMMODATION

will be arranged in the family's

guesthouse next to the temple. Guest rooms are equipped with beds, sheets, tables and electricity. There is also a simple kitchen, a wash room with a 'bucket shower' and hot water plus an outside toilet, Indian squat style.



THE FOOD

will be provided at the temple: normally rice and dal for lunch, and rice, chapatis and vegetables in the evening. The water is piped from a spring – filtering is recommended. Fresh milk every morning and evening is available (if you wish you can learn milking).

WHAT TO DO

Depending on the time of year, guests are invited to join in planting trees with local women's groups, help on the nurseries, collect and sow seeds, or water seedlings. They can become an apprentice woodcarver, learn yoga, meditation, weaving, classical Indian singing, vegetarian cooking or go trekking.

COST

Accommodation and two meals a day at the Krishna Temple cost 3000 rupees per person for a week. Half of this fee goes towards sustainable development (presently the afforestation project). Alternative arrangements are possible for voluntary workers.

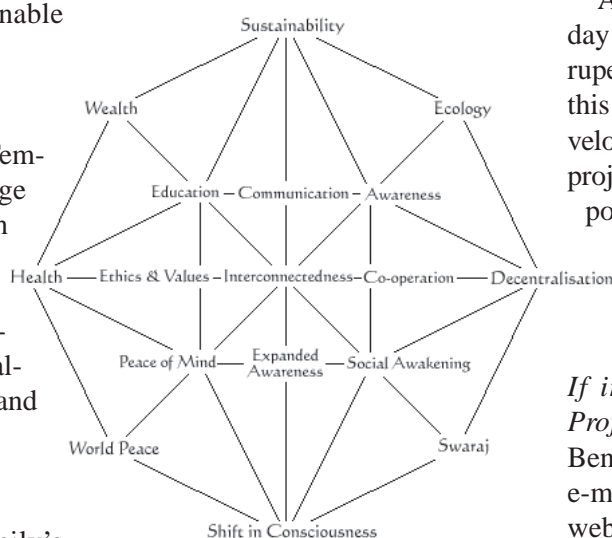
Lessons cost 150 rupees, woodcarving apprenticeships and Trekking prices differ.

If interested, please contact the Project Co-ordinator:

Ben Heron

e-mail: benheron@ecosse.net

website: www.anandaproject.org/



Clubveg Nature Tours

Club Veg, a non-profit regional vegetarian education group in the Northeast United States, is planning its third Costa Rica Vegan Nature Tour February 14–23, 2003; and its first Alaska Vegan Nature Tour in August of 2003.

Costa Rica is a tropical paradise for vegans – enjoy the rainforests, hun-

dreds of bird species and other wildlife, warm waters and snorkeling, tropical fruits and other delicious vegan foods. For more information, contact Sawtelle Travel at nature@sawtelletravel.com or call Sawtelle at 00 1 800-295-2222.

For information on food, contact Club Veg at clubveg@aol.com or 00

1 631-286-1343. The itinerary for the trip is available at www.clubveg.org.

The Alaska trip is still in the planning stages, if you are interested, let Club Veg know by contacting them at clubveg@aol.com or 00 1 631-286-1343; they will keep you updated.

A Vegan Haven in Wales

The Victorian country house "Heartspring" is situated above the designated coastal Conservation Area Village of Llansteffan and surrounded by an acre of organically managed gardens. In this environmentally friendly and chemical-free restored house different holiday-formulas are offered: bed and breakfast, group courses and workshops, individual healing retreats, holistic therapy sessions and mini-breaks for relaxation (3 days, breakfast and evening meal cost from £185 per person).

Furthermore the services of many complimentary health practitioners are available who can provide sessions in aromatherapy, massage, healing, profound relaxation, reflexology, reiki, and many others including specific programmes for those suffering with M.E., Chronic Fatigue and Fibromyalgia. Sessions tend to cost

between £30 and £35 and can last between one or two hours depending on the individual practitioners. Individual retreats can be tailor-made to individual requirements.

Some details regarding the choice B&B: the rates vary between £28 and £38 per person per night (depending on the room) for the Summer season and the Christmas/New Year period. For the rest of the year they are slightly less. Included is a fully organic vegan breakfast (guests are welcome to bring in dairy products if they so wish, however no meat or fish products).

For other meals there are several alternatives:

- to choose the self-catering option (a guest vegetarian kitchen is available),
- to buy vegetarian meals from the local cafes and pubs,

- to book the stay including evening meals in Heartspring which are fully organic and vegan and start at £6 per person per night (a speciality is the catering for those with specific food allergies and intolerances).

For EVU members, a 10 per cent discount on the accommodation rates is granted.

If you want to find out more about this offer, please contact

Maddie Lynfield
HEARTSPRING
Hill House
Llansteffan
Carmarthen SA33 5JG
UK
Tel. 00 44 1267 241999
e-mail info@heartspring.co.uk
website www.heartspring.co.uk

« Good vegetarian food 2002 » – a new guide for vegetarians travelling in Italy

This attractive book is bulging with useful information, sub-divided into regional segments. Not only does it offer a detailed list of restaurants and accommodation (including address, prices and opening times) but also descriptions of the respective areas and their most important cultural and historic points of interest as well as listing their food specialities. A further helpful feature is general tourist information, a list covering yearly programmes of local festivals, products, foodstuffs, wines and dishes.

