

T.O.F.U.

living and breathing vegan in a world that smells fishy.

Veganism: To Be or Not To Be Aggressive?

Plenty of thoughts inside

Going the Extra Mile

Brendan Brazier talks about fad diets and living right

The Usual Suspects

Book reviews, recipes and more inside...



Third Time's the Charm?

Spring 2009

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

printed by



supported by



Printed on 100% recycled paper.



THE TERRIBLE TWOS

I'm sorry.

For over a year now I have wondered what exactly I would write in this space if it ever came to exist again. Even now, as my fingers hit the keys, I have no idea what it will be.

Over a year, yes, that sounds about right. Or has it been longer than that? Either way, I guess "I'm sorry" is the best I can come up with to start something like this. I could give you a million reasons why it has been this long since you last saw the little guy, but at the end of it all the summary is time passed and T.O.F.U. went quiet. Sure, the little guy made some noise in the important first few months when one comes to realize that there is a world outside of their immediate space, and he was raised for quite some time with a very supportive family that stretched much further than I thought it would.

Today, he's a little older, a little wiser, and the family is smaller in some ways. Of course, like so many young ones the voice is starting to be heard again, and this time it is a little clearer. As for the family, just like any new single parent I'm hoping I can lean a little more on the extended family to help the little guy grow up right. So, feel free to spoil him with sweets and other presents if you see him, I would do the same thing if I didn't have to deal with the sugar rush and the noisemakers later.

All joking aside, there are some serious things going on in issue #3 and with T.O.F.U. in general. The whole thing was started with the hope of bringing together vegans from across Canada to highlight the fact that we're not alone in the small towns or the big cities, and we're not always that easy to spot amongst the omnivores either. Well, due to the attention received from outside our borders, the list of contributors now spans the globe so I guess something is going right.

With this expanded group of contributors there also seems to be a little more variety in the opinions expressed, which makes me even happier about this issue. In this issue, regular contributor Happy Kreter weighs in on the value of an action regardless of how many other people are doing it (Page 6) and I try to make sense of where humans fit in the equality system with other animals (Page 29). A few new voices add opposing views to the vegan story; Dominic Berry and Kelly Twomey both declare that they're out and willing to shout (Pages 17 and 21), while Lisa Dempster wishes to be known as simply Lisa, a woman who is also vegan (Page 52),




and Marika Collins believes the world needs both the sunny and the windy people to ensure things change (Page 25).

To be honest, I had originally hoped that this issue would focus on whether or not we could all just learn to co-exist with each other, and I suggested to those contributing that they focus on that issue. As the submissions came in I realized things were going to go a little differently. As well, I also came to terms with the fact that over the past year or two I had been losing my voice, just like the little guy. It took a long time to find the energy to start working on this issue, and once I had started on it I soon discovered that I had a lot of thinking to do about exactly what my voice would sound like and how loud it would be.

I'm still working on that as of today, but I do know that opening up the chance for so many discussions with other people about veganism in their lives and the world in general is something that I will continue to do... hopefully with a greater frequency than the past two years.

With that in mind, I hope to hear from you in some way, shape or form in the coming months. If we do not cross paths while wandering across North America this spring, then please send a hello, either digital or handwritten. I think we can all agree that our voices should be heard at least to the extent of making friends, right?


Ryan



Amanda Rogers
Heartwood

Amanda Rogers Heartwood

12" vinyl out on expect candy.
available in north america through
www.stickfiguredistro.com
for more info and other releases
check www.expectcandy.com



Gallivanting



Gallivant (v.): roam; wander; rove

LA Vegan Chow

page 37

Seeing Reason



AKA the why I'm vegan section

Coming Out of the Vegan Closet

page 21

A Compassionate Choice

page 25

Cause and Effect

page 52

Up Close and Vegan



Going the Extra Mile

page 2

Resigned, but not Indifferent: Realism and the Struggle for Change

page 6

Craft Shoos



Tendrils of artsiness poking through the pages

Enigma

page 1

I'm Coming Out As Vegan!

page 17



Clean Nibbles

Environmentally and ethically conscious bites

D.I.Y. Beauty

page 11

Book Review: Green for Life

page 15

Knowledge is Power

page 29

A World Without Animal Testing

page 41

Get Out of the Box!

page 47

Book Review: Becoming Vegan

page 49

Meat Sex

page 56

Cook Break!

Tahini Therapy

page 10

Yummy Yummy Split Pea Stew

page 24

Blueberry Muffins

page 40

Pea Soup and Doughboys

page 60



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

is based in Halifax, Nova Scotia (again).

Proud Father

Ryan Patey
ilovetofu@twentertainment.ca

Online Presence

ilovetofu.ca

Advertising

tofuads@twentertainment.ca

Cover Artwork

Front - Ryan Patey and Cinthia Ljungqvist
Back - Michelle Barker - www.fakeplasticrevolution.co.uk

Regular Contributors:

Happy Kreter and Katie Drummond

Shiny New Contributors:

Genny Bourdages, Cinthia Ljungqvist, Marika Collins, Dominic Berry, Kelly Twomey, Amanda Rogers, Lisa Dempster, Breighan Hunsley, Darlene Patey and M. Butterflies Katz

Heartfelt Thanks To:

All the people who helped make this issue possible either directly through things such as editing (yes, I mean you Lucas) or through supporting and pushing me to just finish it already (Jamie, Kristen, Cinthia, my family, etc...).

All the artists, venues and people who took the time to help with the tour and those who continue to spread the word about the little guy.

Those who continue to fight the good fight, whether silently or from the rooftops, street corners, message boards, etc...



Man's desire to cause another pain
remains an enigma I can not explain.
Torturing the helpless and being amused
is an enigma that leaves me confused.

We take our kids to the circus and zoo,
but they both portray a distorted view.
If the truth was told, children would be enraged
at creatures whipped and beaten, confined and caged.

Circus animals do not volunteer.
Their acts and tricks are learned through fear.
Laboratory animals are lethally injected.
How can their lives be so disrespected?

Each year, millions of pets are put to death,
while breeders steal a living dog's breath.
Companion animals live on death row,
while people are pretending not to know.

Fur bearing animals are grossly abused.
In trapping for fur, brutal methods are used.
A fur coat's true owner will agonize
for this status symbol and coveted prize.

My mind, heart, and soul will never know
how some are amused by a rodeo.
How can human beings be entertained
by an act where such terror is sustained?

A deep sense of sadness in me, is struck
by those who would force a steer to buck,
giving the appearance that it is fierce
by using straps that tightly pinch and pierce.

How can we be entertained by those
whose misery, we humans, impose?
Irreverence for an animal friend
is an enigma I can't comprehend.



GOING THE EXTRA MILE

Vegan triathlete Brendan Brazier rides the wave of Oprah and detox diets.

Katie Drummond



When everyone's favorite diet junkie, Oprah Winfrey, announced she'd be embarking on a 21-day "vegan cleanse" in another attempt to yo-yo her long-suffering frame back into a size 14, Brendan Brazier shook his head – and then asked himself how he might capitalize on the latest celebrity to misconstrue his lifestyle.

"I think fads are dangerous, and whatever her idea of a cleanse is, it's probably going to be dangerous too," Brazier says. At 33, he looks, and eats, like someone half his age, although Brazier's lunch today – two plates of brown rice, avocado and olive oil – are a far cry from the usual repast of the hollow-legged teen boy he otherwise resembles. "Combine that with Oprah, and you're giving veganism a pretty bad reputation."

A longtime poster-boy for meat-free fitness in Canada, Brazier adopted the lifestyle at 15, when the high-school running phenom decided to make a career out of triathlons. Convinced through trial-and-error that plant foods promoted the fastest recovery from training sessions, Brazier disproved naysayers, including his own coaches, and became one of the only professional vegan athletes in the world. In 10 years, he completed dozens of triathlons and enjoyed back-to-back wins at the Canadian Ultramarathon 50K Championship. When his athletic career was sidelined by a car accident in 2004, Brazier wrote *Thrive*, a manifesto on plant-based nutrition. The book was picked up by Penguin Canada in 2007 and hit U.S. markets later that year as *The Thrive Diet*. Despite bestselling success north of the border, including the launch of Vega, Brazier's line of energy bars and protein powder, *Thrive's* American sales were lukewarm.



Brazier's luck in the U.S. may be about to change, all thanks to a word he once tried to avoid: his American publishers, De Capo, have added "vegan" to the book's subtitle. The term, once associated solely with dreadlocked yoga enthusiasts, has been resuscitated; while Oprah deserves some of the credit, it was *Skinny Bitch*, a series of snarky, plant-based cookbooks and diet plans "for hot, skinny chicks," that catapulted veganism to the top of the New York Times bestseller list, after US Weekly published a photo of Victoria "Posh Spice" Beckham clutching a copy. Brazier disdains what he calls "the crash diet trend", but he's ready to ride the coattails of *Skinny Bitch* success, and market himself as a healthy alternative.



The word "vegan" doesn't appear once in Brazier's book, and he says he acquiesced to De Capo's re-titling with trepidation, because of the unfortunate connotations and politicizations that surround the term. He's still worried about distinguishing the book from hundreds of ab-whittling, grapefruit diet doctrines, but Brazier's publishers are confident that "vegan" is the new "Atkins" – with staying power.

"The diet book market is so fleeting, but this is a long-term, sustainable way to live," he says. Since publishing *Thrive*, Brazier's commitment to veganism has moved beyond athletics. He has twice spoken before U.S. Congress to protest meat industry subsidies, and hopes to produce a documentary on nutrition and economic sustainability. For Brazier, diet has widespread implications, and he argues that if standard North American fare - burgers, chocolate milk, Kraft Dinner - remain cheap and accessible, health will deteriorate and taxes will rise to care for an increasingly sick nation.

"It's a vicious cycle, and a less healthy nation will inevitably be less prosperous," he says. "Being healthy makes economic sense, too. I'm not all about athletics."

Brazier, who still competes casually in marathons, admits that his own lifestyle isn't easily emulated by the non-vegans in our midst. A diet of fresh fruit, raw-food bars



and super-sized salads would send the average American into a fiber-induced sprint to the bathroom, not to mention the time and cost of Brazier's ultra-healthy diet (a single Vega bar retails for around \$3 at Whole Foods). Brazier lives in his own vegan utopia, but denies that the lifestyle need be so far fetched.

"It's not about perfection. There are easy, convenient foods out there that people should take advantage of," he says, citing faux meats and other pre-made products as viable "transition foods" for vegan newbies. "The payoff to health is just huge."

Brazier seems to be enjoying his own payoff as well: since adding "vegan" to his marketing arsenal, stateside locations of Whole Foods have started stocking copies of Brazier's re-titled book, which shot from #507,000 to #3,457 on the Amazon bestseller list. But if he wants to reinvent the face of vegan living, Brazier's still got his work cut out for him: *Skinny Bitch* is at #137.

OUTSIDE THE LINES

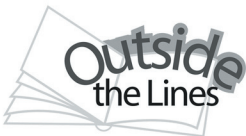
BOOKS FOR CRITICAL MINDS AND MUCH MORE

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.aliantzinc.ca

NO SWEAT - UNION MADE
FOOTWEAR NOW AVAILABLE



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





CANADA'S ONLINE VEGAN OASIS!

