

# The Victoria Vegan

#1  
Nov '06

## Vegan News and Resources

Published by:  
Friends of Animals 

### Vegan in Victoria!

Welcome to the premier edition of The Victoria Vegan! With the Atkins and Zone diets getting thoroughly KO'd by science and sanity, it's time again that we look at what we eat, and this time focus on something perhaps more important than a quick fix: where does our food come from, and what does it involve? Does it embody the things we value in life? Peace, justice and non-violence? A vegan diet is all of those things and more! Veganism, as envisioned by its founder Donald Watson in the 1940's, foresaw what he described as a "radical, peaceful movement", and veganism today still accomplishes this.

Radical, as in the Latin term meaning root, and peaceful, as in being gentle and mindful of others around us, human and non-human, as well as our environment. Veganism isn't just about eating plants -- it's about respect, and more importantly, living respectfully.

Admittedly, these days we can often feel powerless. Take a look at our oceans. In the beginning of November scientists predicted that by 2050, the oceans will be virtually 'empty' due to fishing and its destructive procedures.[1] (Brings new meaning to *So Long and Thanks for all the Fish.*) As an example, ocean trawling has a similar effect to the ocean floors as clear-cutting, and for every square mile of forest that's clear-cut on the land, 150 times as much area is cleared on the ocean floors every year.[2] Fishing with nets kills both intended species, and inevitably countless 'unintended' ones as well. Eating aquatic animals ignores not only the interests of the fish you eat, but also the interests of a host of other non-human animals. Dreadful as that is, each of us has the power to put an end to this, and \*easily\* - *don't eat fishes any more!!* And if you want to be even more pro-active about it, educate yourself and convince your friends and families to stop eating fishes as well!

Veganism, while certainly not the Holy Grail or the be all and end all, is perhaps one of the most important actions we can *all* take towards powerful and long-lasting positive change. By living a life examined, we can uncover where we're perpetuating the aspects of society we all wish to end: exploitation and killing. With veganism in hand, we're combating the mentality that allows these injustices to persist, and leaving a better world in our wake.

It's about challenging the wrong-doings we see, and challenging ourselves to be better. To be progressive, and never stagnate. Always looking forward, and always moving forward! It's about progress, damn it!!

Go forth, vegans and vegans-to-be, and spread peace and respect!

- Dave Shishkoff, Canadian Correspondent, Friends of Animals

[1] Boris Worm et al., "Impacts of Biodiversity Loss on Ocean Ecosystem Services," *Science* 3: 787-790 (Nov. 2006).

[2] Les Watling & Elliott A. Norse, "Disturbance of the Seabed by Mobile Fishing Gear: A Comparison to Forest Clearcutting," *Conservation Biology* 12:1180-1197 (Dec. 1998).

### Vegan Connections

Groups supporting and promoting vegan values and animal rights in Victoria.

FoA - Friends of Animals - Dave@FriendsofAnimals.org www.FriendsofAnimals.org  
SALDF - Student Legal Animal Defense League at UVic - www.law.uvic.ca/saldf/  
UVA - The UVic Vegan Association - John Bowers, dangerbowers@hotmail.com  
VIVA - Vancouver Island Vegetarian Association - www.IslandVeg.com  
VIVA-Raw - VIVA Unplugged - VIVARaw@IslandVeg.com

Interested in Vegan Discussion? Join the Friends of Animals international email discussion list VeganViews:

<http://groups.google.com/group/VeganViews> -- Even more online resources on our website, [www.TheVictoriaVegan.com](http://www.TheVictoriaVegan.com)

### About The Victoria Vegan

Published monthly, on or around the 15th of each month, it is produced by Friends of Animals, and works to serve the vegan population in Victoria, encouraging veganism, and thus respectful and peaceful thought and action.