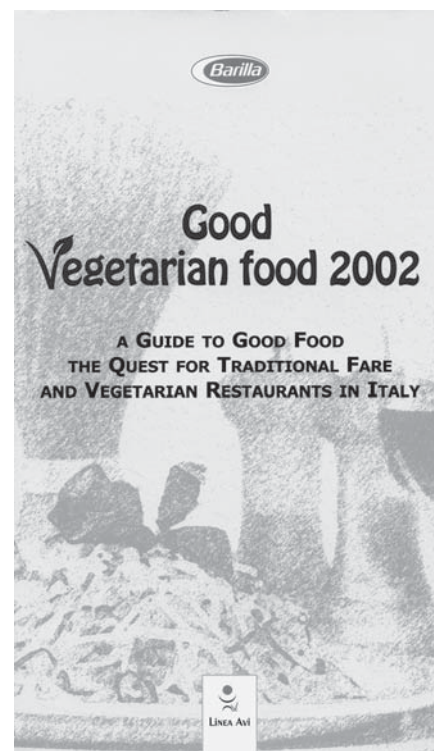
However, the most mouth-watering element of the book are the photos of a collection of Italian vegetarian recipes. These are well explained and enable those who cannot actually travel to bring a bit of Italian flair into their own homes.

Carmen Somaschi, President of

A.V.I. states in the introduction: "This guide to vegetarian restaurants in Italy is the result of years of work and chance will have it that it is taking shape just in time for the international year of sustainable tourism and for the fiftieth anniversary of the launch of A.V.I., The Associazione Vegetariana Italiana, which was founded by Aldo Capitini in 1952."

Well, fifty years is a great age for any organisation and a success for the movement at the same time: Happy Birthday, A.V.I.!

"Good vegetarian food 2002"
LINEA AVI (Tel. 00 39 2 33.240.348)
ISBN 88-7345-013-X
7,00 Euro



VEGI VOICES: Christian Vegetarians – an unknown Minority

In the minds of most vegetarians the words Christianity, Christian Churches, Christians are rather related to the carnivorous family festivals which follow the celebrations of Noel and Easter. Furthermore, many vegetarians know Biblical verses and Christian teachings which justify the eating of flesh.

Yet, however correct this picture may be, it is not the whole truth. There was and still is within the Christian Churches a minority of Christians who try to live their faith without excluding non-human animals from their religious considerations, i.e the Christian vegetarians.

Christian vegetarians, as well as Jewish vegetarians, believe that vegetarianism is a Biblical ideal. They base their belief firstly on a verse of the Bible. God after the creation of nature, plants, animals and human-kind says: "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so." (Genesis 1. 29-30). Of course, meat here means "edible". It does not mean "flesh".

This verse added to a text from Isaiah and to the compassionate message of the Gospel, makes Christian vegetarians claim that vegetarianism is compatible with the Christian faith. Some of them even believe that it is mandatory. When confronted with Biblical verses which seem to advocate the eating of flesh, Christian vegetarians respond using theological and hermeneutical arguments.

Several famous Christians were vegetarians. In our time, Professor

Theodore Monod (d. 2000 at the age of 98) and the great preacher Lord Soper (d. 1999 at the age of 96) were well known for their vegetarianism as well as for their struggles in the fields of human and animal protection. Moreover, a team of leading Christian vegetarians created the interdenominational Christian Vegetarian Association which strives to promote vegetarianism among Christians. In the board of CVA there are several well known vegetarians such as Natham Braun (President and Founding Director, Former Presidential Scholar, Augustana University College), Dr Stephen Webb (CVA Chairperson, Professor of Theology, Wabash College), Dr Stephen R. L. Clark, (Professor of Philosophy, University of Liverpool), Stephen R. Kaufman (CVA Medical Director, Assistant Clinical Professor, Case Western Reserve University School of Medicine) etc. Among the members of the board there is one of IVU famous vegetarians; the Rev Professor Andrew Linzey, Member of the Faculty of Theology, University of Oxford, Senior Research Fellow in Theology and Animals, Blackfriars College, University of Oxford and Honorary Professor, University of Birmingham.

Andrew Linzey is the author or co-author of many books on theology and animal rights. He is also the Editor of the International World Animal Encyclopaedia.

Jean Nakos, Brussels
Author of "Plaidoyer pour une théologie de l'animal", Editions Artistanales Cécile de Ramaix, Lyon

For more information:
www.christianveg.com

Ecumenical Service for Animals in Liverpool

The Anglican Society for the Welfare of Animals, the Animal Christian Concern, the Catholic Study Circle for Animal Welfare and the Methodist Animal Welfare Group, organise an ECUMENICAL SERVICE FOR ANIMAL WELFARE at the Liverpool Cathedral (Anglican) the Saturday 5 October 2002 3.00 p.m. Preacher: The Bishop of Liverpool Rt. Revd. James Jones.

ADMISSION FREE-ALL WELCOME

20 minute walk from Lime Street Station – Taxis available.

Further information from
AngSocWelAnimals@cs.com
www.aswa.org.uk

Tel/fax: 44-1252 843093.

Note: This event has the support of several secular animal welfare organisations.

