

T.O.F.U.

living and breathing vegan in a world that smells fishy.

Loaded Questions:

Bif Naked on Raw Food, Feminism, Music and Papaya Prices

Feed Your Brain:

Rise Against's Zach Blair on Knowledge and the Greater Good

Can't We All Just Get Along?

Abolitionism or New Welfarism

Buckle My Shoe
Fall 2007

**Totally and Obviously Fucked Up:
living and breathing vegan in a world that smells fishy**

printed by



supported by



Printed on 100% recycled paper.



SO YOU'RE VEGAN, WHAT IF...

Here we are at Issue 2, blah blah blah. The world needs changing and we're trying to change it. Bif and I talk about women and body image for this issue (p. 12), and I had occasion to think more about that topic this summer, when I was working in musical theatre. Contemplating how I feel about societal pressures on women's bodies brought another, larger issue to light: to what extent are we affected by popular stereotypes, even when we consider ourselves to be aware of the truth?

Just as it's impossible to separate our bodies from our minds, veganism and physical perception have a lot to do with one another. What I put in my body (and on my body) affects most of my choices. Food = skin/liver/kidneys/nails/adrenal glands/mind. There's really no getting around it. How would I feel if I gained 40 pounds? If I one day were influenced by the grocery checkout magazines? How would I be different if I weren't vegan? The answers begin, and probably end, with awareness. As Zach Blair (p. 50) says, that's half the fucking battle.

Now here's the part where I get all Martha Stewart Living on you. Besides the lively debates outlined above, there are yummy things going on at Tumbleweed HQ. We've moved our base to the beautiful Wolfville, Nova Scotia, where there are no big box stores, we can buy almost all of our food from next door's farm, and we can look out on capes and red mud from our upstairs window. I'm working in my second theatre job, where the costume designer very happily scoured the city to find a pair of non-leather boots for me. We're going to start experimenting with raw food recipes soon, thanks to a parcel of gorgeous cookbooks that were sent to us for review. Whew, okay, there we are. Now eat some vegan food and don't complain about the world.

Claire Gallant



SO YOU'RE VEGAN, NOW WHAT?

Maybe it is because of the gradual way I came to be vegan that I find myself battling more with the results of it than the actual fact that I am. Every day I have situations where my status as a vegan affects the choices I make, but there is rarely a time when I question whether or not I should be vegan. Most of the time I question what I should do as a vegan, and whether or not that is the best decision for me.

Like any passionate choice in life being vegan is something that filters over into every avenue of the things you do, and every one of us has to decide how important the vegan piece is to the puzzle. In a way I spoke to Zach Blair from Rise Against about this (p. 50) and I'm not sure if we really came up with a cut and dry conclusion. I guess in the end we both decided that as long as we were making an effort to be aware of the things we do then we were doing okay.

So, if that is my line, where is yours? I meant to write more about this for the issue, but moving from Winnipeg to Halifax to Wolfville within 4-5 months took priority and now here I am with a small sketch of something bigger in my head. Luckily, the Rise Against article is not the only piece that touches on the subject. We also are fortunate enough to have a new contributor, Katie Drummond, providing us with the introduction to her abolitionism or new welfarism series (p. 68), which focuses on some key passions in the vegan world.

Throughout history there are examples of people who accomplished great things and brought about amazing changes because of things they felt strongly about. However, we must also remember that there are many examples of people who used the passion of their beliefs to bring about great pain and suffering. I'm not going to start spouting Spiderman quotes because I don't really believe being vegan is the same as having the ability to climb walls, shoot silk through your wrists or sense danger (although I have often wished for a vegan-sense to make buying food a lot easier). Despite that difference there is something to be said about feeling you have the power to make changes to possibly better the state of the world - but then taking the time to figure out whether or not that better world is the same for you as it is for the person next to you.

We're all in this together, and regardless of whether or not we came from space, monkeys or the hands of some superior being in the end we're all just trying to be able to sleep at night.

Ryan Patey



Important stuff around here

Totally and Obviously Fucked Up:

living and breathing vegan in a world that smells fishy

is published in print and online by Tumbleweed Publishing in Wolfville, Nova Scotia.

twentertainment.ca/tofu

twentertainment.ca/vegan

Subscriptions, advertising, wholesale, fun and games:

ilovetofu@twentertainment.ca

Happy to be your Editors

Claire Gallant and Ryan Patey

vegan@twentertainment.ca

rpatey@twentertainment.ca

Regular Contributors

Liz Solo, Happy Kreter

Shiny New Contributors

Michelle Barker, Katie Drummond, Andy Blum, John Longley, Andrea Curry



to start you off...lightning quick pasta sauce

1/2 an onion, sliced thinly
2 garlic cloves, sliced
1-2 tb. olive oil
2 tb. dried basil
2 tsp. dried oregano
1/2 tsp. each ground pepper and sea salt
1/2 a carrot, sliced
5-7 button mushrooms, chopped
10 small spinach leaves, chopped (or kale)
1/2 of a 28-oz can crushed tomatoes (or a little less)

Place oil, onion and garlic in a hot pan for about 10 minutes, until caramelized and brown. Add herbs and spices, carrot and mushrooms. Let sizzle for about 5 minutes. Add the spinach and the tomatoes. Let simmer uncovered for 5-10 minutes. Add more spices and herbs to taste; don't hesitate to be liberal. Throw over gnocchi, spaghetti, penne, rotini, etc etc...

By Claire Gallant



photo by Sarah Cooper



Come and Get It

Gallivanting

Gallivant (v.): roam; wander; rove

Vegan Cycling in Middle America and Beyond
page 22

Solo Verdura: The New City Vegan hits Italy
page 40

A Sweet Life: Vegan Travels in the Pacific Northwest
page 60

Seeing Reason

Reason (n.): motivation; logic; mental clarity.

AKA the Why I'm Vegan Section

Happy Kreter: Animal Supremacist
page 26

Up Close and Vegan

Bif Naked
page 12

Marnie 101: Fresh Option's Marnie Feeleus
page 29

Rise Against's Zach Blair
page 50

Craft Shoo's

Tendrils of artsiness poking through our pages

Michelle Barker, Illustrator
page 36



Clean Nibbles

Environmentally and Ethically Conscious Bites

News, The Vegan Way	page 8
VeganNet: Blogs Reviewed	page 45
The House is Their Cage	page 46
Album Review: The Fallout's "Dismantlement"	page 62
Poetry Review: James Strecker's Beside the Hemlock Garden	page 65
Abolitionism or New Welfarism? Part 1	page 68
Ancient Veg History Timeline	back cover

Cook Break!

lightning quick pasta sauce	page 5
banana creamtastic pie	page 10
my potato salad	page 21
my kale	page 21
Andy's on the road cabbage salad	page 25
asian beet burgers	page 28
convenient curry	page 44
hide-your-beans taco dip	page 49
lentil quinoa mushrooms	page 58
The "Fuck You McDonald's Breakfast" Breakfast	page 66



On May 21, the New York Times published an op-ed piece by Nina Planck titled *Death by Veganism*. Planck, who has no nutritional background, was responding to the May 3 Atlanta case of infant Crown Shakur's death. Shakur's vegan parents were given life sentences for starving him to death on a diet of soymilk and apple juice. From her baseless claims about veganism to her complete twisting of the Shakur case, which was about starvation, not vegan diets, Planck's writing was the embodiment of ignorance (to me one of the most damaging human flaws). Unfortunately, beyond a few letters to the editor, the Times did not print anything in op-ed defending veganism, leaving the debate unhealthily one-sided. On June 24, Clark Hoyt, the Times' Public Editor, did respond with a piece called *The Danger of the One-Sided Debate*, and at least in the Houston Chronicle they had the awareness to publish PCRM nutritionist Amy Lanou's *Just the Facts: a vegan diet is safe, healthy for infants* on June 25. Balanced debate, facts, and healthy, active vegans are the tools with which we can counter circumstances like these. As prosecutor Mike Carlson said in the Shakur trial, "They aren't vegans! They're baby killers!"

nytimes.com
houstonchronicle.com

Former US military leaders are claiming a connection between global warming and US national security. A report released mid-April addressed concern that increasingly frequent natural disasters, caused by the incubating planet, will leave already strife-ridden countries more vulnerable to "the growth of terrorism", "increased authoritarianism and radical ideologies". The report subtly dug at Bush's lack of commitment to reduce greenhouse gases. I'd say there's quite a big connection between the disintegrating environment and the military: war uses a hell of a lot of energy. If we just stop flying so many soldiers over to Iraq and buying millions of dollars worth of SUVs for them to drive around in, maybe the planet can be saved.

huffingtonpost.com



Should the PEI government be putting even more money into Island beef? They've threatened to shut down a cow meat plant in Albany unless it can get back in the black. Since the story came out, Superstores have been advertising their support for local beef. The processing plant is a co-op shared by all three Maritime provinces, but Nova Scotia premier Rodney MacDonald's position states "I'm not going to see one penny from NS going to anything that's not sustainable." Since raising animals for food is about the least sustainable thing you can do, let's hope Nova Scotia remains skeptical. We should keep in mind that the government has already dumped 15 million into helping to start up this plant. Imagine where we'd be if they put that kind of money into community gardening programs?

theguardian.pe.ca

Years ago Jim Carrey played a character in a movie that came to the realization that his whole life had been a reality show and he was living on a movie set. Recently forty kids were cast in the sequel...oh, wait...this is not a sequel? That's right, the series Kid Nation is the latest of the slew of reality shows to continue to push the line we all hope society has in terms of what is appropriate as entertainment. Sadly, the line has already gone far beyond what I thought would be the final straw. In quick summary, forty kids are plopped into a ghost town in New Mexico and left to create a community over forty days. Sure, there are tons of staff circling around and watching cautiously, and there are plenty of trained professionals ready to scream "stop" if someone registers some emotional or physical distress. And there is someone there to ask the question "why do we feel the need to create experimental worlds for our children to see what they will do when we have a hard enough time taking care of them in the real world?" and the ever-present "do we not have anything better to do with our time or money than see if people much younger than those in power can do a better job?"....oh wait, that's me asking those questions and the last I checked I was not receiving a pay cheque from CBS.

thestar.com



banana creamtastic pie

I've been on a real banana kick lately and when I'm not scarfing them plain, this pie is the next thing on my mind. You could probably leave out the sugar in the cream - the pureed banana and sweet soymilk give it lotsa sweetness. This pie works well if you make the crust dough and the cream on one day and then bake the crust and put it all together the next.

For pie crust:

1 1/4 cups white flour

1/2 cup margarine (Earth Balance buttery sticks are the best)

1 tsp sugar

1/8 - 1/4 cup water

To Make Crust: Blend the flour, Earth Balance and sugar in a food processor. SLOWLY add the water until you get a crumbly consistency; dough should mold and stick well in your fingers, but not be too moist. Remove from food processor and knead briefly. Flatten into a disc and **refrigerate for at least an hour**. Then, remove from the fridge and preheat the oven to 425 degrees. Roll out dough on waxed paper into a circle a little wider than your pie plate, and gently flip the dough on to the pie plate. Poke bottom with a fork a few times. Bake for approx. 15 minutes until edges are browned. Cool completely before filling.

For cream:

2 cups vanilla soymilk

3 tb. cornstarch

1/4 cup raw sugar

1/4 cup maple syrup

1 tsp vanilla extract

1/2 package silken tofu

1/2 ripe banana

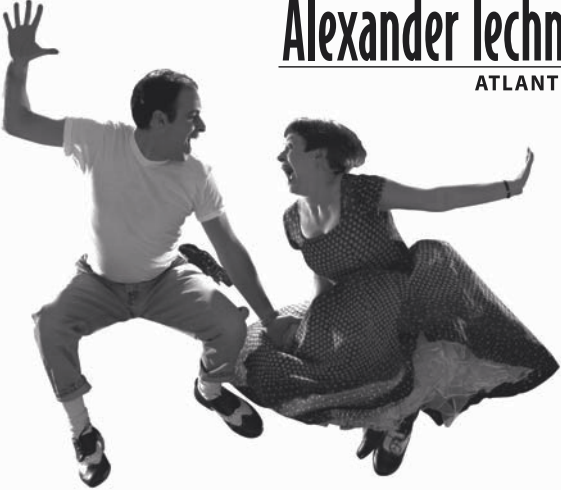
3 bananas for topping

To Make Cream: Heat the soymilk on medium-high heat until it's scalded (tiny bubbles form at edge, not boiling), about 10 minutes. While it's scalding, puree the silken tofu and the 1/2 banana in a




food processor until completely smooth. When milk is scalded, add cornstarch, sugar, maple syrup, and vanilla, and whisk until nearly boiling. Turn heat down a little and as the mixture thickens, keep whisking and pour in the tofu/banana puree. Whisk until a thick pudding forms, then take off heat and cool completely in fridge (a couple hours is good). Slice bananas and scatter them over the bottom of the completely cooled pie crust. Pour cream over them into pie crust, and decorate top of pie with bananas, nuts, raspberries, what have you. Let chill and set in fridge for at least an hour, preferably overnight.