Contributions to any and all sections, as a one-off or long-term commitment, are welcome, simply email us! Vegan advertisements will be considered to offset our cost: Editor@TheVictoriaVegan.com

### Distribution for November 2006

\* Print: 500 (100% PCW paper!),  
\* Email: Less than 50 - sign up at TheVictoriaVegan.com

Subscription: for \$25/yr we'll mail you your copy each month! Email Editor@TheVictoriaVegan.com

### Interwebs

Let's more great stuff can be found on our website - vegan resources for Victoria, a discussion forum, email sign-up for this newsletter, and once we print another issue, a TVV archive! 

[www.TheVictoriaVegan.com](http://www.TheVictoriaVegan.com)

### Friends of Animals

FoA is working in Victoria at various local issues, including creating a ban on the horse drawn carriages, vegan outreach, this newsletter, a Vegan's Guide to Victoria (or Vancouver Island), and more! ! People interested in getting involved or volunteering, or signing up to our email alerts list should send an email to Dave@FriendsOfAnimals.org You can also call him at 250-588-0482. The local mailing address is PO Box 50024 - #15-1594 Fairfield Road, Victoria BC, V8S 5L8, and FoA can be found online at [www.FriendsOfAnimals.org](http://www.FriendsOfAnimals.org) We would love to hear from you!

### Vegan in the News

**Study: Vegan Diets Healthier for Planet, People Than Meat Diets**  
[ED]It's funny how they go on about how a vegan diet is essentially optimal, being the most safe and healthy, and best for the environment...yet they never really just come out and say it! Full story:  
<http://www.sibernews.com/news/world/-200610065922/>

**The Organic [Meat] Myth - Pastoral ideals are getting trampled as organic food goes mass market**  
[ED]Organic farms now resemble factory farms, demonstrating it's still about making a buck. Don't get sucked into the myth that organic is somehow better for animals, it's simply replacing one form of exploitation with another. Full story:  
[http://www.businessweek.com/magazine/content/06\\_42/b4005001.htm](http://www.businessweek.com/magazine/content/06_42/b4005001.htm)

**'Only 50 Years Left' For Sea Fish**  
[ED]It's really incredible how disastrous our choices can be on the rest of the planet, luckily going vegan, and encouraging others to do this, is a huge step in curtailng this. Full Story:  
<http://news.bbc.co.uk/2/hi/science/nature/6108414.stm>

### Vegan Cooking

Thanks to local author and vegan celebrity Sarah Kramer for contributing to The Victoria Vegan:

It's so dark and damp here in Victoria. Our glorious fall is over and we have moved into the dark gray clouds of winter. This soup makes me feel cozy and hopeful on cold soggy days like today.

Enjoy.  
xoxo  
SARAH

#### Raunch Red Lentil Soup

This warm thick soup should be served over a scoop of basmati rice.

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 1 large onion, chopped               | 1 tsp turmeric                     |
| 1 tbsp olive oil                     | 1 1/2 tsp ground cinnamon          |
| 3 cloves garlic, minced              | 1/2 tsp salt                       |
| 1 jalapeño pepper, seeded and minced | 1 inch fresh ginger, finely grated |
| 3 cups vegetable stock               | 2 small tomatoes, chopped          |
| 1 cup dried red lentils              | 1/4 cup fresh cilantro, chopped    |

In a medium soup pot on medium heat, saute the onions in oil until translucent. Add the garlic and jalapeño and saute for an additional 5 minutes. Add the stock, lentils, turmeric, cumin, salt and ginger. Bring to a boil, then reduce heat. Cover with lid and simmer for 5 minutes or until the lentils are tender. With a hand blender or food processor blend half or all of the soup until smooth (be careful when blending hot liquids); return to the pot and stir in the tomatoes and cilantro. Cover with lid, remove from heat, and let stand for 2-3 minutes before serving.

Makes 2 large or 4 small servings.