Appeal for help

Dr. Wabbi-Leonard, the Founder and Chairman of the Vegetarian Society of Uganda, has set up a Child Sponsor / Needy Family Support Scheme and asks for donations of £ 25 per month to help a child and £ 200 to support a needy family to start a small soya-selling project.

He wrote: "Furthermore the following articles are of interest: Used books, clothing, bedding, pens, pencils, cutlery, vegan cook books, toys, bicycles, motorcycles and even cars are urgently needed. What you see in Europe as trash is precious to a needy Ugandan vegan family..."

If you can help, please contact
 Dr. Wabbi-Leonard
 Vegetarian Society of Uganda
 POB 30362
 Kampala, Uganda
 E-mail: vegesu@yahoo.com

PCRM — Health — Diabetes

Fact Sheet: Diet and Diabetes

In diabetes, the cells of the body cannot get the sugar they need. Glucose, a simple sugar, is the body's main fuel. It is present in the blood, but in diabetics it cannot get into the cells where it is needed. When diabetes starts in childhood (insulin-dependent diabetes), it is due to an inadequate supply of insulin, the hormone which ushers sugar into the cells of the body. Without insulin, the cell membranes keep sugar out. This form of diabetes is also called Type I or childhood-onset diabetes. When diabetes begins in adulthood (non-insulin-dependent diabetes), it is not due to an inadequate supply of insulin. There is plenty of insulin in the bloodstream, but the cells do not respond readily to it. Sugar cannot easily get into the cells, and it backs up in the bloodstream. This form is also called Type II or adult-onset diabetes. In the short run, diabetics may experience episodes of labored breathing, vomiting, and dehydration. In the long run, diabetics are at risk for heart disease, kidney problems, disorders of vision, and other difficulties.

The old approach to diabetes was to focus on eliminating refined sugars and foods that turned into sugars—starches, breads, fruits, etc.—from the diet. The rationale was based on the fact that diabetics' urine contains sugar. Unfortunately, with all of the complex carbohydrates eliminated, fat and protein are all that is left in the diet. The new approach focuses more attention on fat. Fat is a problem for diabetics. The more fat there is in the diet, the harder time insulin has in getting sugar into the cell. Exactly why this occurs is not clear. But what is clear is that minimizing fat intake and reducing body fat help insulin do its job much better. Modern diabetic treatment programs drastically reduce meats, high-fat dairy

products, and oils. At the same time, they increase grains, legumes, and vegetables. One study found that 21 of 23 patients on oral medications and 13 of 17 patients on insulin were able to get off of their medications after 26 days on a near-vegetarian diet and exercise program. During two- and three-year follow-ups, most diabetics treated with this regimen have retained their gains. The dietary changes are simple, but profound, and they work.

Low-fat, vegetarian diets are ideal for diabetics. There is a second essential component to managing diabetes. Through regular exercise, the need for insulin injections can often be reduced, and oral medications often become unnecessary. This holds true not only for people with non-insulin-dependent diabetes, but also to some extent for those with insulin-dependent diabetes. Exercising muscles have a voracious appetite for fuel. When an individual is engaged in regular aerobic exercise, the sugar is able to enter the cells without the need for as much, or perhaps any, insulin. While people with non-insulin-dependent diabetes can often eliminate medications when their weight is reduced and foods and exercise are better controlled, those with insulin-dependence will always need a source of insulin. The cause of insulin-dependent diabetes remains elusive. Several recent studies have implicated cow's milk consumption as a possible contributor. When milk consumption patterns were examined across various nations, there was a very strong correlation with the incidence of insulin-dependent diabetes. It may be that milk proteins cause an autoimmune reaction in which the body mistakenly attacks its own insulin-producing cells. Even so, a good diet and regular exercise can minimize the amount of insulin these diabetics require. This

is especially important given their tendency toward complications, heart disease, and other blood vessel problems that are much more common in diabetics. So it is doubly important to keep fit and to keep dietary fat to a minimum.

Diabetics are short-changed by the diet most doctors give them. The typical American Diabetes Association (ADA) diet is still high in fat. The ADA diet limits the amount of butter, eggs, and so forth, but it contains about 300 milligrams of cholesterol per day and about 30 percent fat.

This fact sheet is not intended as a comprehensive program for diabetes. If you have diabetes, consult your doctor and tailor a program for your needs. But it is important to recognize that, for many, diabetes is a disease that need never occur. In most cases, diabetics can manage their disease much better with a food plan that gets most of its calories from complex carbohydrates while minimizing fats. At the same time, regular, vigorous exercise helps insulin work optimally.

This fact sheet can be obtained from PCRM, 5100 Wisconsin Ave, Suite 400, Washington, DC 20016, USA - or down-loaded here: http://www.pcrm.org/health/PDFs/pv_diabetes.pdf

I don't understand why asking people to eat a well-balanced vegetarian diet is considered drastic, while it is medically conservative to cut people open and put them on cholesterol-lowering drugs for the rest of their lives.

Dean Ornish, MD

Vegetarian Diary

JUNE

(10-13 — World Food Summit in Rome – only for information)

28-3 July — Animal Rights 2002 – Washington DC (more details **)

For more info contact: FARM, PO Box 30654 Bethesda, MD 20824 USA
<http://www.animalrights2002.org/>

JULY

8-14 — UK – National Vegetarian Week 2002 'A Whole World of Taste' to co-incide with the 35th Vegetarian World Congress – 'Food For All Our Futures' in Edinburgh.