By Claire Gallant



Alexander Technique

ATLANTIC



iPAC™
The iPAC Way

Education for Living

- Better Posture
- Greater Poise
- Improved Health

“What Backache?”

902-346-2065 www.AlexanderTechniqueAtlantic.ca



Bif Naked



Bif Naked: rock musician, spoken word artist, tatoo-ed female role model. But I shouldn't start out by labelling her: Bif is the sort of person to eschew categorization. She's been into raw foods for close to ten years: the same length of time as she's been in the music biz. Bif and her image are certainly a breath of fresh air, and it was a joy to talk to her about papayas, over-sexualization of women, her dogs, and starting her own record label.



So you're a raw vegan, right?

Well, I never knew it was called that until it became trendy. For me, it was just always easier when I travelled, to eat a banana, and to eat a tomato. It's easier on my stomach...it's just how i've always lived, for almost eight years. Then it suddenly became trendy. And I deviate from time to time. If I get sick on tour, I'll eat a baked yam. I know a lot of my purist raw foodist brothers and sisters do not agree with my one cup of coffee in the morning habit....but I literally will probably commit suicide if I do not have that one cup.

So it's for health reasons, then.

I just always felt better! I never ate dairy anyway. I never understood soy cheese. My fiancé is a dairy and meat eater, god bless him, but I've tricked him a lot with Yves veggie meat. But I won't allow dairy in my house. I just can't do it. And if we have kids, that's a different ball game. I would prefer to have a completely animal-free house [then].

The term 'vegan' can be pretty loaded, people have their definitions of it -

It's different in every country.

Yeah. And people can be sensitive to what it means. Have you run into people who have been critical of your definition of it?

Definitely. I have found, especially in America, and Austria, and Germany, veganism and straight-edge go hand in hand. It's a real socio-political statement people are making. Which is great. I like it all. I started eating that way based on Vedic scriptures, and Ashtanga, and Karma Yoga, when I was young and diving into Hinduism and religion. I find that there are so many reasons why people get into it. And I don't really understand, given what intelligent people know today, how people can eat factory-farmed food! I mean my mother, I love my *mother*, but I know she's gonna make butter chicken for her husband. Even though I bought her a juicer many years ago and she likes it, and she likes visiting me and eating my way, some people can't break that...for whatever reason. And I can't sit around and judge them for it and I never have. My entire band, on tour in a close-quarters tour bus, always drank, they've always eaten meat, they always have milk in the fridge. A lot of people would prefer that I am much more militant about it, but I can't be judging people.

I want to talk a little bit about feminism, and what that means to you, and if you consider yourself a feminist.

I think every girl is a feminist, just by gender. There's a lot of different schools of thought about women and their power. Kundalini yoga teaches



us that women are sixteen times more powerful than men. There are running jokes in our culture...anything that bleeds for eight days and doesn't die....is magical! Even in the industry that I work in, one would think that a lot of... sexualization and objectification that's really gender-specific is very much a big part of my industry. But it's a big part of administrative hospital staff. And it's a big part of working at a newspaper. It's a part of our culture. It's our entire culture that's highly sexualized. What we see in the media...I know people who are incredibly feminist-leaning and identifying [and] will go flip through US! magazine in the grocery checkout! It's like, holy *fuck*! I don't know anything that we can do except be vocal. And it doesn't mean for myself personally, it just means that I have an opportunity as a public person to voice my consternation. It's a double-edged sword. On one hand, it's very powerful, the fact that women have in our culture...little do they know, they really do have the power to change the world and to change people's minds, because people are busy obsessing about their gender. And obsessing over women, and sexualizing them. I think it was the artist Jeff Koons from New York, married an Italian girl called Chichulina. She was a member of parliament in Italy. She was also a porn star, basically. That's someone right there, who is in the media spotlight, but is also politically trying to make a difference by using her beauty to get her in front of people, and then saying what the hell she wants, and trying to be an advocate for change. It's interesting, how people often feel powerless, but actually their power potential is very high.

Objectification that's really gender-specific is very much a big part of my industry. But it's a big part of administrative hospital staff. And it's a big part of working at a newspaper.

Do you feel there's a connection between the power of feminism and a lifestyle like veganism?

Well, a good example of that is a lot of the campaigns for PETA. I'm a big Pamela Anderson fan and I always have been. A, she's from Canada, B, she's basically a single mom, so those two things for me are highly important. She's been able to manage to have a long career, not a flash in the pan, which takes a lot of business savvy. Some might say she's part of perpetuating the problem [of oversexualizing women]. I disagree. I'm very happy that i don't have breast augmentation...I can't judge her for it. I've gotten in trouble through spoken-word performances...I had a recording in 2001, and it was making fun of people with implants...it said,





Moo Shoes

cruelty free.
animal approved.

leather-free shoes, bags, apparel, & accessories for men & women
78 orchard st, nyc, ny • 866 598 3426 • www.mooshoes.com



“nice implants, good luck with your health.” “Nice dairy, good luck with your health.” I mean, it was a big diatribe. I remember meeting a girl after that came out, a lovely person, she was very shy. She came up to me at a fundraiser, and told me how offensive she found it, and how badly her feelings were hurt. I just thought man, it’s so hard to differentiate the porn star from the girl next door, because it’s just so prevalent! There’s no possibility of being able to guess...and I honestly felt very badly. I felt that I had better consider my words differently. I don’t have a right to judge anyone. It is difficult trying to navigate one’s desire for socio-political outcry and at the same time trying to be sensitive to the feelings of human beings. When it comes to stuff like that, when it comes to feminism, body image, sizeist behaviour. When it comes to factory farming, I’d have less of a concern for people’s feelings.

It is difficult trying to navigate one’s desire for socio-political outcry and at the same time trying to be sensitive to the feelings of human beings.

It’s such a huge industry.

I don’t think it’s necessarily insurmountable, but again, there’s just so much information available to people, and they do nothing with the information. That’s a North American problem. The rampant consumerism is just out of control. It’s frustrating, but I don’t think it’s insurmountable. I think people like Pamela Anderson do make a difference, because people [who] otherwise would never have heard of PeTA, have heard of it now.

I really like when you said your desire for socio-political outcry conflicts with your desire to take care of humans’ feelings...

It’s really difficult to find the balance. There’s one part of you that wants to be tactful, but it really depends on the situation. It’s frustrating. I have a dent in my forehead from smacking it!!! Just going, how can people be so fucking stupid. You’ve gotta be kidding me...they’re armed with the information...it’s astounding.

It’s the same thing with vegan...trying to explain to people without screaming about how you disagree with their lifestyle, without hurting their feelings...

But again, when it comes to food: if I have a child that’s going to harass me for a tofu hot dog, I’ll survive. I also won’t feed my kids wheat, by the way. God forbid some well-meaning mother of another kid gives my kid a pepperoni pizza or something...I really don’t think that I could be polite.



It's all I can do not to think I would attach a note to my child's vest...or just not let them go to the birthday party! It's stuff that I like thinking about and I like opening dialogue about because we make all the choices for our kids...they can't make them themselves. The thing that irks me the most in our culture is the number one asked question: What about protein. I always look at people, and it depends on my mood, but.. I'm not a body builder! I say, well, what about cancer? More protein equals more cancer. Do the math. Then it's having to get ensconced in a myriad of American Medical Association journals...to back it up for people who are very fiercely in love with how they are. I never tire of engaging in dialogue with people about it. I never will.

SEXUALITY / POLITICS / ART / VEGANISM



these things ain't gonna
smoke themselves...

470 RIVER AVE. / WINNIPEG, MB / (204)453.7473

That's great.

And I know for sure that there is just not ever a possibility that my diet will change or that my lifestyle will change. My hope is that it evolves, and that I find better ways to do it.

So you have your own record label. Can you tell me a bit about how you came to start that?

It was about 1993. And I couldn't get a record deal! So my two managers and I formed a record company, Her Royal Majesty's Records, and put out my first CD in 1994, and the rest as they say is history! We kept licensing each record as it came out, and sometimes we'd work with a different distributor, and that way we were always able to have creative control and have complete artistic license. It's enabled me to have a career rather than do a couple tours and fizzle away. I never really wanted fame, money or status, I just wanted to feed my dogs, and pay my rent. And that's still what I do. Because of how I started in bands, and in the punk rock scene in Winnipeg, I always lived hand to mouth. And I think that's true of a lot of Generation X kids. We all still have the same type of thinking ingrained in us. Even if we have a higher tax bracket now.



So you have two dogs...

The loves of my life. Nicholas is ten years old this year, he's basically my son. He's a cantankerous little maltipoo, who's chubby. Anastasia is my nightingale, singing sweet songs to me every morning. She is the embodiment of Buddhism. She lives for the happiness of others. She has had six surgeries. I would do it all again. Anything for her. She has never complained, even with staples down her spine. I cook for them, I won't feed them dog food -

Oh good, that was my other question -

Oh no no no. They are not allowed to get dog food, no one can give them treats in the park. I get violent. I feel they are poisoning my children. I feed them brown rice, oats, pea pods, bean sprouts, cut up fresh spinach, red peppers, carrots. They like veggie dogs, baby carrots at bedtime every night and a teaspoon of Tofutti...i know that's really bad but they're senior citizens. Ana has taken to eating bananas. They really like hemp tahini. Better than regular tahini. But hemp tahini is fifteen fuckin dollars a jar. Mommy can't really go there. But maybe on a special occasion! They really like papaya, we were on a real papaya kick for a while, where the three of us would eat papayas every night, goin in the fuckin poorhouse. I might as well have been buying cocaine. I swear to you, three papayas, for me was honestly twenty-five dollars. When they were in season, before I met my fiance, I didn't care! I was like, oh well, yeah, fuck everyone, I'm havin' papayas! Now he would just give me one of those looks and be like 'do you really need three of 'em?' He's reined me in on the organic produce...

Do you grow any of your own food, Bif?

No, I live in an apartment. I would love to have a garden though. I can probably get away with doing tomato plants on my deck. But I think they need shade.

I would love to have a huge garden...I haven't got into it at all yet though.

There's always time. That's the thing.

Ryan came up with this question. Which excites you more, dealing with new bands on your label, or working on your own stuff?

Definitely new bands. We did a TV show this year called Bodog Battle of the Bands. We went all over the US, and I was a judge on the show. It was me, and Billy Duffy and Johnny Rotten. That was probably the most inspiring thing that I've been fortunate enough to witness in my career. It was so



much fun. I became such a massive fan of some of these bands. So much so that I acted like a 14-year-old. [teenage voice] “Do you guys think you would want to write a song with me?? Maybe I can sing backups on your record!” SUCH a FAN! They were just so good, and it warms my heart. No matter what happens in life, music always has the power...that sensory stimulation has the power to change the world and to change people's moods. Who knows? Music saves souls.

I never really wanted fame, money or status, I just wanted to feed my dogs, and pay my rent. And that's still what I do.

So you live in Vancouver.

Yeah, I moved here in '91 with my band, from Winnipeg. We flipped a coin! I was 18, it was either Toronto or Vancouver.

And are you pleased about the result?

Yes. But that's just because I'm a hippie. It's not that I don't think that Toronto...that I'd have a great life there...there's so much amenities there, because the population is so much greater...but I prefer to live on the Pacific Ocean. My dream in life would either be to live in Goa or Hawaii - for the papayas! And the pineapples! All of the raw foodist authors I've read...they all live there! The lifestyle there just sounds phenomenal to me.

Are there any great raw food restaurants in Vancouver? Or is there a city that you've been to that has great raw food places to go?

Anywhere that has a great salad is a great restaurant to me. Toronto has Juice for Life, where I eat every time I go there. Los Angeles has Real Food Daily, that I live for. Vancouver has only a couple vegetarian restaurants...I don't like any of them, nobody eats how I eat. My true dream in life one day is to open a restaurant. But marrying Walker...I don't know if he could eat at my restaurant! When we first started dating, he was much more willing to eat shredded beets on everything, and daikon curls...but you settle in....he likes his ice cream, god bless him.