**Check out our wide selection of:
animal & planet friendly
belts, bags, shoes, t-shirts,
(cook)books and more!**

www.vegheadz.ca





Up Close and Vegan

RESIGNED, BUT NOT INDIFFERENT: REALISM AND THE STRUGGLE FOR CHANGE

Happy Kreter

One day in my adolescence, I woke up and found out that I was living in a world filled with horror and indifference. I cared about suffering and injustice, and the realization that this placed me in the minority of the population left me feeling alienated and alone.

As my experience expanded into adulthood, I discovered that I was less alone than I had thought. There were people who cared about some of the same things I did, and also about things I hadn't thought about. For a while, I was energized by the realization that there was a community of people with fully operational consciences. But the feeling didn't last.

It wasn't long before it started to seem as if a majority of people involved with movements like animal rights, environmentalism, or feminism, for example, were simply looking for a place to fit in.

Of course, I had enjoyed some reprieve of my own estrangement, but my main motivation for being involved in those scenes was the causes themselves. Friendship was a bonus. After all, a sense of belonging is not the same as the relief of loneliness.

Before long, I figured out that the essence of any "scene" is prescription. From the way people talk to the actions they take, even the clothes they wear, a "scene" prescribes behaviour. Soon, a sense of inauthenticity sunk in. The caring people were scared and frail, and looking to fit in where they could. Fear and frailty were things I could relate to and understand, but I was of the mind that I ought to strive to overcome them, rather than appease them. Even if I hoped to fit in somewhere, it had to be on my own terms.

A good chunk of the animal rights movement started to look like a structure that extended the bounds of its purpose. Being primarily a place where people could feel like they belonged cheapened the work and the sentiments espoused by its members.



Maybe that stuff doesn't matter, maybe it's just peripheral as long as animals are being helped. Sure, but the potential is there for the whole thing to implode when it's not rooted in sincerity. I suppose, then, it's good that there is always a new addition waiting to replace the last person to abandon the movement, even if it amounts to little more than a slow-moving turnstile, at least action can continue to happen.

Another negative side-effect of people looking for community first and to help animals second is dogma. I began to loathe the religious mindset of vegans I met.

What's more, someone who is 98% vegan is 98% better at making ethical dietary choices than the average person.

I distinctly recall a discussion where person A called himself "98% vegan" because he ate oysters and clams. He incurred a vehement reaction from person B who claimed that there was no such thing as 98% vegan. You were either vegan or you weren't. And I knew then I was as alone as ever.

Even though I was 100% vegan, I considered the term vegan to be descriptive, not prescriptive. So it's totally appropriate in that case to talk about the degree to which someone is vegan. What's more, someone who is 98% vegan is 98% better at making ethical dietary choices than the average person. But again, in a dogmatic atmosphere, that pleasant fact gets overlooked. People become more interested in having the label of "vegan" than being a positive force. (side note: I recently saw an interview with Peter Singer, author of *Animal Liberation*, popularizer of the term "speciesism", and one of the most influential animal rights advocates of the past 30+ years, in which he says that he doesn't consider the killing of creatures like oysters and clams to be immoral.)

In the end, it turns out I don't like the average vegan any more than I like the average human being of any description. I've found strong friendships and a strong affinity with as many (or more) omnivores as vegans and vegetarians. And I've started to think that, for many people, indifference isn't really the problem, but a feeling of helplessness that turns into resignation, and ends up looking like indifference.

Don't misunderstand. I hate the fact that my friends eat meat and I don't wish to excuse it. I hope they stop. But I've gotten used to the idea that they won't ever care about the lives and deaths of animals to the extent that I'd like. I've stopped expecting awareness or compassion, much less self-discipline or action, from even



some of the most decent people I know. Instead I try to do my best, and be an example that anyone could scrutinize or from whom I'd be happy to have anyone adapt behaviour (which, by the way, means recognizing how often I'm wrong about things and in need of a personal overhaul myself).

When I do things that are good for the environment, I'm not thinking that I'll save the world. Part of the reason is because I'm not sure that it's possible to save the world, while another part of it is that I'm not convinced I want the world saved.

Is that resignation? Maybe. But it's the only way to get by. Human beings are never going to be as smart or compassionate as they ought to be.

As despairing as that sounds, I haven't yet made the leap from resignation to nihilism, but it means I end up with a different take on sustainability and the environment than many other vegans.

In previous issues of T.O.F.U., I've written about doing good things because they are good and not because the impact of those actions will ultimately be effective. Without rehashing that argument too much here, I'd like to reiterate it in a nutshell.

It's basically this: even if, for example, you're the only person on planet earth conserving water in your household, and the earth's water supply is therefore doomed, you should still conserve water. Even though your action is futile, you are morally obligated to take it. If something is worth doing, it is worth doing for its own sake. I guess that's why my resignation doesn't look like indifference.

When I do things that are good for the environment, I'm not thinking that I'll save the world. Part of the reason is because I'm not sure that it's possible to save the world, while another part of it is that I'm not convinced I want the world saved.

If planet earth becomes absolutely unsuitable for all life, so what? Is that so bad? The question becomes this: Is existence better than non-existence? That's a whole 'nother conversation. Luckily, it's beside the point.


Here we are. We owe it to ourselves to get the best that we can out of our lives. And the best we can means seeking ethical excellence to whatever degree our limited knowledge will allow, which in turn means seeking to expand that knowledge, and



being flexible enough to accept the ever-changing nature of human understanding.

In the interest of not fooling ourselves, we have to get by on small victories. That's got to be enough.

Author's note: Nothing in this essay is meant to disparage or discourage the courageous actions of those members of the animal rights movement taking truly helpful action for animals, namely the education of others and the physical liberation of suffering animals, which is one of the most meaningful possible actions to take in the interest of animal welfare.



**COSMO'S VEGAN
SHOPPE**

**CRUELTY-FREE
SPECIALTY STORE**

VEGAN

**GREAT VARIETY OF
100% VEGAN PRODUCTS**
such as: Supplements, Cosmetics, Shoes,
Belts, Bags, Wallets, Clothing, Chocolates,
Frozen Foods, Refrigerated Foods and More!

**SHOP ONLINE
COSMOSVEGANSHOPPE.COM**
★ 800-260-9968



Cook Break!



Tahini Therapy

OK, I'm accepting how behind in the vegan times I am as I have only now begun to truly realize how important a good sauce is, and where tahini can fit in that mix. I know, it was only a year ago I discovered coconut milk... maybe I should pace myself so I don't run out of sauce options, right?

1/2 block of tofu, crumbled or cubed
1/2 onion, sliced
5-6 leaves of kale
1 cup brown rice
various steamed veggies
(carrots, broccoli and asparagus perhaps)

Tahini sauce *
2-3 tbsp tahini
equal amount of tamari
4-5 tbsp water

* Honestly did not measure, just went according to taste.

Start cooking the rice. Be patient, there will be other things to work on in 10-15 minutes as the rice takes the longest.

Prepare the veggies for the steamer and start heating the oil for the tofu and onions.

Fry the tofu and onions until they're the way you like, check the veggies and if you're lucky leave the rice alone until it is pretty much done. I'm a paranoid cook so I always have to check it once or twice. I know that is probably one of the big no-nos to Rice 101 but I like the results just fine.

Speaking of results, can you guess what is next? Take it all and prepare it on a plate. Be nice to yourself and make it at least a little pretty...ok, do it for me then?

By Ryan Patey



So, you have managed to avoid all products that test on animals, those that are owned by companies you do not want to support, and products that have a mile long ingredient list that looks like a scientific equation. You have also tried to stick to products made by companies that adhere to fair-trade and organic regulations. This is awesome because at this point you are doing a lot more for the planet and your fellow living beings than most. Like me, you are now facing the issue of money, not to mention all of the packaging that still goes along with these products. It costs a lot of money to support these awesome, caring companies and I think we should when it suits our pocketbooks.

For now, while we are struggling with finances, couch surfing, jobless, or just wanting to save up money for that small wind turbine, here are some d.i.y. general beauty tips and facts.

SOAP - most soap is made from either animal fat or vegetable origin, then combined with a harsh chemical alkali such as sodium hydroxide or potassium hydroxide. This combination creates the chemical reaction known as saponification. All soaps, no matter how natural, are made this way, thus meaning you are using a harsh chemical when using soap. Dr. Bronner's liquid castile soap is the most natural soap with no harsh chemical additives I have found. It goes a long way, and if you buy the biggest bottle, you will save money as well.

Soap is a solvent and removes your skins natural protective barrier. An alternative to soap, is a natural scrub. Place 3-5 tablespoons of sea salt in a saucer, moisten it with a little water. Gently massage damp salt on skin for a few minutes. then rinse. If you have dry skin, you can use olive oil in place of the water. You can also add a drop of lavender oil if you want it scented. For a scrub that is good to invigorate or increase circulation on a cold day, grate a small amount of ginger and mix into the salt.

HAIR/SCALP - It is not necessary to wash your hair every day. This weakens the structure of the hair, and eventually irritates your scalp. Here is a deep cleansing shampoo to use twice a week, and you probably have most of the ingredients in your kitchen already. You can get essential oils at most health food stores, and they should last you quite a long time once you get them. This shampoo recipe makes 11 oz.

Put 1 tsp. oregano, 1 tsp. thyme, 1 tsp. chamomile, 1 tsp. lemon or orange peel, and 1 tsp. basil in large bowl. Add 10 oz. of boiling water, cover and let steep for



8 hours. Pour strained herbs into 12-15 oz jar with top, or squeeze bottle. Add 3 oz. of castile soap, 1/4 tsp. of olive oil, 20 drops of tea tree essential oil, 20 drops of rosemary essential oil, and 30 drops of lavender essential oil. Cap jar or bottle and shake. It is ready to use, but shake before each use. You can refrigerate this shampoo if it usually takes you more than 2 weeks to go through a batch.

For conditioning, rub a dab of olive oil, almond oil, or jojoba oil in your hands then smooth over hair. For a weekly deep conditioner, mash up avocado and coconut milk. Smooth over hair, place shower cap or plastic bag over hair, and let sit for 10-12 minutes. While you are waiting, make an herbal rinse by steeping dried or fresh rose, lavender, or chamomile. Strain, let cool, and after rinsing out the conditioner as best as you can, pour herbal rinse over hair.

LOTION - You shouldn't need much moisturizing for your skin if you have a healthy vegan/vegetarian diet full of foods that contain omega fatty acids (walnuts, flaxseed, olive oil, and almonds, as well as other tree nuts and legumes), you are getting a good dose of protein-rich foods (soy), and healthy, fatty foods (avocado and coconut), and drinking plenty of fluids. For spots prone to dryness, such as elbows, knees, hands, and feet, rub a dab of cold-pressed virgin olive oil on the skin. If you don't want to smell like a salad, make a mixture of your favorite essential oil: 10 drops of essential oil to every 3 oz. of olive oil.

DEODORANT - Combine 10 drops of tea tree essential oil to 1 oz. of witch hazel (available at any grocery store or pharmacy). Apply to a cotton swab and rub under arms. This is both antimicrobial, cleansing and deodorizing. If this is too harsh for your skin, or if you have just shaved, use only the witch hazel.



BLEMISHES - Do not further irritate your skin by touching blemishes, this will only spread the bacteria that gave you it in the first place. After cleansing the skin, do a facial steam, by boiling water and pouring over 2 green tea bags in a large pot or bowl. Cover your head with a towel and lean over the bowl, but not so close that the steam burns your skin. Relax this way for five to ten minutes, then rinse with ice water. Wipe a cotton ball with witch hazel over the skin, then dab blemish with clay mixture (1 tsp. of dried clay with enough water to make a pasty consistency). leave this on overnight. The next night, do the same thing, but instead of clay, squish a vitamin E capsule and completely cover the blemish. Leave this on overnight. You should see a significant improvement. I haven't figured out why blemishes make me so grumpy and I sometimes have to remind myself that it is not the end of the world and i have more important and selfless things to worry about, so i try to relax and drink some calming teas.