More info: The Vegetarian Society of the United Kingdom, Parkdale, Dunham Road, Altrincham, Cheshire WA14 4QG, Tel: 00 44 161 925 2000 / Fax: 00 44 161 926 9182

E-mail: info@vegsoc.org – websites: www.vegsoc.org (more details ***)

13 — UK - Rally, march and festival against factory farming in London

For more information contact Kat Macmillan or Tony Wardle at Viva! on: 01273 777688. (read more under Reports of Member Societies).

AUGUST

3-17 UK — Vegan Camp 2002 in Penrith, Cumbria

more details: Vegan Camp c/o 245 Gladstone St. Nottingham NG7 6HX or visit www.vegancamp.org/index.html

19-25 — Second European Fish Free Week

www.eurocbc.org, e-mail cetaceanbycatchcampaign@btinternet.com

SEPTEMBER

5-8 — Tierrechtskongress Wien 2002

Vegane Gesellschaft, Gartengasse 19A/29, A-1050 Wien

<http://www.tierrechtskongress.at/>, e-mail info@tierrechtskongress.at

29 — UK : National Vegan Festival, Conway Hall, Red Lion Square, London WC1

The Vegan Society, Donald Watson House, 7 Battle Road, St Leonards-on-Sea, East Sussex. TN37 7AA, UK

www.veganfestival.freerve.co.uk/ – e-mail: info@vegansociety.com

***) June 28 - July 3: ANIMAL RIGHTS 2002

The conference will be held on June 28 - July 3, at the classy McLean Hilton hotel near the nation's capital. It is a forum for sharing knowledge, motivation, and contacts in the struggle to end all forms of animal exploitation.

The five-day program features more than one hundred speakers, representing every ideological and tactical viewpoint of our movement. There are five plenary sessions, 75 workshops, 50 campaign reports, and 16 discussion ses-

sions. Other features include exhibits, videos, Newcomer Orientation, Awards Banquet, and Networking Receptions.

More than 60 animal rights organizations are expected to participate, with speakers, exhibits, and promotion. They include American Anti-Vivisection Society, Animal Legal Defense Fund, Animal Protection Institute, Doris Day Animal League, FARM, Farm Sanctuary, Fund for Animals, HSUS, In Defense of Animals, PETA, and United Poultry Concerns.

Please visit:

www.AnimalRights2002.org
for details.

***) 8-14 July, 2002: Congress 'Food For All Our Futures'

The 35th Vegetarian World Congress (8-14 July, 2002) 'Food For All Our Futures' is going to take place in Edinburgh/Scotland. Reservations are going increasingly well (some room options and tours are already fully booked) so if you haven't booked yet it should be done really soon! Any booking that needs accommodation must be received by mid June or the university won't accept it. However, day delegates can book later if there is room.

To be a vegetarian is to disagree—to disagree with the course of things today. Starvation, world hunger, cruelty, waste, wars—we must make a statement against these things. Vegetarianism is my statement. And I think it's a strong one.

Isaac Bashevis Singer

Whale Blubber: Food or Toxic Waste?

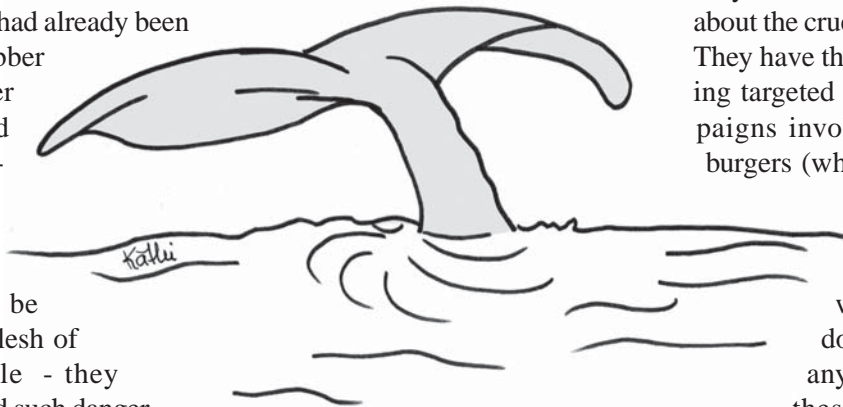
At the beginning of the year, the American Cetacean Society warned that because of ice movements in West Greenland, a hundred orcas (killer whales) had been trapped and were shot by local fishermen and hunters. At the time of the alert, 24 of the helpless animals had already been killed and their blubber (the fatty outer layer called "mattak") sold for human consumption and dog-food. Had the housewives known what a few months later would be reported about the flesh of another killer whale - they might not have served such dangerous meals to their children after all!

In April 2002, an orca which had been found dead in January, on the Olympic Peninsula in western Washington State, made international headlines. The concentration of toxins in the body of the animal was found to be so high that Gina Ylitalo, a researcher for the National Marine Fisheries Service, stated: "She basically knocked our instruments off. We had no idea we'd see these levels."

Even scientists, although only too familiar with killer whales' infamously high PCB burdens, were taken aback: Their equipment could not cope with the readings and had to be recalibrated in order to get correct results. It was then disclosed that the PCB level in the orca was about 1,000 parts PCB per million parts of fat - the highest measured in marine mammals anywhere. By comparison, results from two years ago showed 58 parts per million in females and 251 in males. It was found that the animal also carried a number of toxins other than PCB, some of which were completely unexpected.