Do you have, say, five must-have snack items when you go on tour?

Oh yes. Number one is figs. Dates, medjool dates are nature's candy. I have to have bananas. I would have to say oranges after the gig.



When you first started doing raw, you said it made you feel better...the transition, was it difficult at all, or were you able to go straight into the diet that you wanted?

I can't really remember, because it was so gradual. I probably stopped eating meat when I was a young woman, and I never really ate dairy anyway...I stopped eating bread, and I never really ate pasta. I ate a lot of Japanese food when I first moved here. So I ate a lot of rice all the time. And then with travelling and stuff, I felt better if I didn't eat that. Eating lighter, I require less sleep, and I never ever got sick. That was..the biggest difference for me, on tour. I didn't get sick. Everyone else got colds and flus. So I never really had a detox. Now I eat avocados every day. Whereas before I didn't. And it's not that I didn't like them, it's just I can't find an organic fucking avocado on tour - that's soft enough to eat if I find one. I have been eating tofu, which is not considered a raw food. You can't please everybody.

As a consumer, outside of the food realm, as far as clothing, do you use animal products in materials, or other parts of your lifestyle, or is that something you don't do..?

I try...there's blackspot runners, that are put out by Adbusters magazine. There are little things you can do to try your best. All the stuff I like to buy...for my lifestyle, [I] just like second-hand clothes! It's not even a money issue, it's just common sense. There is just so much available!

Well, that's pretty much all the questions that I had...

Well, I'm so glad you guys wanted to interview me. I feel really honoured! I never ever get tired of talking about eating, or food, or dogs. I'm happy for the opportunity.

Claire and Bif bonded on June 20, 2007.

*bodogmusic.com/artists/bif-naked.php
bodogmusic.com/bifnaked
myspace.com/bifnaked*

*juiceforlife.com (Toronto)
realfood.com (Real Food Daily, Los Angeles)
blackspotshoes.org*



my potato salad

This is radical potato salad. Ryan won't touch it with a 10-foot chopstick, but I go mad for it. It's very chunky and relies on leftovers like broiled tofu and cooked kale (although you can simply steam the kale, or use it raw). It stands alone as a meal in my opinion. It bears no resemblance to the spectacularly non-vegan church supper potato salad, which I believe is mostly mashed potatoes, sugar, and egg.

6-8 small potatoes, washed and largely cubed
1/2 a green pepper
2 stalks celery
2 handfuls cooked kale (see recipe below)
4-6 slices broiled tofu
1/8 cup soy mayo
1 tsp powdered mustard
sea salt and pepper to taste

Cook potatoes. Chop all veggies and tofu into rough chunks. Mix everything together in a bowl. Cool. Eat. Refrigerate leftovers. YUM.



my kale

3 cloves garlic, sliced
1 red onion, sliced
lotsa olive oil
10 kale leaves, roughly chopped
juice from 1 lemon
1 tomato, chopped
sea salt and pepper to taste

Saute garlic in oil until it browns, about 7 minutes. Add onion, saute for a few minutes. Add kale to pan. Squirt in lemon juice and add tomato. Simmer on low heat until kale is very bright green and fabulous.

Both By Claire Gallant



VEGAN CYCLING IN MIDDLE AMERICA AND BEYOND

Last fall, I embarked on a pretty extensive bicycle trip with a few friends. I started off in Winnipeg, Manitoba, Canada and didn't stop cycling until Veracruz, Mexico. One thing I managed to do on the trip was to stay completely vegan. Sure there were a couple of times when I accidentally ate something of unknown origin, but for the most part, it was fairly easy. All I could really do was to try my best and be as aware as possible of what I was eating. I was definitely out of my comfort zone of vegan restaurants in Winnipeg and home-cooked pasta dishes.

Before beginning the trip, one of my biggest worries was whether or not I would be able to keep it up the whole time. I knew I would be biking through some pretty remote areas and that once I got to Mexico, I was sure that my broken Spanish would lead to even more difficulties. I've traveled before and had no problems, but I knew that this would be different. I was scared and even started mentally preparing myself for the scenario where I would have to start eating meat. I have been vegan for about 6 years, so considering this option was not at all appetizing. Thankfully it never got to that. Most of the meals I ate on this adventure were pretty amazing.

In the morning, we would start off with a hefty bowl of oatmeal (don't forget to add some jam for taste and skip the honey) and eat a banana or apple alongside this. Snacking was pretty ubiquitous.

This should give you an idea of what our meals usually looked like. In the morning, we would start off with a hefty bowl of oatmeal (don't forget to add some jam for taste and skip the honey) and eat a banana or apple alongside this. Snacking was pretty ubiquitous. Clif bars, soy nuts, fruit, and other nuts are all great options, as well as standard convenience store junk food. Also, raw vegetables like carrots or cauliflower travel really great and are definitely nutritious. You really don't need to worry about overeating because you burn so many calories biking for 5 or more

hours a day. Lunch was usually a couple sandwiches, and our specialty, cabbage ramen salad (see recipe). For supper, we would make beans and rice or maybe a pasta dish. Our meals were usually so delicious and great.

HAPPY & HEALTHY VEGANS MAKE THE WORLD 'ROUND! GO





100% VEGAN



COSMO'S VEGAN SHOPPE

100% VEGAN SUPPLEMENTS, SWEETS, SUPPLIES
ONLINE VEGAN SHOPPING ♥ TOLL FREE: 800.260.9968
www.COSMOSVEGANSHOPPE.com

Apart from cooking our meals on a portable stove, often times we would eat out in diners which are every where in Middle America. Sure, it's tasty getting a hash brown and toast breakfast or a French fries and cola lunch, but these definitely don't give you the proper nutrition you need and will often leave you feeling quite unfulfilled. It was always nice when we arrived somewhere that had a little bit of variety in the selection of restaurants - but this wasn't always a good thing. We found this one Mexican restaurant in South Dakota where I ended up paying over \$10 for a meal that consisted of rice in a deep fried shell. I had ordered chimichangas (deep fried burritos) and asked them to substitute the meat for beans and to leave out the dairy. They told me that they couldn't put beans in it and that they would see what they could do. It was seriously the blandest meal of



the trip. Another 'Mexican'-themed diner in Missouri absolutely refused to let me eat anything that would be vegan. They didn't know how to make a bean burrito without adding either sour cream or cheese to it. After three attempts at making my meal, they still never got it right (don't worry, none of their attempts went to waste as my traveling companions gladly ate it). That day, lunch consisted of cold chili beans from the gas station down the road. Needless to say, I was quite unimpressed.

It was always so nice when we started pulling into a town with a sizable population where we could buy tofu from the local grocery store or supermarket chain. We never really had to worry about not finding food. Grocery stores are a great place to stock up. When we entered cities, I made it a point to search out either a health food store, or a good vegetarian restaurant. One of the best veg restaurants that I went to was Soul Vegetarian in Saint Louis. Vegan Philly Cheese Steak and collard greens, so amazing. Health food stores were a great place to pick up items that just made things easier, and tastier. It's always important to have a good supply of nutritional yeast on hand when you are traveling. Gotta keep up that B12! Other items that we found helped out a lot were peanut butter, tahini, a good hot sauce like siracha rooster sauce, Braggs, olive oil and maybe salt and pepper.

Traveling through the states, we ended up hitting North Dakota, South Dakota, Nebraska, Iowa, Illinois, Missouri, Kentucky, Tennessee, Mississippi, Louisiana and Texas. Eleven states in total. It was seriously the trip of a lifetime. I hope that these tips and anecdotes inspire other vegan folks to hit the road and stick to their guns. It really wasn't as hard as it sounds. But I do have to give a huge thank you to my traveling partners (none of whom are vegan) for accommodating my diet. A million thanks to Shelagh, Pat, Geoff and Sacha. In the next issue, I will talk about my vegan cycling adventures in Mexico. Until next time, go vegan and hit the road!

Andy Blum





Andy's on the road cabbage salad

This dish we prepared pretty much every day, and was so good. Crunchy and saucy, that's the way to go!

1 cup roughly chopped cabbage
1 package of instant ramen noodles
2 carrots chopped
1 can of beans
3 TBS of tahini
Olive oil
Apple cider vinegar
1 cup of cauliflower
Hot sauce
Braggs
Salt and pepper

Basically, you just mix all of these ingredients raw in a pot, and you can season to taste. Make sure to crush up the ramen noodles to add the crunchiness. The soup mix packet can be added as long as there are no animal ingredients in it. Black beans or chickpeas are preferred. All of these ingredients travel really easily, making this an ideal dish for the road.



MEET HAPPY KRETER: ANIMAL SUPREMACIST

I used to be against speciesism. Speciesism is a word like racism, which is meant to define discrimination based on species, similarly to how racism defines discrimination based on race. But I've slowly come to realize over these many years that I am a speciesist in several ways, as is everyone I know. However, unlike most people I know, my speciesism takes on a slightly different form – I'm an animal supremacist.

Okay, that's overstating the case slightly. In my last column I wrote about the running into the burning house analogy and saving the human baby instead of the puppy. So in that case, I'm a human supremacist, I guess. But what if I had to run into a burning building and could save only an adult human or an adult dog. I think Rover is going to come out on top in that one. So maybe I am actually just a proponent of situational ethics. Aren't we all really?

The reason, among others, that I'm thinking of this now is that I just read an article about a captive tiger mauling a woman to death in front of her children. Most people cringe at stories like that. I was sitting alone when I read that and I was literally pumping my fist in the air at the just desserts reaped by that ignorant woman. Yes, it's tragic for the kids, but I have a suspicion that when they grow up, they're not going to own exotic pets, so that's the upside. Ultimately, the only sad thing about the story is that they euthanized the tiger. And how stupid is that? I mean, isn't any giant carnivore, captive or otherwise, likely to chow down on a person if they get the chance? It seems to me that the keeper of the tiger is entirely the one at fault here and is the one most responsible for this woman's death (other than, of course, the woman herself).

While it's difficult for me to imagine a situation wherein it would be okay to keep a wild animal as a pet, I don't ever want to be mistaken for one of those animal liberationists who doesn't think people should have pets at all. I'm all for mutually beneficial relationships with animals, relationships in which both the human and non-human parties derive benefit. Actually, if only the non-human party derived benefit, I guess I'd have to be in favour of that if I'm to truly tow the animal supremacist line.



I'm not going to defend my position of reverse-speciesism too vigorously here. Like any prejudicial "ism", mine doesn't have a philosophical or logical leg to stand on. It's simply visceral and bitter disillusionment that has made a misanthrope of me. I can absolve a male lion who kills a cub in order to mate with that cub's mother, but I can't overlook the murder of a child by an adult human. Two elk locked in combat over territory doesn't bother me, but such is not the case with violent men who like to pick fights. Maybe it's wrong of me to expect such different behaviour from people than from animals.

As the most powerful creatures on the planet, I'd say that we humans are doing a poor job of honouring our responsibility.

But everyone does it, and in fact, for most people, it's the disparity in expectations that justifies their killing and eating of non-human animals. So why is the opposite true for me? Maybe I take death too seriously. Maybe I don't have a good understanding of the role of human beings in the cycle of life and death. But at the end of the day, I can't help but think that these big brains of ours hold us to a different standard than any creature incapable of reflection, abstraction, and choice. It's like Spiderman's uncle says, "With great power, comes great responsibility." As the most powerful creatures on the planet, I'd say that we humans are doing a poor job of honouring our responsibility. And that allows me to maintain a romantic and delusional preference for virtually every other living thing over people.

I guess the animal supremacist movement will never take off, primarily because its members, themselves all people, would never be able to get along. Nevertheless, I will continue to revel in my love of the animal nations of the world and my abhorrence of roughly 99% of humankind (my apologies to the other 1%).

Happy Kreter



2 small beets, peeled and cooked
1/2 of a 19-oz can black beans, mashed
2 medium carrots, grated
1 cup chopped mushrooms (chop small)
2 tb. sesame oil
1/4 cup cornmeal
1/4 cup chopped cilantro (leave it out if you hate it)
2 garlic cloves, minced
1/3 cup peanut meal (see below)
1/4 cup flour (for coating)
olive oil for frying

Mash black beans in a large bowl and add the grated carrots. Grate cooked beets into the bowl. Add mushrooms, sesame oil, cornmeal, cilantro, and garlic. Place peanuts in a plastic bag, then pound the bag with the base of a glass to make crushed peanuts. Add these to the mixture. It should be sticky and wet-ish and malleable enough to form into patties. Heat up a cast-iron skillet to medium heat; add the olive oil. Sprinkle each side of the burger with flour before dropping in pan. (It's easier than dipping each burger in flour - they are fragile.) Cook for about 10-12 minutes on each side, or until browned. Makes 10-12 small burgers.