BEAUTY INSIDE AND OUT - Somewhere along the lines, people got it into their heads that the sun was bad for you. This is silly. The sun is essential to all life. Ten minutes of sun exposure a day will boost your immune system, chase the blues away, help aid in vitamin d metabolism, support hormone function, and give your skin a healthy glow. Due to the still ever growing concerns for pollution, use caution and your best judgement when sunning, like going out later in the day, sunglasses, sunblock if necessary, and finding partially shaded areas. Still, fresh air and sunshine is one of the best beauty treatments there is. If you are accidentally exposed to too much sun, pure aloe vera gently rubbed over skin is the best remedy.

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



OVER 1100 PRODUCTS THAT ARE
**100% FREE OF MEAT,
LEATHER, DAIRY, EGG, WOOL, SILK,
ANIMAL BY-PRODUCTS,
FAULTY LOGIC, LOADED QUESTIONS,
OR RAISED EYEBROWS.**



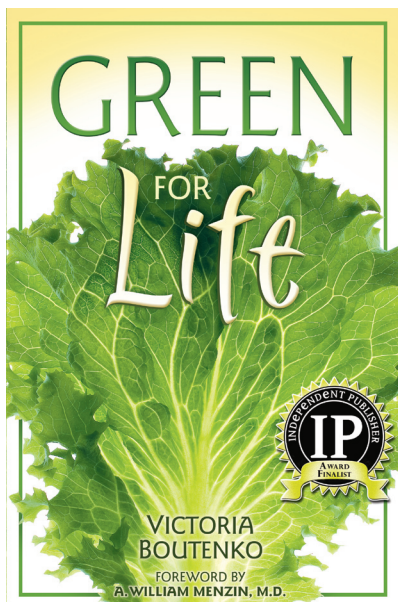
As a vegan, you've done the research, read the labels, and answered silly questions about the emotional lives of carrots. You've dealt with the raised eyebrows at family dinners when you explain (again) why chicken isn't vegan. And you've probably found many products that seem vegan but have animal-based products in there somewhere.

VeganEssentials.com is your one-stop shopping source for the vegan lifestyle. Food, clothing, shoes, makeup, vitamins, bath products, and more – over 1100 products, all guaranteed to be 100% vegan, delivered to your door with no hassles. Visit us online or call toll-free at 866-88-VEGAN (866-888-3426).

 **VeganEssentials.com**

“GREEN FOR LIFE”

written by Victoria Boutenko
Book reviewed by Genny Bourdages



When I first heard about this book I was listening to the Raw Vegan Podcast while on my way to work one day. I was later at Earthsave’s Christmas craft sale and one of the vendors mentioned that I should read the book since the author discusses stomach acid; a possible reason for why I had been living with multiple food allergies for the past six months.

The book sounded very interesting. The author is a raw vegan, in fact her entire family is (her husband and two children) and they had been raw for many years. when the book was published. She tells the story about why her family went raw vegan and the changes that the diet brought. As the diet they touted as so healthy was actually inadequate, they found ways to make it complete. In the book Victoria describes what the family did to overcome this while remaining raw vegan.

When her family began to have numerous medical problems as raw vegans, Victoria started to research what the perfect human diet was. She looked at the diet of the wild chimpanzees, who share about 99.4 % of the same genes of humans. She discovered that they eat very large amounts of green leaves compared to the average human. She then started making green smoothies on a regular basis (recipes included in book), which allow anyone to consume the necessary amounts of greens in a very easy and delicious way. However, the book isn’t just about incorporating more green smoothies into your diet. Victoria also goes into other topics related to health such as: the importance of fiber, which she calls “The Magic Sponge”, what stomach acid is and how it can effect your health, the Rosebury study (including testimonials), how greens make the body more alkaline, the importance to healthy soil, how that compares to organic and conventionally grown food, and so much more.



- huge zine archive, comix & award-winning documentaries
- thought-provoking exhibits & acclaimed speakers
- infoshop including artist-made, organic & fair-trade certified merch
- delicious d.i.y. goodness

**stirring
shit up
since
1998**

**edmonton
small
press.org**



The author found that once people started incorporating a green smoothie daily they started to give up bad food habits (eating junk food, or caffeine for instance). Also, incorporating one daily green smoothie in one's diet regardless if it's vegetarian, vegan, or omnivore is an easy way to gain many health benefits. When you compare this diet to a strict 100 percent raw vegan it is a lot easier to stick to; no sprouting, soaking or dehydrating required!

The book is very well researched and the author provides a lot of resources. Best of all it is enjoyable to read, which is why I would highly recommend Victoria Boutenko's "Green For Life" to anyone who wishes to learn more about nutrition and/or to improve their diet.



I'M COMING OUT AS VEGAN!

Dominic Berry

Maybe not today.
I'm afraid.
Don't single me out from the pack.
Anything but that!
I'd love to be an ace, king, Jack the lad,
rugged and mean.
But no.
I know
I am a celery munching queen.

Sappy, sappy fruit.
Not a real butch man.
Can't change the hand I've been dealt.
It's limp.
Like water cress.
I confess I ravish radishes,
crave brussel sprout,

but I am a closet vegan
and I'm not coming out.

I've tried to be like those beef stocky guys raised on pork pies,
strutting to the beat of a deep battered drum stick.
Cocksure. Strident. Keep brains in their meat and two veg.
Big men. Big macs.
Sized super muscle flexing troopers.

I pretend I am like them.

Struggling home with shopping bags,
I've tried to hide my veggie mince.
Tried to look rough. Jerky tough.
Steak acting. Steak looking.
Tell me I am normal, I will sacrifice any lamb,
just tell me I am one of the gang
and not a gooseberry.
Anything but that.



So, my queer desires are kept under
lettuce wraps.

But like any iceberg, most of me's concealed.
I still secretly savour celeriac. Prefer asparagus to veal.
The only blood I sucks from orange. It sends me to nirvana.
In my bedroom under quilt unpeeling my banana.

Then, I chew open a new thought. Teeth slowly grind.
All this mastication almost made me blind.
It's here! Clear! Hits like lemon zest.
A cucumber coolness washes way all bitterness.
Tear up my cards! Grind them to pulp!
Gulp down fear with a sip of herbal tea.
Switch on the internet. Pull up m'trousers.
Google V E G A N M E N and find...
they're not all big girls blouses!

But...
I...
AM!!

Yes! Check the mirror.
What a peachy fella.
This pumpkin's turned to Cinderella.
No feeble side salad, I'm the main dish!
Golden delish right to my core.
Olive skinned. Full of beans.
I'm coming out and proud.
Show those porkers I've got nuts!

Why'd I ever want to be part of their
cold, carnivorous crowd?
Real, butch men
or chickens
gauging gravied pie?
The truth, like onions, would make
most those lily livered boys cry.
They are macho as... nachos!
Strong? Virile? Quick?



How many of them could wring the neck of a little boy chick?
Or take a calf from its mother?
Or clip a piglet's teeth?
Seems these real men are icebergs too,
their truth hid deep beneath.

Overcome conditioning.
There is an inner voice.
I think it's normal to be caring.
I don't think compassion's a choice.
I think it's part of who I am,
like sex, like love, like skin.
This one small step took me so far!
Swapped fois gras for Mardi Gras!
My new taste buddies cheer "Hurrah!"
Let the party in!
Want the world to know.
Got to let it show.
"I'm coming!"

Pop my cherry!
Dance and shout.
I am vegan.
I'm coming out.

www.myspace.com/thepoetdominic





REFRESH
REFLECT
RELAX

SE DÉTENDRE
SE DÉTENTER
SE RELAXER



DOWNTOWN
BED & BREAKFAST

AUBERGE À
CENTREVILLE

613.563.4399
www.downtownbb.com

DOWNTOWN
BED & BREAKFAST

AUBERGE À
CENTREVILLE

- Breakfast included!
- Complimentary tea, coffee, filtered water 24/7.
- Children & Pets Welcome!
- Heart Healthy vegetarian breakfasts served.
- Maps and restaurant list.
- Friendly environment.
- Petit déjeuner inclus.
- Gratuits thé, café, eau en tout temps.
- Enfants et animaux sont les bienvenus.
- Plats végétariens servis au petit déjeuner.
- Cartes et liste des restaurants.
- Environnement chaleureux

DAY SPA SERVICES:

- Massage Therapy
- Skin Care

Walking distance to attractions and embassies.

LES SERVICES SPA :

- Massage thérapeutique
- Soins de la peau

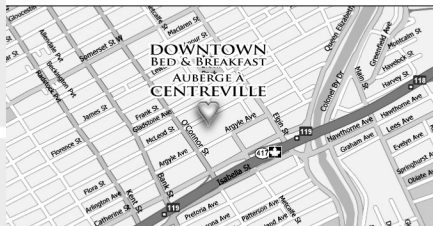
Près des ambassades et les plusieurs attractions.

We're
Green!

Soyez
écolo!

263, rue McLeod Street. Ottawa (Ontario) Canada
Next to the Museum of Nature / Près du Musée de la nature

613.563.4399
www.downtownbb.com



Seeing Reason

COMING OUT OF THE VEGAN CLOSET

Kelly Twomey

I've come out of the vegan closet, the place where vegans hide their truth. I have just recently "come out", and it is one of the most liberating experiences of my life.

It took me a long time to get to this point. First, I stopped eating cows and pigs. A year later I cut chickens, turkeys & fish out of my diet. The progression to becoming vegan took about ten years, as I slowly came to the realization that consuming cow's milk and eating chicken's eggs still contributed to an enormous amount of suffering and pain. Seventeen years after first becoming a vegetarian for animal rights reasons, I am finally out of the vegan closet.

During my transition in the past 15 years, I had become more and more certain that I could not contribute to animal suffering, and I would do everything in my power to lead a life that caused the least amount of harm possible. I continued to believe however, that this was my personal choice. The fact that others around me continue to eat meat, was something that I had to accept, and respect, even though it went against my core values. I have always believed in respecting other's beliefs, traditions, customs & choices. Veganism used to be just another choice, just as choosing to follow a religion, or choosing to read a certain type of book. I made excuses for my silence about veganism, believing that I would offend meat eaters if I started telling them my thoughts on factory farming, the leather industry or animal abuse. I had the false notion that just being vegan was enough. I was doing my part for the animals by simply not contributing to the horrors of the animal industry. I was wrong.

Believing that it is wrong to use and abuse animals for our own personal gain is no more a personal choice than believing it is wrong to use children for pornography, to abuse women, or that white people had a right to use black people as slaves. After truly awakening, after emerging from the vegan closet, I realized that I would no more respect a man who thought it was acceptable to rape women, than I would respect a person that knowingly contributes to the rape of billions of cows a year for our own gustatory pleasure. Wrong is wrong. Abusing another sentient being for our own profit & pleasure is unacceptable, whether that being is a child, a black man, a woman or an animal.