Even if these results are considered to be the exception, rather than the rule, they indicate the scale of marine

pollution, and highlight the need to address the problem as a matter of urgency. An ever faster spinning vicious circle emerges: dangerous materials originating from cattle farming, agriculture, industry or polluted areas



leak into the ground and into rivers, are carried out to the seas, make their way up through the food chain - and end up on the plates of those who insist in consuming animals. Since whales range at the top of the chain, they consequently show the highest concentration of toxins in their fatty outer layers. The International Whaling Commission is so concerned about this situation that it has initiated a scientific research programme to evaluate the dangers of whale meat consumption.

Evidently no warnings impress some Japanese officials and business people who are trying everything to restore the failing consumer interest in whale meat. Young Japanese are not tempted by this national "delicacy" and are increasingly concerned about the cruelty involved in whaling. They have the dubious honour of being targeted by slick publicity campaigns involving offers of whale-burgers (whale meat in a sauce between two slices of

pressed rice), fried whale cutlet sandwiches or whale hot dogs. There has not been any noticeably success in these efforts, leading to a paradox situation whereby the consumption of whale meat has fallen (last year two hundred metric tonnes of unsold whale meat and blubber were stored in Japan), whilst "harvesting" is continuing and even meant to increase.

There just seems to be nothing preventing the Norwegian and Japanese brethren-in-harpoons from continuing their bloody business and that in spite of international outcries, health considerations, and the fact that the demand for this kind of meat is clearly

"It would be irresponsible of the Norwegian government to export whale blubber to Japan and irresponsible of the Japanese government to sell it for eating. It is unfit for human consumption and should be disposed of safely and further investigation is highly recommended. If someone ate a piece of whale blubber the size of my thumb, they would be dosing themselves many times over the advisory limits of some of the most toxic compounds known to humans."

Thilo Maack, Greenpeace oceans campaigner

"It is very surprising that the Japanese are encouraging the eating of whale meat with shoppers queuing for free samples of canned whale stew, deep-fried whale meat and blubber recipes in downtown Tokyo. Unfortunately, what these unsuspecting consumers probably received was a cocktail of toxins and contaminants that have made their way into our seas and oceans, particularly during the last 50 years."

Parliamentary Secretary for the Antarctic, Dr. Sharman Stone

Media Release, 12 April 2002.

sliding.

The Norwegian situation is slightly different in that Norwegians eat only whale steaks, and store the blubber. In Japan, the blubber is considered to be a delicacy. Thus an important business potential becomes apparent. Again and again deals are discussed, but the average PCB levels in Norwegian minke whale blubber exceed the maximum levels allowed for marine food products in Japan. According to a report by independent German scientists, whale meat and blubber is unfit for human consumption; they stated that the samples analysed are contaminated by PCBs, DDT, etc.

Furthermore the export of whale products violates a ban imposed by the Convention on the International Trade in Endangered Species (CITES). So the way to easy money is littered with stumbling blocks which gets Norwegian whalers wailing. Instead of filling their pockets, they are uneasily sitting on an ever growing blubber mountain. To make things worse for them, in April 2002, Pierce Brosnan, star of the James Bond movies, addressed this not very appetizing, greasy export-issue when

he launched his anti-whaling campaign by asking more than a million people to send protest letters to Norwegian Ambassadors.

So what are the Norwegians going to do with the unwanted remains of so many killed animals? It seems like a no-win situation: They are eager to get rid of the fatty burden (1000 metric tonnes) the storage of which is very costly. Legally they can't sell it. The Japanese consumer organisations won't have it. Because of high contamination it can't even be dumped in the sea ...

If one considers that the body of a five-tonne minke whale consists of an outer fatty layer of almost one ton, and that whaling shows no signs of ceasing, the blubber mountain will grow even higher. Will the Norwegians continue their efforts to sell the blubber? Or get rid of the unwanted material by treating it as toxic waste? It seems that for the moment they are stuck with it – whilst the horrifying killing of whales goes on unabated.

Herma Caelen

(Sources: ENS, Seattle Post, Dolphin & Whale/Japan, Dyrevermallsen/Norway, ECBC/UK, Greenpeace)

Proposal to resume whaling defeated amid bitter feuding

Japan and Norway were defeated last night in their attempt to restart commercial whale hunting, at the end of another day of bitter feuding among members of the International Whaling Commission (IWC) that has seriously shaken the authority of the international body. [...]

This year's IWC meeting, in the port of Shimonoseki, Japan, has been the most bad tempered for years. Many observers fear the bitter divisions between pro and anti-whaling countries have undermined the credibility of the IWC and the 16-year-old moratorium on commercial whaling. The proposal to resume whaling was defeated by 25 votes to 16. It was opposed by Britain, Australia and New Zealand, as well as by the US. But the pro-whaling bloc got its revenge by stopping an American and Russian request to allow limited hunting by indigenous people. [...]

(The Independent, UK – 24 May 2002)

Snippets from the International Press

Vegan Diet OK, But Nutrients Needed

It is possible to feed an infant a vegan diet and provide the proper nutrients, experts said, as long as the diet includes breast milk or soy-based formula.