By Claire Gallant

**"Don't draw the blinds yet
there's light that still shines."**

Happy Kreter - the Dwindling Tide



Happy Kreter
that great war



that great war
Happy Kreter
happykreter.com



An Interview with Marnie Feeleus of Fresh Option Organic Delivery (FOOD), Winnipeg's Vegetarian Organic Food Home Delivery Service

Marnie Feeleus and I meet one rainy Winnipeg afternoon at Asian restaurant Affinity Vegetarian Garden. She arrives with a box of bananas, which she offers as a gift to the restaurant; they were overstocked this week at FOOD. As we return from the buffet to our table, we discover a large plate of deep-fried banana pieces, with lemony dipping sauce: complimentary dessert freshly made from Marnie's bananas. The afternoon is looking delicious.

Marnie grew up in a family of farmers - they raised produce, livestock, the works. One day she made the connection that she "was eating Bambi's mum for dinner!" and decided: "if I'm going to eat meat, I'm going to kill something and eat it...so I did." (This woman does not mess around.) She worked in restaurants from the age of 14, and says that she used her job as an excuse not to go vegetarian. She went to chef school, as a full-on meat-eater, and it was there that the thought about where her food was coming from "started rearing its ugly head again." It was when she left the restaurant business to start a family that she went veg for good. It was time for her to "clean up my actions", in order to be honest with her children about what they were eating.

Marnie tells me that she had not considered going vegan when she went vegetarian, but then she read *The Vegan Sourcebook* by Joanne Stepaniak. "I was knowing...but not really allowing myself to know..because then I'd have to act," she admits. Or as she puts it, "For fuck sakes! Now i've got to stop eating cheese!" Her first child, Ian (now 5), was plagued with allergies as a baby, so her family tried an elimination diet, steering clear of all possible allergens. Baby's itchiness cleared up. When they began adding foods back in, she'd been reading so much about veganism that she decided not to add back in eggs and dairy. (Turns out Ian has an allergy to dairy and eggs anyway.) So for her, veganism began from the perspective of adding foods, not restricting them: "I was like, yay! Now I can eat strawberries!"

I asked Marnie if her boys (Keir is 2) have ever questioned being vegan, or rebelled against it. "Nope - Ian's the Food Cops!" she says. "He's the



most diligent one in the family.” He’s also a real advocate for the lifestyle, explaining to classmates and others what vegan means. “When people hear that from a kid, it’s pretty cool,” smiles Marnie. Ian’s very careful about asking at parties if food is vegan - or if it has nuts (another allergy). For a while, Marnie says, it was difficult for Ian to distinguish between ‘vegan’ and ‘allergic’. But since 5/20 kids in Ian’s class have allergies, Marnie has made up an ‘allergy recipe page’ for the class, listing foods that the children do not eat and providing animal- and child-friendly recipe suggestions. “Then it becomes an issue of allergies versus just being the vegan freak,” she explains. Parents and teachers have found it so helpful that she’s working on a new version.

And how is her vegan lifestyle implicated in her business? “All purchasing decisions are informed by being vegetarian,” Marnie says.

So why did she start her own organic food delivery service? Here’s the timeline. Quit cheffing - go veg - make baby - spend maternity leave planning the business and veganizing recipes from her resto days, while making fancy vegan desserts to sell to restaurants to stay afloat - open FOOD when Ian is 1. Fresh Option is Winnipeg’s only organic food delivery service. And how is her vegan lifestyle implicated in her business? “All purchasing decisions are informed by being vegetarian,” Marnie says. FOOD began as an entirely vegan operation, and Marnie struggled with the choice to sell dairy, but she knows she needs to be able to sustain customers. Before she sold cows’ milk, people dropped off her list because they bought their (non-organic) dairy from a store, then ended up getting the rest of their groceries there as well. Even customers that stayed with her in FOOD’s vegan days but bought dairy at the store will now buy organic dairy instead of conventional, and will pay more for that and the fact that it’s delivered to their door every week. As an individual totally committed to question every choice she makes, Marnie goes through all her decisions with a fine-toothed comb - and tells me a little sadly that she “hits a tangle” when it comes to selling dairy. She feels very sensitive to being a hypocrite (an impetus to go veg*n in the first place), especially around her children. (Ian asked her straight up: “Mom, why do you sell dairy?”) She gets tons and tons of requests for organic meats, from both customers and farmers wanting to sell it to her. “I told (this guy), dude, there’s no chance that’s going to happen!” she exclaims decisively. But she’s constantly examining her actions. “Say there’s a line of chips. Do I only pick the vegan chips?” ...when she’s selling dairy too? Tough call.

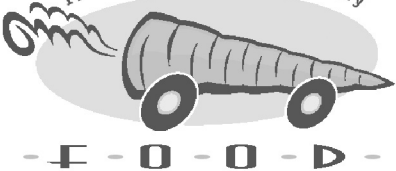


One thing she'll never stop selling is produce. In January of each year, Marnie sits down with all the local produce farmers she works with and figures out what everyone's going to grow. She asks farmers what they like to grow, and makes suggestions; after all, she knows what people buy. The farmers love the system, because with Marnie's advice, they only grow what they know they can sell. "We've never had to turn anyone[']s produce] away...except one guy who had 20 tons of pumpkins he didn't tell me about," she laughs. She gladly makes product development suggestions, too. 'Value-added' product means taking the primary crop and making it a ready-to-eat food; someone who might not buy a bag of flax seed would still buy flax cookies. With prepared foods, she's always looking for Manitoba-made products to replace any US-made foods.


Fresh Option Organic Delivery

1338 Clifton St. (Warehouse)

Fresh Option Organic Delivery



- F - O - O - D -




guaranteed fresh produce year-round

organic, fair-trade and many vegan groceries


grown on local small-scale farms when possible

we compost, reuse/recycle, reduce food miles





we support food security in our community



Winnipeg's vegetarian organic food home delivery service.

772.1479

One link between sustainable Manitoba farms and ethical eaters.

email @freshooption.ca
www.freshooption.ca

Occasionally, Marnie has to choose either local or organic, and it's a question I've asked myself quite a bit. On FOOD's website, there's a sidebar with sections about living sustainably: local, vegan, and organic are the three biggies. She's constantly looking for the best combination



of those factors, with the goal being products that are all three. For example, what is the environmental impact of cane sugar from Brazil vs. local honey? Or getting local, factory-made, non-organic beet sugar instead of honey? (Marnie is vegan mainly for environmental reasons.) She makes product choices on a case-by-case basis. FOOD sells hydroponic lettuce that is not technically organic, but uses no pesticides. Marnie visits the farm and nags them “every day” to go organic, she grins. She wants her business to be transparent, and to give customers as much choice as possible. Every food box is accompanied by a newsletter Marnie writes about that week’s selection. It includes vegan recipes and a distinctly vegan bend in general: “Why feel guilty when you can indulge in organic, Fair Trade, and dairy-free (or milk) chocolate for baking or portion-controlled munching?” asks this week’s letter. I tell her I usually choose organic over local, perhaps selfishly, because as far as my body is concerned, no pesticides are consumed with organics. “I have to be selfish (too), on behalf of my kids,” Marnie agrees. “Their bodies are so much more affected by pesticides.”

Marnie and FOOD staff at the warehouse



Winnipeg's children will be less toxic now that Marnie is spearheading Growing Up Organic, a program to get local, organic food into daycares. Marnie sits on the board of the Organic Food Council of Manitoba, a chapter of the Canadian Organic Growers, and she's happy that Growing Up Organic has COG's endorsement as well as government funding. A couple daycares as well as Ian's school are already carrying organic food - all supplied by Fresh Option. She went to a conference in Toronto where it became clear that Manitoba's program is advanced compared with other provinces. "FOOD is a central hub in Winnipeg for gathering all things local and organic, and distributing them to commercial and residential users," Marnie says. "The way Manitoba's doing [the Growing Up Organic program] is a good model." FOOD makes it easy for places like restaurants, daycares - all institutions, really, to access a huge variety of organic food. It's what she wanted when she was a chef: Marnie is the link between farmer and retailer or consumer, making it simpler for all.

Regulations are the obstacle to small-scale farms. This dilemma is the product of the industrialization and corporate takeover of the organic movement...which used to be just a movement.

Organics is definitely a growing industry, but along with growth comes legislation. The NOS (National Organic Standard) is putting out new regulations soon that will mean no one who is not Certified Organic will be permitted to use the word 'organic'. Certain provinces are drafting new intra-provincial (within each province) legislation as well, to regulate activities like Marnie's (FOOD is associated with upwards of two dozen Manitoba farmers). But certification is time-consuming and costly, and often farmers rely on customers that know them face to face, who don't need the assurance of certification. "I'm not an organics inspector," cautions Marnie. "I can get a feeling whether to trust somebody or not, but..." she doesn't want to be the one person responsible for all the "eaters" who purchase her food boxes. "The small-scale farmer is the one who is being screwed by regulations," Marnie clarifies. "Regulations are the obstacle to small-scale farms. This dilemma is the product of the industrialization and corporate takeover of the organic movement...which used to be just a movement." "We need more regulations now, but we wish we didn't," I offer. Marnie muses, "As soon as you take it out of the farm gate..." but then continues assuredly, "Corporations are co-opting organic principles...not even principles. They want to do the minimum they can do to slap on the label." Take the WalMart Organics line: the consumer is attracted by low



prices, but it doesn't help farmers. "Who benefits from that?" wonders Marnie. She concedes that lines like WalMart's and President's Choice Organics make organic food more mainstream and visible, but "we need more pressure on those big companies to buy locally." (There are no regulations on where you can ship products.) What organics needs is a system that gives consumers the knowledge to hold farmers accountable. "Like is this food really what it says it is?" Marnie reveals that those in the farming community are thinking about alternative labelling systems: creating new terms like "sustainably grown" or "small-scale". But then we have to determine what those mean....

Fresh Option currently occupies a spacious new warehouse, where they have been working for one year. Previous to that, they shared their space with a skateboard co-op, initiated by Marnie's woodworker/boarder husband. Marnie smiles when talking about the connection between skateboarding and organic food: both are "healthy, subversive activities." But the old warehouse was small, and FOOD went through nightmares negotiating zoning with the city, because of the lack of precedent of a food delivery service. The city of Winnipeg isn't conducive to any outside the box stuff, Marnie says. "They said, 'if you want to make chemicals or bombs, that's okay...'" But organic food? Wow, that's real tricky. FOOD's new place got 100% on a recent health inspection: instead of a skatepark out back (which they used to have to hide from the health inspector), there's a woodshop.


Seventy-five percent of Americans believe they've never eaten genetically modified products, but 90% of food is made with corn and soy, which, when non-organic, are GMO.

FOOD keeps track of their customer demographic, and Marnie estimates that it's about 5% vegan and 10-15% vegetarian. Once they gave away a free block of tofu to all the vegetarian customers, as a "thanks for being veg!" gift. We laugh about sending out hate mail to the non-veg*ns: "a lecture comes free with your dairy products!" I suggest. But Marnie's far too unprejudiced for that kind of foolishness. I ask her whether she's come up against non-veg*ns defending local eating as being just as environmentally sustainable as vegan, and she talks about small farmers who literally do live with the animals they raise, and use all parts of the animals. That's holistic, she says, and "who am I to tell him to stop raising pigs, when I'm out driving my van around town?" Her issue is when



people are disconnected from their food, which is the reality for most of North America today. Kids especially, she says, are filtered the facts; she sometimes checks herself when talking to kids other than her own, because “that kid is attached to an adult, who is controlling what that kid learns.” Ian, however, has free run of food information. When Marnie allowed him in one situation to have candy with gelatin, Ian was hurt and confused: “How could you not tell me?!” he asked of her.

(say hello to our famous veggie burger)



Your **local** source for **vegan, organic,**
fairly-traded eats, radical politics,
& vegan cookbooks.

.....