Some of you might be shocked to hear me compare animal agriculture to slavery, but since becoming awake, the similarities have never been more apparent to me. In



both instances, we hurt another living being for profit. We cage them up, take their freedom away from them, use their bodies for our own pleasure & rob them of any personal space. We put our own needs above their own and consider them a “sub-species”, simply put on this planet to cater to our wants. We buy & sell them for our own gain, and we use them up until they are “spent” and cease to be profitable. For hundreds of years, people have been fighting for the abolition of slavery (both humans & animals) and yet change has been extremely slow.

We are compassionate creatures. We can see the moral wrong in using a child for our own benefit or profit. A cow is also a portrait of innocence.

The truth is, simply “being vegan” is not enough. When there is injustice, it is up to all of us to speak out against it. It is up to us to spread the word. Without people spreading the word about the violence and useless cruelty of the animal agriculture industry, many vegans would not be vegan. I would have continued along my vegetarian path, not making the connection that the milk I was drinking was depriving a mother of feeding her young, while her baby went off a day after birth to be slaughtered for the veal industry. We are all brainwashed by the industries that lead us to believe that we “need” meat and dairy to build muscle, strong bones and teeth. We are led to believe that without animal flesh and secretions we would not survive, or even if we did survive, we would be weak and nutritionally deficient. We are constantly bombarded with “happy meat” commercials and campaigns that lead us to believe that animals are leading happy, healthy, and free lives on farms, until the point when they “sacrifice” themselves for slaughter. The advertising campaigns, sponsored by our own tax dollars, are so convincing, that when we finally lift the veil and start to see what’s really going on, we are bombarded by questions, comments and criticism about our choice. Despite overwhelming research connecting meat, dairy and eggs to obesity, heart disease and diabetes, a meat-eaters diet is never questioned. How often is an omnivore asked if they get enough calcium, vitamin D or iron? Yet there isn’t a vegan alive who hasn’t been asked if they are getting enough protein, B12 or calcium. My point is not that we shouldn’t ask vegans where they get their nutrients, my point is that we should all be questioning the “food” we eat to fuel our bodies. We should all question the motives behind the milk campaign, the beef industry and the “get crackin’” egg commercials.

We are compassionate creatures. We can see the moral wrong in using a child for our own benefit or profit. A cow is also a portrait of innocence. We are enraged to hear about violence inflicted on a dog, yet billions of pigs suffer through violent beatings every year in animal agriculture. We are disgusted when we hear about people eating



cats, squirrels or kangaroos, yet we accept eating chickens, pigs and cows as “the norm”. It is not that we are unsympathetic to cruelty and abuse. Billions of dollars are spent to make sure that we remain blind.

Vegans have a moral responsibility to speak on behalf of those that cannot speak. We have made the decision to lift the veil of ignorance, to not be swayed by the propaganda pushed by those who have the most to gain by using animals. If we don't take every opportunity we can to spread the truth, who will? Burst free from the vegan closet and be proud and thrilled that you are no longer blinded by ignorance. Rejoice in your freedom from dependance on animal flesh and secretions. Spread your joy and the truth at every occasion so that we can abolish oppression once and for all.

(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



Cook Break!

yummy yummy split pea stew

if you have a vegetable garden in the summer, you probably have zucchini coming out of your ears, so to break up the summer cycle of grilled garden veggies try a summer soup!

2 cups dry split peas
4 cups of water
dash of salt

Soak peas in water for 2 hours, rinse and cover with water again for another 2 hours.

2 large zucchinni (or 3 small), chunked
1 medium onion, chopped
5 medium potatoes, chunked
1/4 cup chives, finely diced
3 large garlic cloves, sliced
2 1/2 cups vegetable broth (no tomato base)
about 1/2 tablespoon of cumin, tumeric, chili powder (less of this one), garlic salt, pepper, oregano, sage (less of this one), parsely, sea salt
dash of sugar



Put a little olive oil in a large pot, throw in potatoes, garlic, and onion. Lightly brown them, then throw in zucchinni, stir for a few minutes, then add broth and enough water to cover vegetables. Add all spices. Cover on medium for 8-10 minutes.

Add peas (water and all), then chives. Stir and cover. Cook on low until peas turn to mush (about 45 minutes to an hour).

Serves 4-8 depending on how hungry everyone is. Serve with slices of french bread, or pita triangles.

By Amanda Rogers



Seeing Reason

A COMPASSIONATE CHOICE

Marika Collins

madcapcupcake.wordpress.com



I am asked, on occasion, about my reasons for being vegan. The simple answer: I love animals.

When the day came that I realized I could no longer call myself an animal lover and eat them, I knew there was no going back. For me, being vegan makes complete sense. Before I became vegan, there was always this nagging sense that something was missing or not quite right. Being vegan makes me feel complete in a way that is difficult to put into words. Finally, my lifestyle is in complete alignment with what I feel in my heart and soul. I literally woke-up one day and knew I would never consume another animal product again. I felt no pangs for

a particular food that I grew up eating. I never relapsed or cheated. It was easy for me, so easy that I wondered why it took me as long as it did to eschew consuming animal products. The best reason I can come up with is that I suffered from a simple lack of knowledge - and partly because I didn't want to know the truth. Because the truth is awful.

Knowledge is key. Once I educated myself on the facts about the lives of animals raised for food, becoming vegan was easy. I believe very strongly in educating people about the facts of factory farming because, like I once was, I think most people are blissfully ignorant. Spreading the word is important and there are many different ways to get the message across.

I once heard a fellow vegan compare veganism to an old Aesop's fable. The fable is about the Sun and Wind in an argument over who is stronger. To settle their score, they bet on which one would be able to get a man to remove his coat. The harder the Wind blew, the firmer the man kept hold of his coat. The Sun gently warmed the man until he eventually took his coat off freely.





marika collins

The fable favours the sunny approach, but I think there's room for both. While I may fall into the sunny category by virtue of a super sensitive personality, I am grateful for the windy vegans out there that are doing the difficult work I don't have the stomach for. We need those strong-willed individuals with the unbelievable courage to bravely immerse themselves in the cruel facts day in and day out, working tirelessly on behalf of the animals. They are a loud voice for those that have none.

One of the most powerful things a vegan can do is live by example and show others how easy it is. Many people have genuine concerns about getting enough protein or certain vitamins within a vegan diet. I can show them how, and I do. I will gladly share information about veganism with anyone who asks. I've never forced any sort of agenda on anyone. In my experience, pushing people generally results in getting pushed back.

Some are receptive to learning about what it means to be vegan and others are not. I am often taken aback by the defensiveness of some people when they learn that I am vegan, as if my veganism is somehow a threat to them. People can get rather hostile about it. Sometimes, I think it's guilt. I know that it is cruel and unnecessary to kill animals for food, clothes or any reason - if I choose to do so anyway, then I am being selfish. I know that a vegan diet is a healthy one. If I claim that I can't live without eating meat, eggs and dairy, I am being selfish. I have a choice.



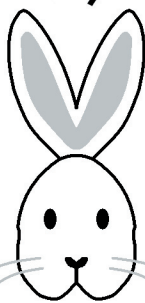


marika collins

As I was writing down these thoughts I turned to my husband and asked him what he felt was the most important reason for being vegan. His answer? It's good for the soul.

Being vegan feels right. Living compassionately, being an advocate for animals and spreading the message is a choice. It's the only choice I can live with.





Viva Granola

Vegan Store.com

*Vegan & Cruelty-free Shopping
in Canada*



Vegan Marshmallows
Meat-free Jerky,
Soy Curls, Parma,
Body Care Products
DVDs,
Pins & Stickers...
and much more!



Come and see us today!

TELL US WHAT YOU NEED!



It may shock some of you to know that it was on the same campus where I now write these words that I once argued against being vegetarian (vegan was not even in my vocabulary at the time). I was concerned about drawing the line at any level, and I argued that stopping at sentient beings as defined by a certain set of criteria would someday be seen as barbaric and ignorant as the definition of sentience changed and evolved. Similar to how we once considered women and so many other minorities to be less than the white male (arguably in many, if not all cases, we still do), someday people would wonder how we could have stopped at beings that were capable of thought or feeling pain, or some other measure. I came to the conclusion that a true environmentalist, a true believer in the rights of other living things to live free without pain or suffering caused by another's actions, would kill themselves. As I had wished to continue living at that point, and still do today, I remained a meat-eater and decided that if I was not going to go all the way, I might as well stay where I was.

Obviously, this attitude changed over time. In fact, it was both time and the acceptance of one specific vegan that led to me slowly drifting over to the Veg* side. If it was not for that acceptance, I'm not sure I would be who I am today. If she had chosen to treat me as one of the ignorant, the cruel and the murderous that can be seen to make-up the ranks of those who murder animals for their own benefit, then my idea of a vegan may have been completely different.

I have written about compassion for those who choose to consume flesh in previous issues (Compassion for Conformity, Issue One), but two recent incidents have led me to think that writing about it again may be necessary. It should be no surprise that both of these incidents happened because of some rather public declarations of veganism and animal rights.

I can has cheezburger?

The first incident began innocently enough. I was posting on a Montreal message board looking for help with a tour date there. In typical message board fashion, a simple request for vegan or veg musicians and supporters to contact me led to the usual postings about how good animals taste, how many animals someone would eat for each one I did not, and someone even posted a picture of a steak. Of course, this would have been par for the course if it were not for one Mr. Cheeseburger. His name alone suggested that the fates had conspired to have this meeting take place long before I posted the words that started it all. So it was with the innocent posting



for musicians that Cheeseburger and I spent the next few weeks having what, for lack of a better word, could be called a discussion.

From the beginning, it was evident that there would be no turning point in Cheeseburger's life if I posted links to Meet Your Meat, Earthlings, or any other typical video from the animal rights arsenal. His postings and immediate categorization of vegans (including myself) demonstrated that those he had met before me, as well as the mainstream media, had already given him the ammunition necessary to go to war.

Although my success with Cheeseburger may be questionable, the postings by others suggested that I might have at least softened the opinions of a few.

However, to the surprise of most of those involved in the posting, I did not attack. Admittedly, I'm not the most aggressive vegan to start with, but in this case I knew the hard facts would be simple words on the screen. Instead, for several pages, I attempted to deconstruct his misconception of who I was because I identified myself as a vegan. Although my success with Cheeseburger may be questionable, the postings by others suggested that I might have at least softened the opinions of a few. So, over the period of a few weeks and numerous posts later, I heard from a few musicians and then the topic slowly made its way down the list and out of sight.

The Seal Hunt

The message board incident alone had me thinking about my identity as a vegan, both internally and through the lens of the outside world, but it was not until my first protest that I realized just how different these two identities were. In the past I had dealt with the misconceptions and assumptions that a vegan label came with from the people I met, but it was only a few days ago that I experienced first-hand what this could mean when coupled with an issue as divisive as the seal hunt.

Living most of my life in Newfoundland, the seal hunt hit a little closer to home than it would for most animal rights activists. Although I grew up in a family entrenched in the oil industry, which is a whole other article in itself, I couldn't help but develop an understanding of the mentality and motivation behind so many of those on the island who looked to the hunt as an annual source of food and materials for personal use. By no means did I learn to accept the use of these wonderful animals for fur or other industrialized purposes. However, it is because of this split viewpoint that





The Soyfood with Culture

The Canadian Original • Certified Organic/OCPP
Certified Kosher • Fresh Frozen/Not Pasteurized
Tasty Traditional Tempeh • Genuine Slow Food

Noble Bean Tempeh Shop
www.noblebean.ca



I left one night for a candlelight vigil for the seals with a lack of certainty in why I was going.