Dr. David Horwitz, clinical associate professor of pediatrics at New York University in Manhattan, said infants need a diet that contains proper amounts of protein, carbohydrates and fat to ensure healthy body and brain development. Breast milk is the most complete source in the early months, he said.

“Babies are mammals, and the natural suckling or dependency of the human race on human milk is about

one year, give or take a few months,” Horwitz said.

An infant who does not get either breast milk or an infant formula that has been designed to match the nutritional components of breast milk – such as a soy-based formula – runs the risk of malnutrition, he said.

“Babies’ nutritional needs are very specific,” he said.

But studies have shown breast feeding is in fact more common among mothers who are vegan – those who do not eat any source of animal protein, including meat, dairy or eggs, said Virginia Messina, an adjunct professor and expert in vegetarian nutrition at Loma Linda University in Loma Linda, Calif. “There’s probably

more of a focus on doing what is natural,” she said.

If an infant in a vegan family is not getting breast milk in the first 12 months, he or she should go on a soy-based infant formula, Messina said. After the first birthday, she recommends that an infant stay on a fortified soy-based milk, which is a good source of protein, calcium and vitamin D.

Wahida Karmally, director of the Irving Center for Clinical Nutrition at Columbia University, said parents raising a child on a vegan diet need to be careful to make sure there’s enough zinc, vitamin B12 and iron, and she recommends that parents “seek professional help, unless they

have extensive [nutritional] knowledge and education.”

Messina agreed, although she said she was wary of creating the impression that a vegan diet “is difficult. I don’t think it’s that hard. It’s just different.”

It is easier in a vegetarian diet, which is less strict than a vegan diet and can include dairy products and eggs, to get sources of protein, fat and other nutrients. But Messina said a child in a vegan family can be introduced to a host of healthy foods, such as mashed cooked beans, tofu and grains. She also recommends that vegan parents not restrict fats. “Plant fats [such as nuts] are good for you,” she said. And if a child is a picky eater or is not getting some nutrients, such as vitamin D, calcium, vitamin B12, iron or zinc, she recommends a supplement.

(Newsday, Inc. April 30, 2002)

Cooking Hikes Beneficial Phytochemicals In Tomatoes

Cooking tomatoes — such as in spaghetti sauce — makes the fruit heart-healthier and boosts its cancer-fighting ability. All this, despite a loss of vitamin C during the cooking process, say Cornell food scientists. The reason: cooking substantially raises the levels of beneficial compounds called phytochemicals. Writing in the latest issue of the *Journal of Agriculture and Food Chemistry* (April 17), Rui Hai Liu, M.D., Cornell assistant professor of food science, notes, “This research demonstrates that heat processing actually enhanced the nutritional value of tomatoes by increasing the lycopene content — a phytochemical that makes tomatoes red — that can be absorbed by the body, as well as the total antioxidant activity. The research dispels the popular notion that processed fruits and vegetables have lower nutritional value than fresh produce.”

Tomato samples were heated to 88 degrees Celsius (190.4 degrees Fahrenheit) for two minutes, a quarter-

hour and a half-hour. Consistent with previous studies, vitamin C content decreased by 10, 15 and 29 percent, respectively, when compared to raw, uncooked tomatoes. However, the research revealed that the beneficial trans-lycopene content of the cooked tomatoes increased by 54, 171 and 164 percent, respectively.

Levels of cis-lycopene (which the body easily absorbs) rose by 6, 17 and 35 percent, respectively; and antioxidant levels in the heated tomatoes increased by 28, 34 and 62 percent, respectively. Antioxidants protect the human body from cell and tissue damage, which occurs when harmful molecules called free radicals, released as oxygen, are metabolized by the body.

Lycopene, a carotenoid responsible for the red color in tomatoes and other fruits, has long been known as a powerful antioxidant that decreases cancer and heart-disease risk. Carotenoids, along with phenolic acids and flavonoids, are all phytochemicals, the nutritionally beneficial active compounds found in every fruit and vegetable.

While the antioxidant activity in tomatoes is enhanced during the cooking process, vitamin C loss occurs when the food’s ascorbic acid is oxidized to dehydroascorbic acid and other forms of nutritionally inactive components.

“Ultimately, this could increase consumers’ intake of fruits and vegetables and could possibly reduce a person’s risk of chronic disease.” Liu’s co-authors on the research paper, “Thermal Processing Enhances the Nutritional Value of Tomatoes by Increasing Total Antioxidant Activity,” are Cornell graduate students Veronica Dewanto and Kafui K. Adom, and a visiting fellow in Liu’s laboratory, Xianzhong Wu. The research was funded with Hatch funds from the U.S. Department of Agriculture’s Cooperative State Research, Education and Extension Service.

(UniSci Daily 23-Apr-2002)

US: Mad Deer

Wisconsin: No way to guarantee state deer safe to consume

MADISON, Wis. — Wisconsin cannot guarantee hunters it is safe to eat the deer they kill this year because of the presence of chronic wasting disease in the state’s herd, the secretary of the Department of Natural Resources said. But Darrell Bazzell also stressed there is no scientific study that has shown the fatal brain disease poses any threat to humans, and the only deer that have tested positive have been concentrated near Mount Horeb in southwestern Wisconsin.