Mondragón Bookstore & Coffeehouse
 91 Albert Street | 946-5241 | www.mondragon.ca
Tues - Sat: 9am - 10pm, Mon/Sun CLOSED

Adults could do with adopting Ian’s awareness. Seventy-five percent of Americans believe they’ve never eaten genetically modified products, but 90% of food is made with corn and soy, which, when non-organic, are GMO. So how do you get these messages about whole, organic, vegan eating to people who have never heard of it? Marnie believes that schools should be screening *An Inconvenient Truth*. Her work is helping to combat ignorance: by working closely with dozens of organic farmers, delivering vegetarian food boxes to 250 homes in Winnipeg, and getting organic food to children through Growing Up Organic, her influence and ability to do good are touching a vast community. The way she lives her life is an inspiration, and hearing about her children solidifies her awesomeness. Ian has a vegetarian friend in his class, and when Marnie asked him why they get along so well, he replied: “She doesn’t like hurting animals, I don’t like hurting animals. She loves carrots, I love carrots. And it kind of goes on like that....”

F.O.O.D. delivers 250 organic, local, and vegetarian food boxes across Winnipeg every week. Vegan encouragement comes free with each one.

*freshoption.ca
cog.ca/guo.htm*



MEET MICHELLE BARKER

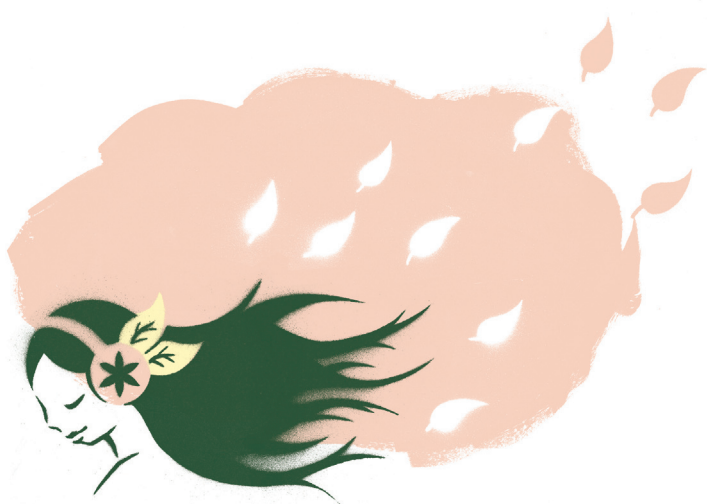
I graduated in 2006 from the University of Plymouth with a BA (Hons) in Design: Illustration. Since then I have continued to develop my work and pursue an illustration career, taking on work from clients such as Adbusters, the Terrence Higgins Trust and the Peninsula Medical School. My self-initiated work is inspired by social and environmental issues, music and nature, and has been described as “cutting edge”. I hope to use my work to encourage people to think about important issues and to promote a sustainable lifestyle. I use stencils and spraypaint, usually combined with PhotoShop and hand-drawn techniques.

ILLUSTRATOR

www.fakeplasticrevolution.co.uk

on following pages:

autumn; festival; butterflies; recycle; beautiful zombie (p. 72)









THE NEW CITY VEGAN HITS ITALY

There are three vegan food groups in Italy: fruit, pasta, and pizza. Coffee, gelato and chocolate are also serious contenders. Despite the abundance of cheese and cured meat, living vegan in Italy, far from being a challenge of scarcity, is an indulgent and passive pursuit. Really, aren't those all comfort foods? But let's begin before you even leave your English-speaking borough....

First, you should study the Italian dictionary you got from the library. I was lucky enough to borrow one and so, the Eurostar from London to Paris (and then, on to Milan) found me searching for the words for veal, eggs, and milk. Best to know your enemies. I'll give you a little primer here in case you are now clickety-clacking towards Rome with no idea how to translate "I don't eat dead animals."

latte: milk	fagiuolo: bean
formaggio: cheese	verdura: vegetable
burro: butter	frutto/a: fruit
uovos: eggs	pasta: pasta
carne: meat	riso: rice
vitello: veal	pomodoro: tomato sauce
pollo: chicken	succo: juice
manzo: beef	parlare: to speak
agnello/abbachio: lamb	inglese: English
pesce (pesh-ay): fish	scusami: I apologize
pesca: peach (this, you can eat.)	mangiare: to eat
minestra / brodo: soup	si: yes no: no

No mangio latticini: I don't eat dairy products.

No mangio carne o pesce: I don't eat meat or fish.

Puo dirmi...: Can you tell me....

Sono latticini dentro questo?: Are there dairy products in this?

No parlo italiano, parlo inglese.: I don't speak Italian, I speak English.



Breakfast (colazione) was the biggest void in my Italian day; the Mesa had lukewarm cafe latte, dry rolls, and yogurt. Italians aren't big on breakfast like the British are (and like I am), and the one hotel I stayed at had mostly dairy, eggs, and cold meats in the morning. Having been in Italy the previous summer as a vegetarian, I was prepared for this and brought a bunch of Luna bars. However, I somehow decided it was wise NOT to bring enough bars for every day I was there, so I ran out. It was then that a care package came to the rescue! My mom, aunt and grandmother happened to be travelling in Denmark at the same time, and after I poured out my food woes to them they immediately posted me a large box full of dried organic soup packets, rye crackers, jars of peanut butter, cashews, dark chocolate and ready-to-eat canned beans. It's difficult to overstate the extent to which that package cheered me up. After that, I breakfasted like a queen on peanut butter, crackers and fresh peaches.

On weekends, the piazzas fill up with market stalls, selling everything from cheap dresses, socks and shoes to fruit and bread.

I travelled only in Northern Italy: in Milan and Venice as well as the smaller towns of Cremona, Parma and of course Casalmaggiore. Cafes everywhere I went offer espresso and pastries, premade sandwiches, chips, and occasionally premade pizza. Almost none of this is vegan - I had a well-meaning friend once offer to take off the prosciutto and cheese from a sandwich. But the espresso is out of this world, and at my favourite cafe they keep oranges in the display case next to the sandwiches - on my last morning there a group of us had fresh squeezed orange juice, each glass made from three oranges. And one thing almost every Italian cafe has is gelato. Gelato is a classic Italian experience; there are stands everywhere selling nothing but the light, sweet ice cream. Every cafe I went to had flavours that were dairy-free; most often the fruit ones, especially my favourite, lemon. The lemon gelato in Italy is almost white, and there really is nothing to rival its taste in the heat of a busy piazza (town square). On weekends, the piazzas fill up with market stalls, selling everything from cheap dresses, socks and shoes to fruit and bread. They are similar to some North American markets, with the addition of Louis Vuitton rip-off bags. Certainly the first thing I look for at an outdoor European market is a name-brand handbag. Wait...actually it's peaches.





My giant arugula pizza!

Italian food is made with fresh, uncomplicated ingredients. Restaurant menus often list exactly what is in every dish (especially pizza), and if they don't, just refer to my handy guide above. Food in Italy is also pretty inexpensive. Depending on the place, pizzas are between 4.50 and 8 euros (\$5-9 CDN), and once I bought a watermelon the size of a toilet bowl for - oh wait, it was ten euros. (It was the bottle of vodka my friends poured in the watermelon that was only 4 euros.) Beware, though: water costs money. I drank the tap water there, but at restaurants it's never done: you order a bottle of still (acqua naturale) or sparkling (acqua frissante). Sparkling water tastes like baking soda, but that's just my opinion. Definitely bring supplements with you, in pill and packaged food form - aseptic boxes and energy bars travel the best. And you really will need that jar of peanut butter, so replace your screenprinted hoodie with a bathing suit and make some space in your suitcase.

Claire Gallant



Cook Break!

convenient curry

I never knew this lovely dish could be so simple, but I have known for quite some time that it can be incredibly tasty. And to think all I really needed was to buy coconut milk and my stirfry would transform into something so much more interesting.

1/2 block tofu, chopped
2 carrots, chopped
1/4 onion, diced
3-4 cloves garlic (to taste)
2 stalks broccoli (chopped, include the stalks!)
1/2 can of coconut milk

1 cup basmati rice, dry

Put rice on heat with 2 cups water. Bring to a boil, reduce heat and allow to simmer for 30-40mins. I can never quite get this right so I often check every now and then to make sure it is not burning.

When rice is about half done, or maybe a little earlier, place onion and garlic in frying pan with olive oil. Heat until onions and garlic begin to brown, add carrots and broccoli. Allow to cook until broccoli and carrots become tender. Add coconut milk and allow to simmer for 10-15mins. Take rice off burner and allow to steam for 5-10mins.

Place rice on plate, pile on the curry contents. Enjoy.

By Ryan Patey

Acadiana Soy Products

Delicious Tofu,
Smoked Tofu,
Tofu Entrees
& more...



Anna Anderson
(902)542.0675 (w)
(902)542.1297 (f)
anna@acadianasoy.ca

PO Box 34 Grand Pre, Nova Scotia B0P 1M0



letsgetsconed.blogspot.com

Another brilliant product of the Portland vegan scene, Jess' blog is always a yummy treat to read. Her cosy photos and writeups of her meals and ingredients make me feel like I'm in her kitchen and at her markets and her Post Punk Kitchen potlucks. She makes a lot of food from scratch, like beer-battered seitan and lots of fresh basil marinara sauce. Her recipes are fresh and simple (like using white wine, olive oil, pepper and garlic to saute mushrooms) and her photos are full of natural light and those succulent close-ups that are so tantalizingly colourful.

veganyummyum.com

With flawless photos and impeccable detail, Lolo has my vote for the classiest vegan blog. She's explained innumerable techniques, from how to peel mushrooms, cut ripe peaches, and make pastry to how to knit in frosting - not a joke. Necessary or not, you have to marvel at her dedication. This is like *veganlunchbox* without the lunchbox: elaborate food at its most beautiful. She's working on a cookbook, to be published by *Herbivore's* new press, and I love that she's got no chef or photography training. DIY all the way.

vivelevegan.blogspot.com

Dreena Burton, author of this gorgeous, fun blog, has also penned two cookbooks (and one upcoming): *The Everyday Vegan* and *Vive le Vegan!*. Her blog is lighthearted and informative, and very popular. She frequently augments her stunning photos with helpful nutritional info. Besides her role as cookbook maven to the masses, she's also mother to two young daughters, and thus her meals are always healthily balanced. Dreena's third book, "Eat, Drink and Be Vegan", is set to hit shelves in the next couple of weeks. In Halifax, look for it at *Outside the Lines* or *Frog Hollow Books*.



THE HOUSE IS THEIR CAGE

I always thought having pets was a good thing. I love animals and indeed the animals have taught us all a great deal. Kitten therapy works wonders for teenager issues. However, I am not sure if having pets, trying to contain creatures inside of an enclosure, like even a house, is the best way to teach the children about the animals.

I have accidentally created little ecosystems in the house. We had finches at the same time as pet rats and we'd let them all have lots of freedom to leave their cages and roam around. I didn't know, however, that given the opportunity rats will hunt birds in the middle of the night. Once we were all awoken by bird screams and I had to intervene on a midnight rat raid that ultimately proved fatal to one of the finches.

A few years later when my daughter asked for a pet for her birthday I said yes. I considered what animal might be best. A dog? Ha ha. Forget it. No way. You might as well just have another kid. Too dependent. A cat? Nice and self-contained, a real indie animal, but way too much shit. No, something small and maintainable. A budgie bird or a fish, maybe.

We went into the pet store and in a small cage in the back there was a lone dove, called a ring-necked dove. She was a beautiful, streamlined, cream-coloured creature with a dark ring around her throat. Normally doves come in pairs but the store had heartlessly sold her mate earlier in the week. My daughter loved the dove at first sight. Nothing sweeter than a dove, and so we took her home and set her up a perch and a little living space, not wanting to keep her in a cage, but she wasn't happy. She seemed so lonely. She'd just sit and stare out the window. She'd sigh and ruffle her feathers. It was obvious she was mourning over her lost mate.

Normally doves come in pairs but the store had heartlessly sold her mate earlier in the week.

Feeling very bad about the whole thing and my part in it I called the pet store and ordered in a mate for her. When they got a male dove in I went to pick him up and saw to my dismay that he had also come as part of a pair. The people at the pet store took him away from his mate. I was very



conflicted but thought of poor Ms. Lonely at home and bought him anyway - starting the whole bitter cycle over again. I regret this now.