The vigil itself was easy enough to take part. I simply held a small light and stood with the others on a busy intersection in downtown Halifax while pamphlets were handed out to those passing by. We heard accounts of how the day had gone and learned of the incident involving a transit bus driver who had felt the need to leave his vehicle to club the stuffed seal set-up on the sidewalk. Except for the occasional drive-by shout of “fuck the seals” and various other unnecessary declarations it seemed like the vigil would be both silent and peaceful.

That was until John showed up.

From the stance he took in front of us to the accent in his voice, it was obvious John was not there to applaud and support what we were doing. The simple declaration of facts about the seal population, the current state of the fishery, and other important factors to support a stop to the hunt held little weight. As John proceeded to present his own thoughts on how the seals were eating up everything under the ice and listening to the words of Heather Mills and Paul McCartney was a terrible way to make decisions, he continued to repeat these facts to the “mainlanders” and the “hippies” that countered with their own version of the truth. Tempers and voices started to rise.

When I finally acknowledged that I was from Newfoundland as well, and understood to some degree where he was coming from, there was a slight shift in the tactics of both parties. Although John openly admitted he was inebriated and should not be arguing with me over such things, I was doubtful that his stance would be any different the next day. I wish I could say the conversation ended with plans for introducing John to a vegan diet and a life free of animal cruelty, but that was not



the case. However, unlike Cheeseburger, at least I received a handshake and an acknowledgement of some respect before John decided to walk away.

Although there are many things I could discuss that arose from both of these incidents, there are two main points that I continue to think about. First, the obvious need for a person to understand and inform themselves of the facts that support whatever they choose to do and those counter to it, especially when it can be as confrontational as animal rights and food choices. Second is the need to acknowledge and determine how detrimental or inconsequential the current perception of vegans and AR activists is within today's society. Coupled with this is the effect of the vegan or AR activist's perception of those who simply do not share their views.

Knowledge is Power

Despite my constant declaration that the one true thing that I carry with me from my days within these concrete buildings is a student debt to be repaid, there are other things that carry some value. One of these is the fact that knowledge is power, and with this power many great things can be accomplished. However, it is because of the strength in knowledge that I was also taught to be cautious of where it came from, and this is perhaps one of the most important things I know today.

Do our facts hold more truth than those that are used against us?

Whether deciphering a label in a grocery store or protesting on a street corner, being vegan means determining a lot of facts. Luckily, in this day and age there are many ways to accomplish this no matter what the topic. A quick search on the Internet can provide one with enough information to justify a vegan diet and condemn any given part of an omnivore's lifestyle with ease. Of course, this hotbed of information can also provide the other side to any story, and this is where the real problem lies. Do our facts hold more truth than those that are used against us? One can often fall into the trap of believing that all information that supports a gut instinct or a peer consensus equals the truth. Unfortunately, this is not always the case, and the same connection you feel with the "facts" you carry around to support your case is felt by those who will confront you at the family table or in front of a department store selling fur.

This is why it is important not only to learn the facts that support your side of the argument, but also to be aware of the facts that support the opposing side. Although



you can try to pick your battles, you have to be prepared when the battle picks you. Simply knowing the effects of the meat industry on global warming (Bittman, 2008) or the health benefits of a veg* diet (Mangeis, Messina, Melina et. al., 2003) may not help when confronted with the impact the recent boom in soy production has on the environment (Barnes, 2008) or the questionable validity of the research reported by the PCRM (Kava, 2002).

It is only through understanding both the responsibilities and the consequences of the choices you make and the knowledge you use to support it that you can hope to make the greatest difference in a world that needs every bit of help you can offer. Being capable of acknowledging problems with your argument, and perhaps even accepting that you do not have a solution to it may help to open up dialog with many more people. This open dialog is probably the most important element of creating the changes we all wish to see in the world.

Why Can't We All Just Get Along?

Along with the ability to have an open dialog, the fostering of a broader compassion towards all living things, humans included, should be considered. If we are to truly save the world, it is my opinion that saving the majority of its inhabitants is of great importance. Although it seems safe to say that vegans have an exceptional respect for living creatures, I have too often noticed a strong disrespect for those who are filed in the same rank with us as humans.

It is this deep disgust with those who eat meat, and the labels that are so easily applied to them based on this one characteristic that makes me question how we can expect to convince people to view the creatures they now treat so cruelly with the same respect they would treat another of their kind. Although some may argue that their lack of concern for the well-being of another living creature warrants refusing to acknowledge them as intelligent individuals, I would suggest that this judgment of an individual through one aspect of their being is no different than the judgment they use to treat other creatures so cruelly. If we are unable to see the whole person as a sum of all the things they do and believe, how can we convince them to consider a farm animal as more than a meal?

Along with this apparent contradiction in how omnivores are perceived for their cruelty, this simplistic view can also be seen as harmful to the animal rights movement in general. Both Cheeseburger and John justified their anger with their perception of either a vegan or an animal rights activist. This common perception often involves the idea that we would rather see an animal live over a human, which surely conflicts





snack time provided by Kathryn Asher

with the majority of people who would hold the human higher. Before a word was said on my end, both individuals were immediately aggressive and felt under attack. This reaction is rarely the start of an interaction that leads to a positive change, and it is this reaction that we should work towards changing.

To possibly provide a way to understand how it feels to have someone judge you based solely on one thing you should consider how other groups that have made lifestyle choices based on food would view you. How would you justify your decision to simply eat a vegan diet to someone who was a raw foodist? How would you justify your involvement in the commercial food industry to someone who was a freegan? In either case, how do you feel they would view you if they were simply using your food choices as the criteria?

You Don't Have to Take My Word For It

By no means am I the sole authority on how you should live your life, and I hope by now you have come to realize that letting the choices of others influence your own is not always the best way to live. I know that there are people out there who would disagree with my view, and possibly be angered by many of the things I have said, but it is the differences in opinion that I welcome. The last thing I would want in this world is to have everyone in agreement. I would not have changed my life in many of



the ways I did to be the person I am today. However, and perhaps this is why I differ from some of the other vegans out there, I also would not have ended up here if it was not for the acceptance of a vegan who saw me as more than just a carnivore. If it was not for her viewing me as someone with both good and bad qualities, I would probably still be eating something that once had a face and you would not be reading the words you now hold in your hands.

References

Barnes, Erin. The tofu trap: our soy habit has environmental consequences. Our Planet. FindArticles.com. Retrieved March 26, 2009 from http://findarticles.com/p/articles/mi_6963/is_2008_Sept_8/ai_n30933692

Bittman, Mark. Rethinking the Meat-Guzzler. The New York Times. January 27th, 2008. Retrieved March 26, 2009 from http://www.nytimes.com/2008/01/27/weekinreview/27bittman.html?pagewanted=1&_r=1

Kava, Ruth. Physicians' Committee for Responsible Medicine: Not So Responsible. Health Facts and Fears. Retrieved March 26, 2009 from http://www.acsh.org/factsfears/newsID.227/news_detail.asp

Mangeis, Messina, Melina et. al. Position of the American Dietetic Association and Dietitians of Canada: Vegetarian Diets. Journal of the American Dietetic Association. June 2003 Volume 103 Number 6. Retrieved March 25, 2009 from http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_933_ENU_HTML.htm



Veg-powered music worth checking out!



Amanda Rogers- HEARTWOOD

Amanda's most positive record to date, written from the darkest gloom...where seeds of song inspired hope, strength, and change, and roused her from a death-like sleep. "Homegrown indie-pop"

www.amandaspiano.com

www.myspace.com/amandarogers

www.youtube.com/amandaspiano



Ben Karis-Nix- WE ARE GIANTS NOW

A skilled mix of the organic and the digital, We Are Giants Now makes Ben's underlying respect-the-Earth aesthetic all the more moving, as well as musically gratifying. Get it from Collar City Records!

www.benkarisnix.com www.wearegiantsnow.com

www.myspace.com/benkarisnix www.youtube.com/benkarisnix

The Sketchy Indians- Sippin' 40s

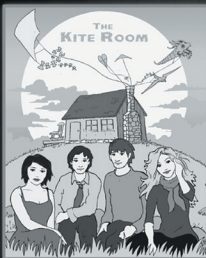
The Sketchy Indians are a songwriting collective that are as poetic and sincere as they are playfully ridiculous. Their first ever release, SIPPIN' 40s, is 11 songs to inspire, celebrate, contemplate, and reflect on until the end of time. www.myspace.com/sketchyindians



Zach Comtois- Songs To Move On With

Crisp and intimate production highlights the lyrical straight forwardness and honest sentiment of this 5-song e.p. for those in love, broken-hearted, searching for truth, or just in need of thoughtful melodies and instrumentation.

www.myspace.com/zachcomtoismusic



The Kite

Room- If you are lucky enough to catch an inspired live set by this vocal group, you will be drawn in by the magic they create with lush four part harmonies and catchy folk melodies reminiscent of 60s' sunshine pop.



Get records, posters, tshirts, and more from these veggie- loving artists on Do It Together Records, an eco-friendly company.

www.ditrecords.com ditbooking@gmail.com

L.A. VEGAN CHOW

Happy Kreter



There are a few West Coast cities that vie for the title of vegan supremacy – cities where it is not only easy to find vegan food, but easy to find vegan food that tastes good enough to make you renounce God (or believe in God, as the case may be). The competition is strong; with Seattle and San Francisco each making a great case, but currently, my own personal West Coast herbivore heaven is the city of angels, Los Angeles.

The vegan options are so vast in L.A., that it would take a novella length article to cover them all, so let's stick to a few of the immediate stand outs, and maybe we'll do a second installment about eating vegan in L.A. somewhere down the line.

First stop, *Follow Your Heart*. This is a restaurant/supermarket established many years ago, before the L.A. vegan explosion. Follow Your Heart (FYH) is best known around North America for their line of Vegenaise and Earth Island gourmet vegan cheeses, which are made in a solar powered facility separate from the restaurant. Those outstanding products are a good indication of the quality to expect from your dining experience at FYH.

FYH serves up some delicious sandwiches and dinner entrees, but the meal you most want to eat there is breakfast. In particular, I recommend Lorenzo's Eggless Egg Sandwich, which is poached-egg-looking tofu, wheat meat, avocado, tomato, and mayo on an English muffin – sort of a gourmet vegan Egg McMuffin. The French toast is also outstanding, and I'd be remiss if I didn't also mention the milkshakes. That's a hearty breakfast and a helpful one if you're interested in putting a few pounds on your skinny veggie ass.



After breakfast, hop on the Hollywood Freeway and head towards Universal Studios. Across the street from said amusement park, you'll find *Vegan Express*, just one of the many SoCal restaurants whose name actually includes the word "vegan", a phenomenon I haven't encountered in any other city.

Vegan Express is one of many Thai-owned vegan restaurants in Los Angeles County, and like most of the other places, it serves both Thai and Western food. If you're like me, you've found some Thai restaurants in your hometown that can cater to your vegan needs. As such, when I'm at Vegan Express, I zone in on the American-style items – those are the things I can't get back home.

Here, I recommend the Peppersteak Sandwich, which is kind of like having baby back ribs in a bun. More importantly, you cannot leave L.A. without eating Vegan Express's Cowboy Sandwich. This is probably my favorite food item in all of California. You feel as if you're eating a chicken Caesar salad sandwich. If all I ever ate for the rest of my life was this sandwich, I could die happy.

Vegan Glory is another one of the above mentioned Thai-owned vegan restaurants. Especially good here are the tacos and the chicken nuggets. I also had a more Asian-type dish called Orange Peel Chicken, which I enjoyed thoroughly in spite of feeling as if I was developing some kind of dental complication from the super sweet orange sauce.