In an interview Monday with The Associated Press, Bazzell said the state will do what it can to inform hunters about the disease and the risks it may pose and let them make the decision whether to consume the venison they harvest. “Clearly, hunters will have to make some tough choices this fall,” Bazzell said. “We cannot guarantee 100 percent a clean bill of health.”

The DNR and other agencies have requested \$4 million in state funds to combat chronic wasting disease, while Gov. Scott McCallum has asked the federal government for \$15 million to aid the effort. Bazzell said even if the money is approved, there will be limited opportunities for hunters to have the deer they kill tested for the disease. No lab in Wisconsin currently is equipped to test for chronic wasting disease, and a portion of the requested money would be used to establish such a lab at the University of Wisconsin.

Last year, more than 291,000 deer were killed during the fall hunt. That was significantly less than the record of 433,511 killed in 2000. Wisconsin wildlife officials want 10,000 to 15,000 deer killed in the fall hunt tested for the disease, leaving “very limited opportunity” for hunters to have the deer they harvest tested, Bazzell said. Those opportunities could be determined by the number of

private labs in operation by fall. The state has received contacts from several private labs interested in beginning the work, but Bazzell said it was too soon to identify them or determine when they could begin operation.

State scientists still are trying to determine how best to focus its testing, but it likely will be concentrated in the area where deer tested positive, Bazzell said. "We'll probably not be able to meet the demand that's going to be there," he said.

The DNR announced Feb. 28 that three bucks shot by hunters last No-

vember near Mount Horeb tested positive for the disease, also referred to as mad deer disease. In March and April, landowners and DNR sharpshooters killed 516 deer in Dane and Iowa counties in an unprecedented hunt. Tests showed 11 of those deer had the disease, which causes them to grow thin, act abnormally and die. Michigan officials said last week that the state will prohibit imports of deer and elk for one year because of chronic wasting disease. And in March, the Michigan Department of Agriculture banned shipments of the animals from Wisconsin. The latest

order extends the ban to cover all imports. Michigan has about 900 deer and elk farming operations, which receive imported animals.

Experts believe the disease is spread by animal-to-animal contact. Bazzell said the state also hoped to complete within the next few weeks a brochure it will distribute to hunters and deer processors with directions on handling deer carcasses to ensure against spread of the disease. The DNR has created a link to its Web site that is updated daily with new information, Bazzell said.

(Associated Press, 30 April 2002)

Arne Wingqvist has left on his last journey

Arne was a well-known personality in the vegetarian world because he travelled a lot, not only to attend Vegetarian Congresses and give lectures but also to make friends.

He was born in Sweden 1919. As a young boy he listened to a lecture about vegetarianism and health and decided to give it a try. His parents supported him and he never regretted his decision and even became a vegan in 1980. In 1950 he worked in the USA in the travel-business, later on went to Australia but eventually decided to return to Sweden where married and got 5 children, all raised as vegetarians.

He started a travel company in Stockholm and formed the National Society against Tobacco. Every morning he got up at 4 o'clock to work in his garden using ecological guidelines. 1953 he took part in a 500 km fasting walk between Gothenburg and Stockholm together with nine other men. Newspapers wrote lots of articles and doctors stated that the fasting walkers would die after the first day. The interest was enormous. On their way to Stockholm people everywhere wanted to see the walkers and when entering the capital thousands welcomed them with flowers. The

marchers had succeeded in proving that vegetarians are strong and enduring even while fasting. Arne organised several fasting walks after that, even one in Thailand in 1998. In 1997 he initiated and took part in a bicycle-tour from the North of Sweden to Stockholm during which the group ate only raw food. The Vegan Society had organised that event and Sigrid de Leo, who took part in the tour, wrote an article about it for the EVU news.

Arne loved travelling, visiting friends, giving lectures and assisting in any way possible. He made an Africa tour eating only dates, visited vegan monasteries in Romania, vegetarian monks in Thailand and Burma, rice-villages in Vietnam, vegetarians in Russia, Esperanto-talking friends in Slovakia, Japan and Turkey, and went several times to Thailand where he gave lectures all over the country, attended by hundreds of people.

1986 he moved to Belgium for a few years. At that time he had changed his diet to raw food and was very enthusiastic about that. He wanted everyone to understand how nourishing and practical that diet was. After 3 years he moved to Cagnes-sur-Mer in the South of France where

he started a vegetarian group. He was also a board member of EVU at that time. Through all these years he always was a very active board member of the Vegan Society, attended meetings and stayed in contact through phone conversations and correspondence.

He had lots of ideas of how to promote a healthier lifestyle. Even a few days before he passed away he had been planning a new bicycle tour. Since 1940 he had been a member of the Animal Right Society in Sweden and supported also many other organisations working against hunger, for vegetarianism, animal welfare, and more humanity.

For me he was like a second father. We had long discussions, I visited him several times in his home in Cagnes and we also travelled together at several occasions. I will miss our chats and discussions a lot. I can see him before my eyes, sitting in a huge garden in a better world, starting to convince people there to try raw food. I can imagine his surprised face when they laugh and tell him that raw food is what they all eat there.

*Ulla Troëng
President of the Swedish Vegan Society*

Hundred Years: Happy birthday MARMITE – and many happy returns!