When I brought him back and took him out of the box and presented him to her she took one look at him and she knew right away. She hated him. She absolutely hated his guts and didn't want to have anything to do with him. We thought she might warm up to him after awhile but that didn't ever happen. Oh, but he tried. Her hatred didn't stop him. He pursued her every waking moment of every single day. Each morning the entire house would be awakened at dawn to his love calls. He'd track her down and stand in front of her and start cooing, Cooo cooo cooo, over and over again. Then he'd start his dance, up and down and up and down, then around in a couple of circles, then up and down and up and down then round in circles, all the while cooing like a maniac and puffing himself up until he looked twice his size. And she'd be like "Go away", "leave me alone", "F off". She would sit there and hate him. After a while we kinda started to hate him too, he was just so insistent. He wouldn't stop. Even when we separated them he would stand by the door and coo all the live-long day.

He must have succeeded somewhere because one day she laid an egg in the easter cactus plant in my daughter's room. A little glowing white egg. It was magical. She sat on it and lovingly tended it for about a day and then she saw an opportunity in the shape of an open window and she took off and flew away. The egg lay neglected and nothing hatched and it.. went bad and I ultimately had to.. ahh.. dispose of it.



Heartwood

Organic Vegetarian Cuisine

Local. Organic. Food with a Conscience.



Delicious Vegetarian Cuisine

Guilt-free Desserts!!!!

Vegan, wheat-free and gluten-free

Organic Fairtrade Coffee

NUMI Organic Tea

Monday to Saturday 10am – 8 pm, 6250 Quinpool Road, Halifax NS, 902 425 2808

www.heartwoodbakeryandcafe.ca



Y.O.F.U. Buckle My Shoe 47

Several months after the dove flew away there was a story on the news about a woman who had found a ring-necked dove up north in Gander. She had brought it to the local bird lady who ran a sanctuary for birds. The sanctuary was in the bird lady's living room but it looked like a good place. It was the expert opinion of the wildlife people in Gander and the bird lady that the dove was a bird who had flown very, very, very far off course during migration. Its journey must have been extraordinary, they said.

But it was her, I recognized her. She looked well. Bred in captivity, she didn't really know where she was going. Something compelled her North for some reason but at least now she's living in peace. Her counterpart also eventually found his way out the window and was last sighted hanging out with the pigeons in Churchill Square. He was doing his dance and apparently the pigeons were really digging it.

For years I was accidentally releasing foreign wildlife into the province. I suppose I could be arrested. But the fact of the matter is that no matter how much love and attention we shower upon them all the little creatures ever want to do is get away. Even our beloved house cat, a very pampered animal, spends an inordinate amount of time looking out the window. And I just can't let her out again, not after Finnigan got run over. As my friend Bob says, the house is their cage.

Even the little teddy bear hamsters wanted to escape. They weren't happy with their elaborate Habitrail habitat, no matter how many extensions we built onto it. The teddy bear hamsters were the cutest little animals and they did look just like little tiny living teddy bears. We loved them so much. When they would argue with each other they would bare their teeth and look like little monster teddy bears. But they found a way out of their cage and went out into the world, too. I often think about the little teddy bear hamsters making their way across Newfoundland terrain, breeding a little teddy bear hamster colony, hibernating underground through the long winters. Maybe one day, in like a hundred years, the teddy bear hamster will be considered native to Newfoundland and the ring-necked doves will have interbred with the city pigeons to create a whole new sub-species.

Liz Solo

*Watch for Liz Solo's new CD release coming in November from
Rock Can Roll and Sniz Wreckerds.*



Cook Break!

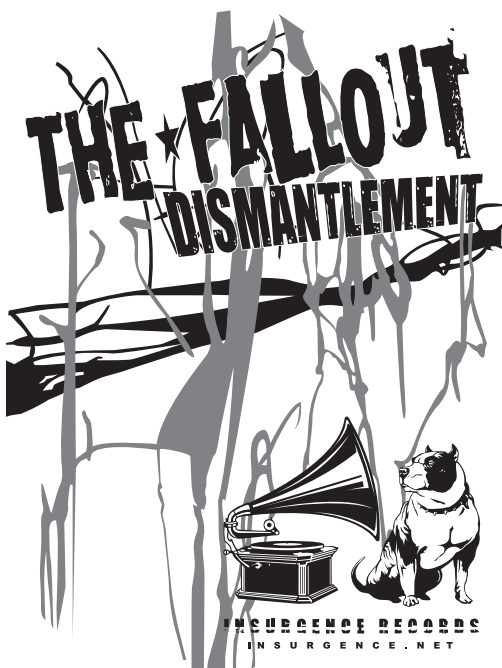
hide-your-beans taco dip *Good for a movie night snack!*

2 14oz cans of refried beans
1/2 a 12oz jar of pickled jalepenos
1 small head of iceberg lettuce
1/2 a white onion
1 large tomato
large jar of salsa (heat level optional)

In a 9" x 13" pan empty cans of refried beans, spread evenly with spatula. Sprinkle jalepenos on beans. Finely chop lettuce, then press down into pan. Finely chop onion and tomato, spread evenly on lettuce. Empty jar of salsa on top and spread evenly with a spatula. Done!

Eat with multigrain corn chips right out of the pan.

By Tammy Mast



Up Close and Vegan



Just before Rise Against was due to make the trek across the border to play Halifax, T.O.F.U. was fortunate enough to get their newest guitar player, Zach Blair, on the phone. Since 1999 the band members have worn their beliefs on their sleeves through their music, their videos and their partnerships with such organizations as PETA and VANS. T.O.F.U. was eager to find out where some of these beliefs came from and how far they went.

So I guess the first question would be: are you vegan or veggie?

Vegetarian with vegan tendencies. I try so hard to cut out cheese, it's the last bastion and I try as hard as I can.

I have been vegetarian for as long as I can remember at this point.

Understandable. I only recently gave up cheese while living in Winnipeg.

When I was a meat eater, I was such a meat eater. I'm from Texas, and unfortunately it is such a part of the culture. I gained a lot of weight, I wasn't healthy. I've always been straight-edge, no smoking/drugs, never done that. If I'm going to draw that kind of line, at least for my own health, which was the first and foremost reason then why not? Fuck it. It was such a defiance, an autonomy. I was the only one of my friends to go "I'm a veggie" and it felt so good. I lost weight, it felt great. If people are holding out for the political, you can at least convince them to do it for themselves. You can show facts on getting sick, things like that. People on our tour in the crew have got food poisoning.

I know, I haven't had that good old McDonald's gut rot since I went vegan. That was normal before.

Exactly. If you asked anybody if they would like to never have to deal with that again, and told them to stop eating meat they probably would.



Ok. The majority of the questions I have right now are a little broader then the typical ones. Sort of “where do you draw the line in your life?” in regards to your morals/ethics. First off, do you eat organic?

When I'm home in Austin, a liberal mecca in the middle of the huge conservative state, it makes it easy to choose. There are a bunch of organic clothing stores, co-ops, all my shopping is done there. On tour we have a rider, we're fortunate so we get to select what we eat. You do run into the deli slices, the vegetarian deli slices. Are they organic, probably not.

Then there are the Morning Star farms, we try to do that. I try to make sure if you're going to draw the line, go full tilt. Don't be lazy about it.

We do have a lot of farms around here, but it seems like a lot of them are not organic. So then are you better off going local or organic from California? Constantly when I identify as vegan people ask me if I do this or that, and I'm assuming considering Rise Against has the vegan shoes, are you conscious of what you wear?

You can't always when you're on tour, [but] you have to be conscious of it. Sometimes it is impossible to plan everything that goes in your mouth, as far as organics go. Just being vegetarian you're doing so much for yourself and for the cause. As far as what we wear as well, I don't have a piece of leather on right now. If I'm going to go buy something, or if one of the companies that are nice enough to give us something gives us something that might have leather involved, I might give it away.

Of course, the record industry as a whole is not the most efficient monster. But obviously with the music you guys play, it can make a difference. By being involved with that industry, you obviously have to take that into account. Do you find that justifies getting yourself to Europe to have your voice heard? I mean, there is a label in Winnipeg (G7 Welcoming Committee Records) that recently decided to stop producing records to reduce waste of plastic, etc... But if a band doesn't tour or put out albums you are limited in who you can reach. So in order to promote those things you have to do somethings that are maybe not the best things.

Yeah, unfortunately you have to take things such as buses, planes, etc... Fortunately, there are things like biodiesel. There are things you can do, but it is a necessary evil. Hopefully the greater good of what you're doing or what you're saying outweighs the... Our ecological footprint, if people start acting now, could be stabilized, if not reversed. Because if it gets bigger we're all fucked. A band like Rise Against, we have PETA at



every show, we say things on stage. These are young kids, and you see all of them paying attention, going to the PETA booth. As I was saying yesterday, it is good that mainstream America is getting some really good information, things like Supersize Me or An Inconvenient Truth. Imagine, Al Gore is selling that to a lot of people. That's a great thing, people are going "oh fuck!" and the shit has been there forever. Bands I'm sure you grew up listening to, and I grew up listening to, and even Rise Against, have been talking about that way before those documentaries. At least in middle-America, they're just not getting it from those sort of things. And [now] Joe Anybody is going "shit, maybe I should recycle this because Al Gore is telling me to" or "maybe I should walk to work today". It's a great thing.

Sure. We can't always depend on CNN News because we all know how that goes.

With that shit everything is ok, it's fine, don't worry about it. And I have actually heard people that are spoilers on the Al Gore thing, "ah, they're just scare tactics." Motherfucker, they said that about the Michael Moore documentary too and that shit ain't a scare tactic. I guess my point is that hopefully the message we are bringing, the minds we are changing outweighs the fact that we do have to take a bus to get there or a semi to get there. But I do know it is becoming more of a common practice, where people are using biodiesel, they're recycling while on the road, they're not throwing food away, taking it with them or giving it away, donating it to food banks. Touring in and of itself, on a bigger level, is a pretty wasteful thing. I'll be the first to say it. My girlfriend, who is an activist, is a teacher at the Univ of Texas working on her Ph.D. She'll come out and it bugs her - there is a lot of wastefulness on tour. But hopefully the message you are bringing, like I said, outweighs the sort of cost of it. Our band, we're definitely trying to watch as much of that as we can.

Even with us putting out the magazine, we're printing it on recycled paper, but there is only so much you can do. We just hope that by putting it out there, the words make something other than that.

It sounds like you and me, we at least know. We know, we have a conscience about it and we're sorry, but at this point that is all we can do. Hopefully, sooner or later, the only kind of paper you'll be able to use is recycled, the only kind of diesel you'll be able to buy is bio, recycling will be a law. You'll have to or you'll fucking get a ticket. Hopefully these things will all be standard and we're looking forward to that day. But unfortunately we're humans and there is a standard of living. There is only so much we can do. We can choose to be a vegetarian. We can choose to be a



vegan. We can choose to do all these things on our own time, but when it comes down to putting out records or a magazine there is, unfortunately, a standard the uninformed person has made that we kind of have to follow at this point. Hopefully that standard will get blown out of the water.

Fair Trade Cooking
Organic Sugar, Chocolate, Coffee and Tea
Products available now online at:
www.justuscoffee.com



Just Us! Cafés

Visit Nova Scotia locations in Grand Pré, Wolfville, Halifax
Also now in Toronto on Queen Street.

That's right, you kind of have to work with the system to change it in a lot of ways.

Exactly. Meanwhile your voice is getting out there, my voice is getting out there and we're getting respect and we're becoming a part of it. Just like the Supersize Me doc, or the Al Gore doc, or the Michael Moore doc. It's slowly but surely, and it's a really exciting time. Usually when good things happen it's because of a whole lot of shitty shit. Look at the Reagan years, it took a fuck load of awful shit and then some good things happened for a while, and now we're back in a fucking rut. There is so much, there are so many people pissed off, I talk to people everyday and something has to happen.



With all the touring, have you found any places that you felt people had it right? Are there places where you walked in and people did not question your diets, etc...? Any favourites on the tour so far?

Yeah, Portland, Oregon. By and large seems that way. Seattle, Washington. Toronto, seems pretty open-minded. Austin, there is a vegan/veggie option on almost every menu in Austin. The problem is most places you go are not like this, but it is getting easier and easier. Of course, California. Almost everywhere you go, not a big fan of LA, but if you go there they have a good thing for vegetarians or vegans. New York, of course. Atlanta has some good veggie restaurants opening. Zurich, Switzerland. Prague, Czechoslovakia. Everywhere is getting a little easier.