Real Food Daily (RFD) is a high-class joint in an upscale shopping district. I've seen celebrities like Jason Schwartzman and Rick Rubin chowing down in this place. Once again, the menu is 100% vegan and you can't go wrong. I've eaten here more than any other L.A. restaurant over the years, and I've frequently ordered new dishes. I've never had anything short of stupendous here. Highlights include the club sandwich and the Salisbury Seitan, which is a meal of "steak", mashed potatoes, and veggies smothered in a superb gravy. For vegan youngsters, RFD also offers a kid's menu, ripe with outstanding and healthful fare.

Last stop for this swing south is *Green Leaves*. Located in the Los Feliz area of L.A. near the Observatory and adjacent to the famous Hollywood sign, this spot has over a hundred items on its exclusively vegan menu. The walls are decorated with rock n' roll memorabilia, and on one wall is a TV and Playstation where you can rock out on Guitar Hero. My friends and I argued over which was the better appetizer, the chicken drumsticks or the chicken nuggets, but we reached consensus regarding the chicken quesadilla, which tasted authentic and delicious and was primed to give Vegan Express's Cowboy Sandwich a run for its money as California's top menu





item. The house's signature dish, the Rock n' Roll noodles are also worth a spin, and make sure you use a hit or two from the bottle of the Double Chicken Brand sriracha sauce that sits on every table.

There's no way to conclude this article without feeling guilty for having excluded some fine hotspots. I'd apologize for the strong focus on junk food/diner style eating, but that's what I look for when I travel. Vegan health food is readily available almost anywhere you go, after all, a trip to the supermarket will get you a decent stir-fry. But when it comes to fake meat treats and the stuff I miss from my childhood, L.A. is the mecca to which every vegan worth her salt must make a pilgrimage.

Follow Your Heart
www.followyourheart.com
21825 Sherman Way, Canoga Park
(818) 348-3240

Real Food Daily
www.realfood.com
414 N. La Cienega Boulevard
(310) 289-9910

Vegan Express
3217 Cahuenga Blvd W
(323) 851-8837

Green Leaves
www.glvegan.com
1769 Hillhurst Ave.
(323) 664-2345

Vegan Glory
www.veganglory.com
8393 Beverly Blvd
(323) 653-4900



Cook Break!

Blueberry Muffins

- 2 c. light spelt flour
- 1.5 tsp. baking soda
- 1/2 tsp. sea salt
- rind of one organic lemon
- 3/4 c. raw sugar
- 1 c. strawberry (or other) soymilk
- 1/3 c. oil
- 1 tsp. lemon extract
- 1 T. apple cider vinegar
- 1.5 c. blueberries

Preheat oven to 350 degrees. Mix together all dry ingredients. In another bowl, mix together all wet ingredients except vinegar. Add vinegar to wet ingredients and stir to combine. Add wet ingredients to the dry and mix. Spoon into a muffin tin. Bake for 20-25 minutes. Allow to cool in muffin tin for 5 minutes before transferring to a wire rack to cool for 5 or more minutes. Makes 12 delicious muffins.

By Breighan Hunsley

SEXUALITY / POLITICS / ART / VEGANISM



these things ain't gonna
smoke themselves...

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



Clean Nibbles

A WORLD WITHOUT ANIMAL TESTING

Cynthia Ljungqvist

Once I had a discussion with a biology student at Lund University in Sweden about different types of animal oppression occurring at the University and his response was “if you have a chance to oppress someone, of course you take it”. This is a very radical statement made by only one person, but to be honest I think that’s sadly how the human world works. We have lost our respect towards life and see everything as a potential profit for ourselves, no matter what the cost.

As a Biology student, animal testing has become a part of my daily life. Not as often practical as it is theoretical, but in one way or another it’s always there to remind me of the exploitation of life and the loss of respect for it. I frequently ask myself how valid these different studies are, and more often, do we really need them. If so, for what?

...his response was “if you have a chance to oppress someone, of course you take it”

To get an objective perspective to this topic I talked about animal testing with people who work with it and those that have tried to avoid using animals in their careers. The people I talked to were professors and students from Lund University in Sweden, the Veterinary School of Sweden, and Dalhousie University in Canada. I also talked to an Animal-testing Technician who works at one of the Swedish University Hospitals, and as a contrast to that I researched web sites for organisations that were against animal testing. For the article, personal information will be kept anonymous.

There are a lot of different types of animal testing, but they can basically be summarized into three different areas: education, biochemical, and safety testing of products. As expected, some of these areas are harder to argue against than others. For example, any animal testing used to provide “luxury” to humans, which is basically the safety testing of products such as cosmetic and household cleaning products, is not hard to argue against, and I think a lot of people agree that this sort of animal testing is unnecessary. When it comes to safety testing on drugs, pesticides or biochemical products the question gets more difficult, as it is mostly about improving overall human health. As a supporter of the opening of Oxford’s neuroscience lab in the UK pointed out “Who would you save: The child with cancer



or the rat?” As I see it, the discussion about animal testing has never been a question of choosing between two individuals, and for me there should never have been the possibility to make that choice.

The part of animal testing that I am most connected to, which is in education, involves animals being used in many different ways to provide more information for various studies. Animals are used from elementary school up to higher education levels for this purpose. At the higher levels, animal testing is used to study animal behaviour, animal physiology and morphology, to practice surgeries in veterinary school, and so on. It is also used by the military to test chemical weapons or to improve equipment, such as developing sonar systems by studying the echolocation ability of dolphins.

Animals in Education

When talking to different professors about animal experiments, it became clear to me that most of them see it as a trade-off, something that needs to be done for the sake of knowledge, the sake of the species and humans. For example, if we didn't know about the physiology of an animal, we would miss important information about their needs within an ecosystem. These requirements have become a topic that is more often addressed in Conservation Biology as the human impact on ecosystems becomes more intense. According to many, the use of animals in experiments is justified for the sake of their own survival as a species. Still, Jim (Professor in Conservation Biology) claims that he's been working with conservation issues his entire career without using one animal in any experiment, or using data based on animal testing. He also said that he refused to do any animal testing or dissection during his entire education in biology, something that is almost impossible to achieve as a biology student today.

According to Frank (Professor in Fish Biology), animals used in education, such as behavioural studies, physiology or dissections, are thought to connect us to nature. Judy (Professor in Physiology) argued against that and said that to connect with nature we just need to go outside, to take a walk in the forest, etc... while Frank claims that humans don't really want nature anymore so science is our only way to connect people to it. He argues that its inhabitants are far from our daily life, especially for marine ecosystems, his area of study. However, by being able to see them in three dimensions and obtaining an understanding of the variety of species that exists, the eyes of the public could be opened to the importance of protecting ecosystems.



However, Frank still believes that a lot of animal testing is a waste, both in education, biochemistry and the safety testing of products. He also argues that some experiments that are thought to be “light” as they don’t include physiological harm to the species, such as translocation or other manipulative studies, are far worse than just killing the animals, as it prolongs the suffering due to changes in the animal’s environment. Still he said that he evaluates the need of actually killing animals for each of his studies, and that his purpose of doing research is never for the benefit of humans.

“everything has to do with the sheer scale that we do things, of course we could, and should, decrease the amount of animal testing that we do”

Plenty of experiments are being done to “help” animals, for example testing how chemicals effect a species could help us to better understand how to help the species that are exposed to the same chemicals in the wild, or to know a song bird’s behaviour could help to protect their habitat. Many studies, however, are not done with any direct intention to save the species, they are undertaken as a matter of human interest and perhaps a need to “connect to nature”. One should really question the ethical purpose of this and also the extent to which this sort of research occurs. Eric (Professor in Animal Behaviour) points out that “everything has to do with the sheer scale that we do things, of course we could, and should, decrease the amount of animal testing that we do”, but he also suggests that between all those useless results comes one valuable point that could be of great help. Personally, he believes that he could continue all his research without using animals.

Animals in Veterinary School

Fran (Veterinary student) nicely illustrates the double moral of veterinary school where some animals that are loved by a human have an emotional value, while others are just seen as material. She says that veterinarians have a double role where they learn about the individual animal to be able to cure and treat it, but they operate under conditions where nearly all animals they meet are used or abused in one way or another. They learn to treat diseases caused by a sick system rather than to fight the system that causes the diseases. She says that one of the main tasks for veterinarians is to treat mastitis in cows, which is a disease caused mainly because they are bred to produce too much milk.



Fran believes that the veterinary school could play an important role in spreading respect towards animals; instead she sees that little is done to increase this respect at her university and she thinks that veterinarians should follow the same Hippocratic Oath as doctors: “above all, do no harm”. She points out a specific veterinary school in the US, Western University¹, where the philosophy “Reverence for life” has been promoted throughout a student’s education. This philosophy includes not using animals that were killed unethically for education; still the university provides the same high standard of education as any other veterinary school in the country.

Animals in Biochemistry

Globally, around 100 million animals are used every year in experiments. Scientifically, these tests cannot be directly applied to humans due to species differentiation. Still, according to Kelly (laboratory animal technician), we need animal testing to know how drugs effect a whole body system, saying, for example, that cell cultures cannot show how a drug causes side-effects such as dizziness, etc... She sees animal testing as something that is not necessarily good, but essential to increase human health. The Dr Hadwen Trust², the UK’s leading medical research charity of non-animal techniques, argues that even if testing drugs on other species like mice could get an overall idea of the function of a drug, the results provided could be very misleading due to species differentiations. There is a range of evidence where drugs tested on animals show no fatal or deleterious effect on various species even at very high doses, but when applied to humans they cause serious damage or health problems.

Animal Testing in the Future

All those interviewed agreed that a lot of experiments are a waste of life and, except for Fran, put human health before the life of other animals. Fran believes that we could live in a world without vivisection where all life could be equally valid. She also believes that new research methods could open up and gain new results that we all could benefit from. Both Jim and Fran think that there is a lack of respect to the

¹ <http://prospective.westernu.edu/veterinary/welcome.html>

² Dr Hadwen Trust - <http://www.drhadwentrust.org.uk>



individuals in all areas of animal testing. Jim said he always considers the individual, but in the case of animals used in research to provide a cure to fatal diseases he finds it hard to put animal life equal to humans. Still, he points out his lack of knowledge towards alternative methods in this area and he believes that a lot of experiments on animals could be avoided without endangering human health.

I believe we have a moral responsibility to not abuse, use or oppress any life on this planet, including nature as a whole.