My English colleague Carol obviously enjoyed her sandwich. I was intrigued about what interest this piece of cold toast could have and asked her. She smiled mischievously with tongue-in-cheek (in the real sense of the word), opened the slices and showed them to me. Well, what I discovered that morning did not even need “so many words” to describe, one was enough: Yuck!

What Carol had spread thinly on a slice of dry toast looked like a dark, disgusting and slimy glue... How could she...?

This was my first encounter with THE English cult savoury spread called Marmite. But meanwhile I have changed my mind about it so much that for a long time already I have joined the fan club, members of

which inform each other immediately when they find a shop where this precious, versatile, tasty and healthy “glue” can be bought in Belgium.

Marmite, the typical English food treasure, has been enjoyed for hundred years now and is today not only as popular as ever but at the same time generally recognized for its nutritious values: the basic raw material of Marmite is brewer’s yeast, a rich source of B group vitamins. The company’s publicity “A small quantity added to the daily diet will ensure that you and your family are taking sufficient Vitamin B to keep nerves, brain and digestion in proper working order” has had a good ring to it for generations now.

It is probably hard to find one English kitchen without this versatile

MUST of culinary tradition which is used on sandwiches and toast for breakfast or as delicious addition to stews and casseroles at lunch time and for soups and broth in the evenings. This dark brown yeast paste is a hundred percent vegetarian and provides a safe source of vitamin B 12, Riboflavin, Niacin and Folic Acid.

For slimmers, Marmite is a pleasant sandwich spread which contains practically no fat or sugar and takes dietary boredom out of calorie-restriction. Even though it tastes salty there is actually more salt in the bread than in the Marmite that is spread on it. It is certainly no exaggeration to say that this yeast extract with the distinctive flavour is loved by babies and grannies alike.

Herma Caelen



EVU Membership Form



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EU Food Regulations Update

Better Labelling Rules for Allergens

More and more people suffer from food allergies. It is estimated that in EU-countries 8% of children and 3% of adults are in danger of mild to serious reactions after the consumption of certain foodstuffs.

In an effort to tackle this problem, the following EU Press Statement appeared on 6 September 2001: "The Commission today issued a proposal for an amendment to the food labelling Directive which is intended to ensure that all consumers are informed of the complete contents of foodstuffs and to enable consumers with allergies to identify any allergenic ingredients that may be present. The proposal will abolish the "25% rule" which currently means that it is not obligatory to label the components of compound ingredients that make up less than 25% of the final food product. Today's proposal means that all ingredients intentionally added will have to be included on the label. The proposal will also establish a list of ingredients liable to cause allergies or intolerances and

will include alcoholic beverages if they contain an ingredient on the allergen list."

On 24 April 2002, the European Parliament's Environment, Public Health and Consumer Protection Committee unanimously adopted last year's report; a further debate will take place in June 2002 in a plenary session in Strasbourg.

Growth promoting hormones pose health risk to consumers, confirms EU

IP/02/604 - Brussels, 23 April 2002 - Growth promoting hormones pose health risk to consumers, confirms EU Scientific Committee: The EU Scientific Committee on Veterinary Measures relating to Public Health (SCVPH) confirmed today that the use of hormones as growth promoters for cattle poses a potential health risk to consumers, following a review of 17 studies and other recent scientific data. Publishing its third opinion on the risks to human health from hormone residues in beef products, the SCVPH found no reason to change its previous opinions of 1999 and 2000.

Earth is 71 percent water and oceans play a critical role in supporting life on the planet. As a result of destructive human activity, however, the health of the oceans and the life they support is in jeopardy.

Greenpeace USA



Wondrous signs of animal-solidarity

"We've heard some interesting stories lately. People who work on the restricted, and unpopulated, island of Kaho'olawe tell us that whales give birth over there. They also tell us that dolphins and birds are usually present at the birthings. Part of the lore and legend of whales here is that dolphins attend the birth of baby whales and help protect the newborn. Lots of people, including me, have seen dolphins accompanying mother and baby Humpbacks, but maybe no one knows for sure what is going on there."

Dan Syth in an e-mail from Hawaii on 8 May 2002

Convention for the Refondation of the European Union

Mr. Valéry Giscard d'Estaing presides over the Convention for the Refondation of the European Union that was launched to elaborate what wishfully will be the future Constitution of Europe. The latter is of the utmost importance for the future of Europe and the world alike, since it will foster an Europe more democratic, more participative, more transparent, more social, more united, more just, and healthier.

All European citizens are invited to participate individually and collectively in the layout of this new Constitution. For this aim, the Convention has opened a web to receive such inputs:

www.europa.eu.int/futurum/forum-convention

Now is the time to bring forward suggestions and claims to make our own contribution, albeit small, to building up a new, better Europe for us all. Do not complain later if the outcome does not live up to our expectations.

We therefore call upon all organisations to set up meetings and constructive discussions among their members, and to present their results to the Convention for the Refondation of the European Union at the above web address.

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08008-BARCELONA (España)

If you are not EVU-member already, why not join the movement now? It is so easy! See the form on p. 22.

We have the pleasure of welcoming our latest members:

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info@vegansociety.com
www.vegansociety.com

Ciaran Reilly from Cavan, Ireland. Ciaran has been an active member of the EVU internet team for some time and we are very pleased about his further commitment to our organisation.

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(please read also report on page 3)

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