We're fortunate that we get to choose. We're fortunate that we get to say that "I don't want meat, and I ain't going to fucking eat it."

When you do go to the smaller places, do you find it a little difficult to justify the veggie/vegan thing to people? If you went to Southern Africa, do you think you could justify the diet to native tribes where there is no factory farming and perhaps their farming is sustainable?

Well, it's a different way of life too. Like the Chris Rock thing, no one in Ethiopia has a lactose intolerance. We're fortunate that we get to choose. We're fortunate that we get to say that "I don't want meat, and I ain't going to fucking eat it." That is a fortunate thing to be able to do, considering that there are people that just don't eat because of the place they live, the country they are in, the unfortunate state of being. I guess it is all relative. I think that along with being able to have this choice, comes the responsibility of the awareness that we are afforded this right to be able to choose what we put into our bodies. There are a lot of people who can not choose, they are going to eat whatever the fuck they get, and [we shouldn't] begrudge them because of that. Like you said, it is the culture. Texans are blissfully ignorant, willingly ignorant. They choose it because there is a beef commercial on every five minutes. They can drive by the miles and miles of cattle ranches and smell that awful smell and go "you know what, I'm going to eat that tonight." They can look at all the videos that PETA have out, and judge PETA because of it and go "oh these people, they're sick." No, they're just showing what the fuck is going on, that's happening, they're not making it up, they're just showing you. This is what happens, there is no photoshop or editing going on, this happened. This is how the food gets to you.



Chickens don't really have fingers, there's no such thing as a happy clown dancing around with a guy with a burger for a head.

Exactly. People would rather see a cartoon Kentucky Fried Chicken Colonel Sanders dancing around than how the chicken actually got there. My whole point is that, by and large, certain countries really can't afford to decide what goes in and out of their bodies.

Have you had a lot of kids coming up to you and being grateful for you guys presenting this info to them?

Almost everyday there is a kid going "you guys influenced me to be a vegetarian" and they're young. I'm 33 and I didn't do it until my 20s. These kids are fifteen, and that is awesome. No one in my high school - granted I come from a little shit-splat Texas town, but I lived as an outcast. It is such a fitting-in thing, to the bruiser guys you're a wimp. It sucks. Now, again, it is a product of everything else we're talking about. It is becoming more the norm.

Hopefully this is one of the good times after all the shit that has happened. Especially with the Internet, kids can find out about this stuff. You don't have to accept the smiling colonel, you can type in Kentucky Fried Chicken and get a lot more info.

I know people that have been vegan for a long, long time who are in their forties. Their whole contingent is that in the early 90s/late 80s it was impossible. I was talking to the guys from Black Flag and they said for the most part, in the 80s, they were vegan and they ate raw veggies and that was it. There was nothing else. You can now go into WalMart, if you have to but please don't if you can, and there is Morning Star Farms shit there for you. There are options. A friend of mine who is vegan and is touring is almost pissed. It was hard to be vegan in the early 90s for him, some days he just didn't eat.

It all comes back to the fact that we are in a place now where there is a choice. You either take what you are fed, or once you decide not to be ignorant there are options now. I have to accept when I go back home that people will question what is so wrong because the small town I come from may not have factory farms so people will not see a problem with it. There are some extremes.

Do you have anything on the tour that you just have to have? Anything you have come across that you just have to have?

Diet Dr. Pepper. I can't get the Texas out of me, it was invented in Texas. That shit is in your bottle. I try to be smart about it, I went diet a long time



ago. I lost like 10 lbs, I drink them like water. Now everyday if I show up and that is there, that is so fucking spoiled. That makes me think about the unfortunate person in the third world country and I'm here saying "I want my diet Dr. Pepper." That is me completely falling into corporate capitalist white guy shit. I thought about it the other day, I'm really stoked when I get this stuff and that sucks.

I was talking to the guys from Black Flag and they said for the most part, in the 80s, they were vegan and they ate raw veggies and that was it. There was nothing else.

I'm still that way with chocolate, and I have come to realize that dark chocolate is so much better than milk chocolate. Granted I'm paying \$4 instead of 60 cents, and it is only recently I started thinking I should go Fair Trade. I realized I was helping animals out, but I figure the cocoa farmer is not really enjoying me buying something that is not Fair Trade. So I guess that comes back to where you draw the line. Once you take down your ignorance all of a sudden you can spend every day learning about what you do and trying to accept all of it.

I think the important thing is to stay aware. If it is not a standard you can hold yourself to, just stay aware. That is half the fucking battle, and that is volunteering more than the average American, Canadian, whatever. That is volunteering 75% more than the average person, just trying to stay aware of what's going on, what's going in your body and if you can't tend to make the choice right at that moment at least you fucking know, at least you're educated. You may go tell someone else that does make the choice, and that is how it happens, word of mouth and things like that.

That's right. In some ways you need to do touring and things like that. Obviously things have to be justified. Sure there will be someone saying next to you "well how can you say that while you're drinking Dr.Pepper on your bus" but if you end up with 200 15 year old kids saying "I'm going to knock out chicken for the next meal" that is awesome.

That's the thing, no one is perfect. But you can educate yourself.



As long as you can sleep at night, that's the best you can do. Are you anywhere safer now where ever you are in good old Connecticut? Feeling better?

I should start heading back to the bus, I'm still kind of walking around I don't exactly know where I'm at.

Well hopefully all goes well and you make it up here. I know there are people looking forward to it.

*Zach was on his cell phone getting lost when Ryan talked to him at
1 p.m. EST on June 28, 2007.*

riseagainst.com

VegDining.com

From Adelaide to Zurich,
VegDining.com is the longest
running global directory
of veg restaurants on the
Internet.



Cook Break!

lentil quinoa mushrooms

Say it with me now: KEEN-wa! This recipe is super simple and nothing makes you feel healthier than iron-clad lentils with protein-filled quinoa.

1/2 cup quinoa, uncooked
1/2 cup brown lentils, uncooked (dry)
1 tb. sesame oil
1 tomato, chopped
2 tsp. curry powder
2 tsp. miso paste
4-6 portabello mushrooms

Cook quinoa and lentils in separate pots. (1 cup of water for the quinoa, cook 12-15 minutes, 1 cup water for lentils, cook 40 minutes). Preheat oven to 400 degrees. Mash cooked lentils in a large bowl. Add quinoa and all other ingredients except mushrooms and mix well. Twist stems off mushrooms caps and place caps on baking sheet. Spread about 1/3 cup of filling on each cap. Bake 15 minutes, until mushrooms release juice. Serve garnished with steamed vegetables (broccoli, asparagus and carrots are good choices) and avocado, with a little sea salt on top.

By Claire Gallant



organic

reused

recycled

healthy

natural

non-toxic

alternatives

healthy

recycled

alternatives

non-toxic

natural

organic

reused



P'lovers: (pluvers)n.

1. Endangered shore birds on the North Atlantic Coast.
2. Planet Lovers – those who strive to live in harmony with the earth.
3. P'lovers: a store with a wonderful selection of products with you and the earth in mind.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever does."

Margaret Mead

HALIFAX • MAHONE BAY • STRATFORD • PORT PERRY • BAYFIELD

www.plovers.net • 1 800 565 2998



A SWEET LIFE: VEGAN TRAVELS IN THE PACIFIC NORTHWEST

When travelling in the states of Oregon and Washington, also known as the Pacific Northwest, any vegan would be remiss to neglect a visit to a few of the following hotspots.

Seattle is home to North America's only 100% vegan Thai restaurant, **Araya Vegetarian Place**. Located in the University District, Araya is the best bang for your buck if you visit for the lunch buffet. It costs something like U\$7 and is an all-you-can-eat selection of various amazing Thai favourites, including pad thai, spring rolls, tom ka, and curries. Ordering from the Araya menu is more costly, but of course your options are also expanded.

Another cheap place to get a good meal is at any of the **Than Brothers** restaurants located around the Emerald City. There is only one vegan dish on the menu, Pho Chay, which is a giant noodle soup. For U\$4 you can get a bowl big enough to bathe your first born in, and it's ready in about 2 minutes.

Seattle has maybe the highest density of vegan restaurants of any North American city. LA and New York might have more places to eat, but for the size of the city and its population, Seattle is #1. It would be impossible for me to cover all the great places to hit, but let me mention that Seattle has a vegan pizza joint called **Pizza Pi**, an all-you-can-eat Middle Eastern buffet at **Flowers Bar and Restaurant**, and Buddhist Chinese at **Bamboo Garden**. Of course, there are tons more and as always, I'd recommend HappyCow.org to guide you if you need even more recommendations.

For dessert, you must hit up **Mighty O Donuts** in Seattle. It's just across the I-5 from the U District and it is home to the finest vegan donuts I've had. Of course, vegan donuts are in short supply, so maybe that doesn't tell you much, but even non-vegans love it. Mighty O is one of the most glorious finds a vegan can make. Try the Lemon Poppy Seed or the Chocolate Raspberry or the Peanut Butter donuts.

Oregon, like Washington, is similarly vegan-friendly, especially in its largest city, Portland. There are a number of great places to eat, but the



place I want to mention now is a unique little hole in the wall called **Food Fight**, a 100% vegan corner/grocery store. They have everything you need from candy to dinner to snacks, including some of the finest vegan jerky available. And all of their products are available online at www.foodfightgrocery.com. (*Sadly, they don't currently ship to Canada - ed.*)

Further into the state of Oregon is the cool and quirky college town of Eugene. Eugene is a must-visit for vegans everywhere. That might sound like an overstatement given that there are so many great vegan-friendly cities around North America, and Eugene may not have the volume to match a San Francisco or Boston, but it does have the **Sweet Life Patisserie**, the holy grail of vegan dessert spots, which is located just across from **Laughing Planet**, a vegan-friendly restaurant with an amazing vegan Caesar salad. A minority of the items available at Sweet Life is vegan, but there will still be upwards of a dozen cakes, pies, cookies, tortes, and other goodies to choose from. These are the real deal. You don't have any idea how good vegan baking can be until you visit Sweet Life and order at least a few slices of cake.

Okay, that's an incomplete guide and you may know of some remarkable places of your own, but the above mentioned are the hotspots that I wouldn't want to miss on my next road trip.

Happy Kreter

Seattle	Mighty O Donuts 2110 N 55th St. (206)547-0335 mightyo.com
Araya 1121 NE 45th St. (206)524-4332	Portland and Area
Than Brothers (5 in area) (206)527-5973 thanbrothers.com	Food Fight 4179 SE Division St. (503)233-3910 foodfightgrocery.com
Pizza Pi 5500 University Way NE (206)343-1415	Sweet Life Patisserie 755 Monroe Eugene, OR (541)683-5676 sweetlifedesserts.com
Flowers Bar 4247 University Way NE (206)633-1903	Laughing Planet 3320 SE Belmont St. (503)235-6472



THE FALLOUT - DISMANTLEMENT

AN ALBUM REVIEW IN 3 PIECES



Editor's Note:

Since we are firm believers in allowing people to voice their own opinions, whether it matches ours or not, we felt it best to do our first review with the help of a few friends.

I opened the CD case and was greeted by abstract black and red squiggles possibly representing bloody barbed wire. My interpretation could be wrong. Perhaps it wouldn't be the first CD I would pick up based on its visual, but it reflects a dark political commentary. The tunes are reminiscent of old school DBS, Bouncing Souls, Bad Religion, Good Riddance, No Use for a name, or other bands who fall into the Lo-Fi late 90's hardcore Punk movement. I think the CD would be great to listen to if I was really pissed off or maybe wanted to be, but I don't recommend it for driving in rush hour traffic.

The first 4 or 5 tracks had my head nodding up and down, which is a good sign the band can keep a beat. They're catchy and fun yet dark, with songs about death and suffering. The vocals on track 6 were out of tune and lacking a certain je ne sais quois... and there was nothing that grabbed me about that track... track 7, however, had a really neat intro that sampled bits and pieces of radio broadcasts, but what else would one do to start a tune called Radio Fallout?

As far as punk goes it's an eclectic mix of familiar styles and techniques: the quintessential bass lines which pretty much define the style, the high energy drums, the catchy and not so catchy dissonant guitar riffs, staple power chords and the angry boy choir vocals. While it's not revolutionary or brand new, it brings back memories of all-ages shows in church halls, and the ripped jeans of my youth.