Alternatives to animal testing (for further detail on alternatives, see cited websites) have been proven to be cheaper, quicker and more effective than animal experiments. During the last century a lot of effort has been put into creating alternatives to animal testing. Although this effort was most likely based on the inaccuracy of using another species for human medicine rather than ethical reasons, this will mean a lot for the animals kept in laboratories around the world. We still need to come up with more alternatives, and as Fran says, we will probably not see an end to animal experiment until it becomes economically unfavourable. Still there are things that can be done in many areas, including personally. First, we have to ask ourselves if we really are in need of more products, such as cosmetics, housecleaning items, etc... that result in an increase in animal testing due to legislation that a product needs to be tested on animals to ensure the health and safety of the consumer. Second, we need better education in elementary schools, both theoretical and practical (not based on animal experiments), to increase knowledge towards the importance of respecting life of all kinds; we need to get the connection with nature back. I believe we have a moral responsibility to not abuse, use or oppress any life on this planet, including nature as a whole. I can not see this in modern society, instead I see the practical result of the statement of the biology student's comment on oppression; we have a chance to oppress others, so let's do it! I can see the difficulties in putting a stop to animal testing from an anthropocentric ethical perspective and the possible risk to human health, but I do not think that should necessarily be the outcome of it, we just have to do research with more patience and precautions. I also believe that there is another side of the decline in human health today that cannot be cured by drugs, pesticides, better housecleaning products, etc... and that is the structure of our society and how it causes diseases, starvation, a need for nature conservation, etc... We are doing this to ourselves, and no one or anything else should suffer because of that. Judy said that due to the research done in the three different areas of animal testing we are happier and healthier than before since we can now live longer, healthier lives. Personally, I believe this is not true, quantity is not quality. I would rather see myself living in a world where my actions, my career, my illness, my consumption, etc... do



not oppress others. I have always been against any sort of animal testing, for me the individuals have their own rights and for whatever reason animal testing is done; it's never for the individual. Therefore, I see no justification to use the lives of others to benefit our own, no matter where they fit in an evolutionary perspective.

Further Reading:

Alt Web <http://altweb.jhsph.edu/faqs.htm>

American Anti vivisection Society www.aavs.org

The Swedish Fund for Research Without Animal Experiments

<http://www.stifud.se/english/index.php>



In her spare time Cinthia helps me shoot and stuff peppers.



Clean Nibbles

GET OUT OF THE BOX!

Amanda Rogers

I cry with frustration when I watch this:

www.storyofstuff.com

I try to always urge people to support local businesses, organic and local farms, volunteer whenever possible, know their neighbors, and love and respect each other. “Get out of the box” is my way of expressing to people the importance of life in its most simple state. People should enjoy friends, family, nature, music, and art... these are the things that really make us happy and inspired. Not computers, video games, tv, or any other material things - this stuff just keeps us working harder and feeling unhappy about ourselves.

Many people think that being vegan is sacrificing too much, and many people think that spending more money to support the local economy rather than shopping at the “wal-mart super center” is sacrificing too much, and many people think that taking the time to fix something and keep using it, rather than just buying new, is sacrificing too much.



However, I say that by saving some thought-energy, cash, and time you will be sacrificing nature, family, friends, your health, your community, your soul, the future, and the entire planet.

I can't say it any more clearly than ‘the story of stuff’ says it. But I can say, the one thing that she forgot to mention was community. A strong local community is important. It may be the only way we will get out of the economic crisis we are in.

We have to get out of the box and help each other locally and support each other. Share ideas with your neighbors or even share stuff.

Learn what problems someone nearby is experiencing, maybe you can help them, and then maybe they can help you with yours.





I live in a small cabin in the mountains of Vermont. I am very involved in the town. I have only been here a few months and it feels so nice to know people's first names and have them know me. I have no television, no microwave, no toaster, no vacuum cleaner, no coffee-maker, no hairdryer, no new anything at all. All of my furniture was salvaged from the side of the road or bought from nearby garage sales. I put a little time, love, and care into them all and they are now as good as new. I have learned that the older the furniture, the more sturdy and long-lasting it is.

I make my own pillows, I buy my clothes second-hand, and my dishes and kitchen utensils are second-hand. I borrow a hammer if i need one. I borrow a vaccuum if i need one, etc...

I am not preaching. I am just sharing with you that I am quite content to not have these so-called time-saving things.

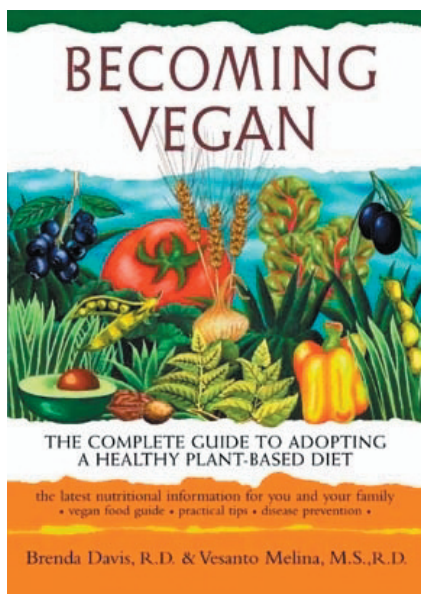
It is not difficult to go without, it is in fact easier.

SIMPLICITY IS BLISS!!!!



Written by *Brenda Davis & Vesanto Melina*

Reviewed by *Ryan Patey*



One of the biggest challenges for a vegan is finding reliable information. Choosing to change one's lifestyle to eliminate animal products is not as easy as simply deciding to eat whatever is leafy and green. Although anyone concerned about their health and what they put into their body should have at least a minimal understanding of nutrition and what is needed to live a healthy lifestyle, there are many things a vegan must learn that an omnivore could possibly take for granted. It is with the need to know these things that this wonderful book comes into play.

Starting off with a background on both vegetarianism and veganism from their humble beginnings to modern times,

Becoming Vegan helps to give one a better understanding of not only the nutritional facts about being vegan, but also the historical foundation of the lifestyle. It is this willingness to provide in-depth information on so many aspects of being vegan, as well as the balanced way in which they provide it, that makes this book so important for anyone thinking about becoming a vegan or who currently is.

Although I should have read this book back when I started changing my diet, it did come into my life at an appropriate time. My health took a rather sharp turn for the worst after a trip to Thailand last November and it became clear that something was wrong with the diet I was following. Without the guidance of other vegans, and being faced with a medical system that has little understanding of a vegetarian diet, let alone that of a vegan, I was forced to find the answers myself.

Within a few weeks of picking it up I was already changing the things I searched for at the grocery store and farmer's market, and even the way I prepared things was altered to increase the benefits of the meals I made. For me the main concern was



iron, and it is a battle I'm still fighting, but I can tell a lot quicker now when things are not right. The authors even provide interpretations of blood test results, which to me was a great help.

Although the amount of information in the book may be daunting at times, it is well organized and the sections are relatively short and filled with charts, figures and illustrations to summarize all of it. Once you accept that knowing what is in your food involves more than just whether or not animals are involved, it is worth the time to give this book the attention it deserves. As well, the handy index in the back allows for quick checks anytime you forget something or a friend wants to really know where your protein comes from.

Not content to address only the basic case, Davis and Melina also touch on topics such as pregnancy, eating disorders, being under or overweight, and even athletics in relation to being a vegan. Although these categories may not suit you, I would recommend reading them even if just to gain an understanding of your fellow vegan and how their diet may differ from yours.

Overall, *Becoming Vegan* will provide you with the information and the tools to improve your health through your dietary choices with confidence. It is this confidence, combined with better health, that will help to ensure you are able to live your life as an example for both vegans and omnivores alike. It doesn't hurt that it may also broaden your cupboard contents from a few apples, some lettuce, and tofu as well. Once you learn the health benefits of such things as kale, almonds and nutritional yeast you may start spending a lot more time reading labels for more than just the ingredients.





Sweet. Natural. Sinfully Delicious Desserts.

Our all-natural vegan cakes, cookies, bars & biscotti are made without artificial colours, flavours, or preservatives.

A healthier indulgence!

- ☞ All natural
- ☞ No refined sugars
- ☞ 100% vegan (no animal by-products)
- ☞ Non-Hydrogenated
- ☞ Dairy & egg free
- ☞ Low in saturated fat
- ☞ Cholesterol free
- ☞ GMO-free
- ☞ Lactose free
- ☞ Kosher

Decadent vegan cheesecakes, carrot cakes, fudge cakes, and more! Visit us at www.sweetsfromtheearth.com

Tel.: (647) 436-2004 info@sweetsfromtheearth.com
www.sweetsfromtheearth.com

Seeing Reason

CAUSE AND EFFECT

Lisa Dempster

www.lisadempster.com.au

You'll never catch me using the phrase 'the cause'. For me, veganism isn't a 'cause'; it's simply a choice I make about what food and products I consume. If I had to categorise myself (and it's something I'm loathe to do), I would say I'm one of a growing number of mainstream vegans, and in this case I use the word 'mainstream' with pride.

Although veganism is something I feel strongly about, I dislike being categorised as simply 'vegan'. Sure, I celebrate my beliefs – by being a vegan food writer, going to vegan potlucks and supporting vegan businesses – but I'm so much more than simply a vegan. Similarly, I don't expect to identify with anyone just because they're vegan.

**You'll never catch me using the phrase 'the cause'.
For me, veganism isn't a 'cause'; it's simply a choice
I make about what food and products I consume.**

Until recently, vegans were mostly considered to be hippies or punks, and both of those neat categorisations enabled the meat eating majority to ignore them or dismiss them as radical or freakish. Now, with growing numbers of vegans, veganism is becoming harder to categorise and harder to ignore. We are no longer freaks; we are corporate lawyers, hipsters, fashionistas, nutritionalists and mums.

This diversity is why I don't want to be *just* a 'vegan'. As more people switch to a vegan diet – be it for health, environment or AR reasons – it will become harder and harder for the mainstream majority to dismiss veganism as too radical, too hard or simply misguided. And so I want to be 'just Lisa', a woman who is also a vegan.

I'm the editor of a local food book, *The Melbourne Veg Food Guide*. It is aimed not only at vegans, but vegetarians and meat-eating foodies who want to discover new eateries. The guide is not about selling veganism; rather, it's about food – Ethiopian, Lebanese, modern vegetarian, mock meat, *food*. One of the criticisms I received about the guide was from blog commenter known as 'crazyvegan':

Rather than hammering a 100% vegan cafe for lack service, size, trading hours, menu



and a poor selection of gluten free options, why not hammer a vegetarian or even omni place for not being vegan? Pure vegan establishments should be given 100% for service and everything else they do, simply because they are serving 100% vegan food... By giving full marks to non vegan establishments you are simply encouraging them to keep serving animal products.

This is a seriously flawed argument. For a start, as a journalist I have an ethical duty to report the facts. Furthermore, I believe that the wholesale support of anything 'just because it's vegan' is detrimental to promoting veganism. As I responded:

I think that your idea of giving extra points to places just because they are vegan actually works against promoting veganism. Giving full marks to all vegan establishments may indeed encourage them to keep up the good work. But what if (for example) there was a sub-standard vegan restaurant that we gave full marks to even though they might not have 'earned' it, and then an omni went there to check it out, and didn't enjoy the food and felt that vegan food in general must be crap? And then continued on their merry meat eating ways? Furthermore, we believe that we are making a positive impact by particularly singling out omni and vegetarian eateries and reporting/scoring only on their vegan options.

Yes, I think it's ok to be critical of things related to veganism. Most vegans are making an engaged, thoughtful and intelligent decision about choosing not to eat animal products; for me, it's natural to extend that style of critical thinking to veganism as well. I won't eat at an inferior restaurant simply because it's vegan, nor would I buy shoddy products for the same reason. I have always asserted my right as a consumer to enjoy quality products; being vegan has not changed that, nor should it. I have always thought critically about organisations, businesses and theories; being vegan has not changed that.

So I feel no shame in saying that I dislike PETA. When I see their campaigns, such as their support of KFC in Canada, I cringe. I hate being associated with that organisation simply because I, too, am vegan, and I firmly believe that PETA do the image of veganism more harm than good by being complete mentalists.

AR activist Jamie Yew ([myspace.com/bokchoycitch](https://www.myspace.com/bokchoycitch)) wrote a note on facebook recently:

It is part of my plan to dress, appear and look as mainstream as possible i.e. clothing and make up, because I believe people respond better to you when you are trying to educate them about compassion, equality and social justice.