Andrea Curry



The Fallout has created a thirteen-song endeavour that clearly hoped to inspire the young punks of the nation to dispense with meat and military and to somehow transform the universe in the process. The themes of animal cruelty and anti-war are about as developed as a grade six essay on why George Bush is a bad man, and with lines like “meat market-death merchants-final solution today-our stomachs are the graves” you find yourself asking “are you fucking serious?” The bottom line is The Fallout lacks the dirt, emotion and rawness of the genre in which the band has released its record. While the themes themselves are relevant, the delivery is not shocking, not revealing and in the end not compelling in the slightest. All of which I expect from a punk rock outfit, especially one that is trying to pick up on the stripped down aesthetic of first wave ‘70s punk rockers like The Sex Pistols, The Clash and Stiff Little Fingers. Perhaps there are some 11-year-old kids who aren’t ready for Propagandhi and Minor Threat that can use this to fill the void of punk rock Mickey Mouse; however, The Fallout is simply not going to compel anyone to examine the ethics of the meat farming industry or the desperate state of the military establishment with these easy-to-swallow lyrics. Society at large requires more than a gentle nudge to wake up; they need a fucking kick in the face.

John Longley

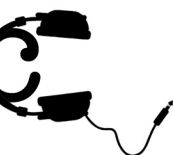
I have always thought punk, along with metal and a few others, was a genre best experienced live in a dark, dingy basement with patches, denim jackets and fists in the air. The Fallout’s latest record comes across as another example of that. I feel the music and the issues they deal with (animal rights, war, anarchy, etc...) would be best presented directly in front of the choir to which they are preaching. Something about the album gives me the feeling that with a little bit more energy, distortion and maybe a few characters wearing Rancid shirts older and dirtier than themselves this music would have more of a purpose. It has always been the underground music scene that fuels the spirits of so many intent on changing the world, and the songs off this cd like “Compassion Over Killing” and “Radio Fallout” will help to stoke the flames in the bars that can be found in every city. Sadly, The Fallout comes up a little short on producing something that would appeal to a more mainstream audience; but would it really be true punk music if that were the case?

Ryan Patey

insurgence.net



Finally, Free Music Without Pesky Lawyers *

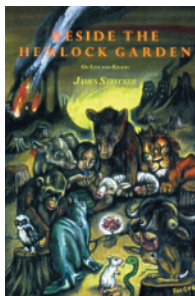


www.twentertainment.ca/moola

The Tumbleweed Emporium
We're not afraid of a lil' ol' mp3.

*We would not be able to afford them anyway.





BESIDE THE HEMLOCK GARDEN

ON LIVES AND RIGHTS

POETRY BY JAMES STRECKER

James Strecker doesn't mince words. Here, in poetry form, is as hardcore as I've ever seen animal rights get. Strecker plunges right to the heart of the brutal agony of vivisection and the lives and deaths of lab animals. He roughly and swiftly blends these themes with poems about conditions like aids and fibromyalgia, descriptions of musicians, references to moments in history, and settings in Paris. The poems' telling titles range from "Milkshake and Omelette" and "A Dead Gull on Omaha Beach" to "A Historian Considers His Lunch", which begins

On the way to Auschwitz
the train stopped at
a Kentucky Fried Chicken stand.

Standout poems for me were the brief and (unusually, for this collection) witty "Epiphany" and "The Claude Bernard Plaque", about a teacher of medicine who worked in a vivisection lab. Strecker's poetry makes no apology for its portraits of hard truths of animal cruelty. It hit me like a cold wave on a hot day: shocking, but perhaps, needed. As Strecker affirms in his preface, "denial of what goes on in the world every day can be a greater curse than [can] despair."

Claire Gallant

jamesstrecker.com





The “Fuck You McDonald’s Breakfast” Breakfast

So, I cut my cooking teeth as a teen working at McDonald’s. Feel free to shudder, it is pretty much the epitome of a vegan nightmare, but when I look back on it my time there was not that bad. Compared to stories from other people who have worked in other fast food places, Rotten Ronny’s is a fairly respectable spot...for a place that serves dead animals.

No matter how disgusted I am now with the thought of dead cow on a grill or breaded fish or chicken swimming in hot fat I have to at least acknowledge that that job allowed me to get where I am today. In a weird, twisted way I would not be publishing vegan cookbooks or operating a small record label if it was not for my time sweating for a clown.

The point of this little story? No, its not to let you know how normal my teen life was. I have always been a fan of a good breakfast, and in all honesty, McDonald’s knew how to do that right. So this newest recipe is me finally saying goodbye to that yearning for hotcakes, mcmuffins and orange juice.

1/2 block tofu, chopped as you like
2 carrots, chopped
4-5 stalks of kale, cut
1/2 tomato (or more according to taste)
1/4 onion, diced
3-4 bulbs of garlic (to taste)
assorted fruit
2-3 wraps (whatever you like)
curry powder or cayenne pepper (according to taste)



Fry onion, garlic and tofu in frying pan with olive oil. When tofu is brown add carrots and allow to cook. When carrots are nearly to taste, add kale. Cook for additional 5-10 minutes or until kale is soft. Prepare fruit while contents are cooking. Display on plate in fun manner (the restaurant worker in me, 1/2 taste 1/2 presentation). Place frying pan contents into wraps, proceed to wrap using instructions from NASA or some other intelligent organization.

By Ryan Patey

OUTSIDE THE LINES

BOOKS FOR CRITICAL MINDS AND MUCH MORE

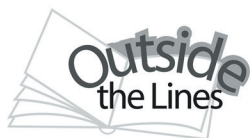
We carry books:

Fiction, Biographies
Labour, Development,
Politics, Cooking, Health,
Feminism, GLBT, Race,
Environment, Media,
Philosophy and more

We also have Shirts,
Stickers, Pins and Mugs

For info on special orders, e-mail us
at outsidethelines@ns.alianzinc.ca

NO SWEAT - UNION MADE
FOOTWEAR NOW AVAILABLE



6297 Quinpool Road, Halifax, Nova Scotia
Phone: (902) 422-3544, Fax: (902) 422-5380



Who believes in animal rights? Watching television talk shows and reading glossy magazines, it seems that anyone who eschews fur and chooses grain-fed chicken breast can lay claim to the ubiquitous title of animal rights activist. As a fad, animal rights now rivals U.N. celebrity envoys and adoption overseas as the cause du jour for the “fabulously kindhearted” icons among us.

But long before so-called animal rights adherents penetrated the airwaves with vegetarian panache and a love of all things organic, the term was coined to designate two fiercely passionate, and diametrically opposed, camps of activists. Meet the new-welfarists and the abolitionists, whose discord begins with the very ideologies upon which they base their starkly opposing actions and aspirations for the future of animal interests.

Animal Liberation Front (ALF) liberating a monkey



One need only mention the name Francione to incite enthusiasm among abolitionists, who have long lurked in the shadows of the dominant welfarist body in both notoriety and social acceptance. Interestingly, though Francione himself actually came up with the name “new-welfarist” to designate the ideology he disagreed with, this ideology has long held greater notoriety than his own. While new-welfarists base their precepts on an ideal of incremental change (by improving the *welfare* of animals exploited for food, fashion, or entertainment), abolitionists following Francione’s work are grounded in a different set of ideas.

According to Francione, action begins with a theory to inform it – for abolitionists, this theory comes down to the way society sees animals in the first place: as property. It may sound strange, but animals as we treat them today *are* our property – *my* dog and *my* hammer, are, as far as the law is concerned, pretty much on the same page. Furthermore, because animals are sentient beings with individual qualities and unique characteristics, abolitionists contend that we are never in any position to use them for *our* means. For abolitionists, it is this dynamic between humans and non-human animals that needs to change, with no gradual improvements, no concessions, and no compromise.

Welfare activism is also good for business, as far as many restaurants are concerned.

Welfarists, on the other hand, consider compromise the key to lasting transformation. It is this willingness to talk in increments that makes welfare reform the dominant paradigm for those seeking better lives for animals. Projects taken up by welfarist groups include lobbying for stricter treatment laws and better slaughterhouse conditions, with the long term goal of eliminating animal exploitation. Welfare groups are easy to find, easy to join, and easy to work with – PETA, arguably the most widely renowned welfarist organization, offers donation forms online and boasts over 1.6 million members, making it the largest animal interest group in the world.

But PETA, and other welfare outfits, have more than numbers on their side – they have found a captive audience in mainstream media, and their activism is focused on splashy campaigns that get press – whatever the spin. From nude pamphlet canvassers on busy New York streets to celebrity-endorsed magazine spreads, the public is inundated with calls from new-welfare organizations to cut out meat, toss the fur, and join ranks



with animal lovers already advocating the welfare stance.

It may be the sexy, accessible, accommodating approach that garners welfare groups a widespread popularity among the public, and a constant flow of celebrity participation – everyone from Simon Cowell to Charlize Theron have shot ads for PETA, and their annual “Sexy Vegetarian” poll lets voters select the hottest animal-loving superstar of the year. Welfare activism is also good for business, as far as many restaurants are concerned. Fast food giants like KFC and Burger King are quick to promote the welfarist-led changes they make to slaughterhouse standards, thanks to the spike in business that follows. Patrons, generally, like to feel good about what they buy – and they feel good about being kinder to the exploited animals they consume.

While the welfarist mission to end suffering sounds noble, and their tactics put animal exploitation squarely in the public eye, abolitionists hold a low opinion of welfare campaigns, and take a different approach in their own projects and aims. For this smaller camp of activists, whose biggest pockets count several hundred – rather than million – members, incremental change is as good as admitting defeat. According to the tenets of abolitionism, *improving* animal exploitation only perpetuates the idea that this exploitation is acceptable in the first place. The result is an uncompromised vegan lifestyle, along with reading groups and discussion-oriented activism, all of which means that abolitionist groups work under the media radar.

According to the tenets of abolitionism, *improving* animal exploitation only perpetuates the idea that this exploitation is acceptable in the first place.

Most abolitionists may be quietly pursuing their ends, but those who are zeroed in on by the press are more sensational, and violent, than even the most unabashed naked PETA demonstrator. Some activists have taken extreme measures – including the 2004 bombing of Oxford University research labs by the Animal Liberation Front, who consider themselves abolitionists but whose tactics widely decried among grassroots abolitionist groups. Fortunately, these individuals are the minority among abolitionists. Sadly, they still get the most media attention – making animal rights synonymous with extremism and violence for many North Americans.

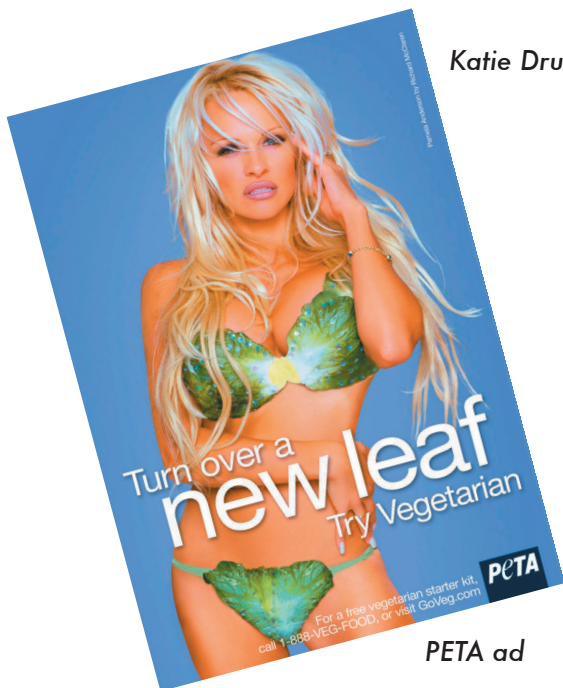
Even non-violent groups of abolitionists are often met with public derision



for their paradigm, which proclaims veganism as the best means of abolishing animal exploitation. If the gradual reform of animal exploitation is as good as failure, then vegetarianism also falls into this category – a diet that still supports the meat and dairy industries will do nothing to abolish them, and still promotes the propertied status of farmed animals. And while vegetarianism may be a common, and even trendy, lifestyle choice, veganism veers farther from the norm, making abolitionism seem all the more foreign to most.

From incremental changes to reduce animal suffering to widespread transformation to eliminate animal exploitation entirely, the differences between welfarists and abolitionists are stark and divisive. While the two camps have similar long-term goals, the ideas underpinning their short-term ambitions mean that, so far, they cannot work together towards improving the lives of animals. Instead, they wage a war with each other, all the while still battling to save those who, sadly, cannot save themselves.

Katie Drummond, New Staff Reporter



PETA ad







Photo by Sarah Cooper