Although I don't necessarily agree with dressing mainstream, Jamie makes an excellent point. I wish more vegans thought more about the impression they may be making on the general public. To return to PETA, they are basically considered as nutjobs by the 'general' (i.e. meat-eating) public. And I'm happily with the majority in that opinion.

A recent article in a national newspaper's influential food section, *The Age's Epicure*, highlighted this important point to me. On the surface, the article looked positive, as it highlighted the range of veg fine dining options available in Melbourne. However, the end of the article was a disgrace: it profiled a variety of people who were veg for different reasons (health, environment, AR), but the majority of people interviewed actually ate meat. Eh?

What's more alarming is that vegetarians are willing to eat meat – and still identify as vegetarians. In this example, it becomes obvious why I have no hesitation in distancing myself from certain strands of vegetarianism. The cause? Whatever.

Yes, the article included quotes from: a 'vegetarian' manager of a vegan café who occasionally eats "wild, organic or biodynamic meat"; a 'vegetarian' nutritionalist who eats some meat "when I feel like I need to"; and a 'vegetarian' man who eats fish. Although I believe it was unethical for the journalist to include these perspectives in her article, she is only partly to blame; after all, she has a vested interest in protecting the mainstream (meat- and dairy-saturated) food media perspective. What's more alarming is that vegetarians are willing to eat meat – and still identify as vegetarians. In this example, it becomes obvious why I have no hesitation in distancing myself from certain strands of vegetarianism. The cause? Whatever.

I personally don't ever expect to see a vegan world; I'm just too cynical to believe it will happen. But I remain strongly in favour of the vegans out there doing their best to promote veganism in a positive way.

Many people consider Michael Pollen and Peter Singer's work to be important, because each are rational, thoughtful and considered researchers. Compare this to how many non-vegan people feel when they see an AR activist throwing red paint over someone who is wearing fur. The AR activist may be making the loudest, most



noticeable point, but in the long run who is effecting the most change? That's not an easy question to answer.

I have enormous respect for people who go to the frontlines to promote their beliefs. To sail on the Sea Shepherd, for example, takes guts and determination in spades. Or to go to Melbourne's busiest thoroughfare, lay down on the ground and suck the teat of a lifesize fibreglass cow (as the aforementioned Jamie Yew famously did in 2008), takes balls the likes of which I can't imagine.

So I dig that other people are into direct or radical action, although I prefer to hide behind my laptop, hoping to prove that the pen is mightier than the sword. As mentioned above, I also have reservations about the effectiveness of radical action.

Likewise, I understand that activists would probably roll their eyes at my perceived passivity. It is not difficult to argue that the world desperately needs radical change. But the need for radical change does not necessarily mean that radical action is the best effector of that change.

Aussie vegan blogger Miss T (misstprincessvegan.blogspot.com) has written about the 'farm to fork continuum', and I agree when she writes that when more people start to be aware of where their food comes from, more change could be expected in attitudes towards meat and dairy. Sure, I roll my eyes as much as the next vegan when someone justifies their meat consumption to me by assuring they only eat 'organic' beef or 'free range' eggs – but I also believe that even choosing organic is a step in the right direction. It was, after all, a step I took – from meat to organic meat to vegan.

Probably what's needed is a balance between radical action, scholarly discourse and those simply lead by good example. So instead of all hoping to agree, or banding together for 'the cause', let's agree to disagree: embrace critical thinking, offer constructive criticism, and celebrate our individuality. Then, we'll no longer be 'vegans', and dismissible, but vegans, and (loudly, proudly) normal.



I've never had sex with a meat-eater and I doubt that I ever will. It's not that I'm the most righteous vegan, and neither am I the strictest or the most dogmatic. In fact, in general, I don't really care too much what people eat, and I'm resigned to the fact that very good people will continue to make the world a worse place by eating animal products. A small number of my friends are vegetarian, including some of the people I'm closest to. So what's my deal with the horizontal mambo?

It's simple really. It's not an ethical thing, or some principle about whom I'm going to share my life with; it's purely physical. A meat eater's body is a cemetery, filled with the decomposing carcasses of murdered animals whose deaths (and, in most cases, lives) were agonizing. That's just not something I can get into, pardon the pun.


venus envy

A lot more than vibrators!

“Our Bodies, Ourselves” “No Logo”

vegan lube “Hip Mama” buttons

“How it all Vegan” diva cup zines

 **venus envy** 1598 barrington street, halifax 902.422.0004
www.venusenvy.ca



Couple that with this fact: science tells about the relationship between our physical selves and our emotional selves. When we experience emotions - fear, sadness, anger, joy - different chemicals are released that correspond to what we're feeling. In some cases, the chemicals cause the feeling, vice-versa in other cases. The number of people who take anti-depressants or other mood-altering drugs, which alter their physical chemistry to yield the desired emotional result, supports this idea.

Physiologically, animals are not different from humans in this respect. There exists a correlation between their emotions and the chemicals their bodies release. So, when an animal is confined, stressed, caused pain, or otherwise tormented, its body's chemical composition is altered accordingly. Then people eat that animal, whose body at the last was filled with sensations of agony and fear. Now, all of whatever the body generates in response to those emotions sits in the gut of a meat-eater while their system digests. Not sexy.

So that's the deal. If you're not a vegetarian, your body houses corpses, and I'm not sharing my carnal accommodations with cadavers. We can be friends, but as for bumping uglies, knocking boots, or playing hide the (vegan) salami, it's out of the question.



To Do:

Read

The Omnivore's Dilemma - Michael Pollan

You'll never look at corn the same way again.

A Fine Balance - Rohinton Mistry

An amazing tale set in mid-1970s India. Almost as much truth as fiction, but you will wish it was all make-believe.

Planet of Slums - Mike Davis

The truth behind so much of what you will wish was fictional in *A Fine Balance*.

Listen

Supporting Caste - Propagandhi

The smartest musicians I know continue to educate through lyrics and music that doesn't hide the fact that maybe we should be angry.

Appeal to Reason - Rise Against

If you're not drawn in from the first track alone, then you may already be a lost cause.

Cook

Veganomicon - Isa Chandra Moskowitz and Terry Hope Romero

If you don't already have this beautiful piece of art, then you should.

Tempting Tempeh - Emily Clark

A lovely little book from our friends down under at aduki independent press. It has made my love for tempeh increase tenfold.

Watch

As Long as the Rivers Flow - The Story of the Grassy Narrows Blockade

A documentary about the longest standing blockade in Canadian history.



Debate:

85% good enough for Product of Canada, say farmers

<http://www.cbc.ca/canada/prince-edward-island/story/2009/03/30/pe-farmers-product-canada.html?ref=rss>

Buddhism and Vegetarianism

http://en.wikipedia.org/wiki/Buddhist_cuisine

Meat-eaters off the menu for vegans who are looking for love

<http://www.independent.co.uk/news/world/australasia/meateaters-off-the-menu-for-vegans-who-are-looking-for-love-459812.html>

Why are these vegans sent to plague us?

<http://www.theage.com.au/opinion/why-are-these-vegans-sent-to-plague-us-20090328-9esz.html?page=1>

Vegan Pet Food: Is It OK To Raise A Cat Vegan?

http://www.huffingtonpost.com/2009/03/25/vegan-pet-food-is-it-ok-t_n_178880.html

Look for more on the T.O.F.U. Site and offer up your two cents worth.

www.ilovetofu.ca



Cook Break!

Pea Soup

2 cups split peas (yellow)
1 onion, chopped
1 cup celery, diced
1 cup potato, diced
1/2 turnip, diced
3 carrots, diced

Soak peas overnight. Drain off water. Add 6 cups water & onion & simmer gently for 3 hours. About 20-30 minutes before serving, add vegetables.

Make doughboys as follows:

Doughboys

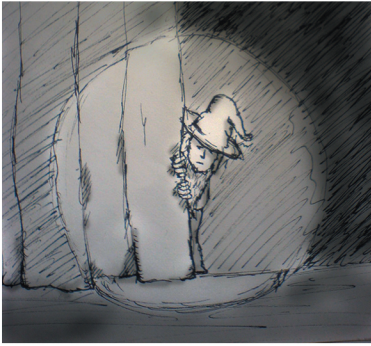
1 1/2 cups flour
1/4 cup margarine (block)
3 tsp. baking powder
1 tsp. salt
1/2 to 3/4 cups water or soy milk (water works fine, it's what I use!!)

Cut margarine into small pieces in the flour, baking powder and salt (which have been combined in a bowl). Add water or milk to make a soft dough. Drop by teaspoons into soup. Cover pot tightly and cook for 15 minutes. No peeking, they will grow in size quite a lot, so make them small.

Enjoy!!

By Darlene Patey





Behind the Scenes

Ryan Patey
(Spring 2009)

After years of standing behind the curtains show after show, and being inspired by so many artists he now calls friends, Ryan Patey is finally stepping out from the shadows to offer up the closest thing he has to art. More a catharsis than a statement, more necessity than whim, *Behind the Scenes* offers a look into the heart and mind of someone who has spent so long letting the words of others speak for him.

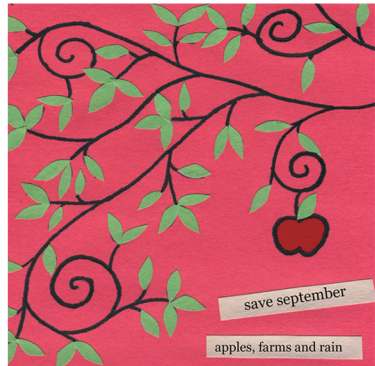


Tumbleweed Entertainment
home of the starving artist
www.twentertainment.ca

The long awaited full-length album
from solo artist Crissi Cochrane.

Following on the success of the
Bathroom EP, the upcoming album
showcases a newfound maturity in both
the songwriting and the inspirations.
From missing home (So Far Apart) to
wanting to be missed (Lonely For Me),
Save September sings from places as
familiar as those conjured by the
album's title.

apples, farms and rain
Save September
(Fall 2009)
saveseptember.com



SEE YOU IN ANOTHER TWO YEARS...

OK, I'm joking. Well, at least I hope I am. As I said at the start, I'm sorry for the long delay, and I hope in some ways it has been worth it. I know I feel better for getting the little guy back out into the world, and I think he does too. So, if you'll forgive me (this had nothing to do with him, honestly) we would like to try again with this whole idea of putting out an issue every few months.

Luckily, the world has changed in a few ways since the first issue came out, and it seems communication is even easier than it was at the start of this lovely little adventure. So, be sure to check out the website (ilovetofu.ca) for updates and information on what is happening with the two of us. I'm sure there will be pictures, video, music, etc...

Ryan

AS FOR THE NEXT ISSUE...

Staying Vegan in Thailand

I spent two weeks in the fabulous country and discovered a lot more than just how great pad thai can be at 4am in Bangkok. If all goes well, I will find the words to describe all of it next time.

Who Can You Trust?

I've always wondered what is required to be labelled organic, vegan, non-GMO, etc... Also, who are the people behind the organizations that provide those lovely little words and logos we have come to look for in the grocery aisles? I'll be looking for help on this one, and hopefully together we can find some answers and some peace of mind at the same time.

Our Usual Soapboxisms

As always, the magazine is open to contributions from anyone, so I have no idea what will make up the rest of the issue. Of course, I would not want it any other way.

Until then...