Taken from LA DOLCE VEGAN (GoVegan.net)

### Vegan Vittles

#### Vegan foods found around town

The Victoria Vegan received a tip about an absolutely delicious sorbet at the Market on Yates, from a company called Belizza ([www.belizza.com](http://www.belizza.com)) featuring the açai berry (pronounced ah-sigh-ee), which is described as a mix between a raspberry and chocolate... and it's true! Get the açai/mango flavor, it'll blow your mind! It's also been reported that this frozen delight is available at Planet Organic and Lifestyles on Douglas.



### Victoria Vegan eVents!

- \* **Wed Nov 22nd 6pm** – First Friends of Animals meeting, discuss and plan local issues such as getting a ban on the horse drawn carriages, vegan outreach, The Victoria Vegan newsletter, and more! Email for details and to RSVP.
  - \* **Sat Nov 25th 6pm** – Vegan potluck with VIVA, Esquimalt Rec Centre, 527 Fraser St, bring vegan dish, ingredients list, dishes and utensils, \$2 donation, [www.IslandVeg.com](http://www.IslandVeg.com) for more info.
  - \* **Sat Dec 9th 6pm** – Vegan rawfoods potluck with VIVA-Raw, Esquimalt Rec Centre, 527 Fraser St, bring a RAW vegan dish, ingredients list, dishes and utensils, \$2 donation, [www.IslandVeg.com](http://www.IslandVeg.com) for more info.
  - \* **Sat Dec 30th 6pm** – Vegan potluck with VIVA, Esquimalt Rec Centre, 527 Fraser St, bring vegan dish, ingredients list, dishes and utensils, \$2 donation, [www.IslandVeg.com](http://www.IslandVeg.com) for more info.
- \*\*\* Check our website for updates: [www.TheVictoriaVegan.com](http://www.TheVictoriaVegan.com) and for contributions, email [Events@TheVictoriaVegan.com](mailto:Events@TheVictoriaVegan.com) by the 10th of the month.

### Vegan Venues

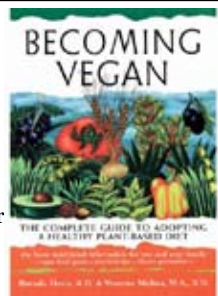
#### Shops and restaurants that are vegan friendly!

- The Joint** – 1219 Wharf – [www.EatAtTheJoint.com](http://www.EatAtTheJoint.com) - pizza shop with vegan cheese, as well as piles of Yves veggie toppings
- Lotus Pond** – 617 Johnson – all-vegan Buddhist cuisine
- Green Cuisine** - #5-560 Johnson – [www.GreenCuisine.com](http://www.GreenCuisine.com) – vegan buffet-style restaurant with fabulous desserts
- ReBar** – 50 Bastion Square – [www.ReBarModernFood.com](http://www.ReBarModernFood.com) - a tasty selection of vegan fine-dining options
- The Soap Exchange** – 1393 Hillside – [www.VictoriaSoapExchange.com](http://www.VictoriaSoapExchange.com) - all vegan cleaning products, and in reusable, refillable containers
- Seed of Life** – 1316 Government – vegetarian natural foods shop, great bulk selection

### The Vegan Book Report

**Becoming Vegan** by Brenda Davis, RD & Vesanto Melina, MS, RD

Briefly, this is **the** Vegan Handbook! Everything you need to know about vegan nutrition and staying healthy on a vegan diet. Wondering if you're getting enough zinc? Keep getting bugged about protein, but unsure how to respond? Do vegans have weaker bones because they don't drink milk? This book has your answers. First published in 2000 by authors in Vancouver, this should be in the library of every vegan! See [www.NutriSpeak.com](http://www.NutriSpeak.com) for more info.



### Sports Section: Vegan and Vegetarian Athletes

Are you active, and want to discuss nutrition with other vegan or vegetarian athletes? Dave is a bike racer at the velodrome and races for OrganicAthlete, and is interested in discussion or training groups with other veggies, and starting a local OrganicAthlete chapter. Email him at [VeganTrackie@gmail.com](mailto:VeganTrackie@gmail.com) or visit his vegan cycling blog <http://Cycling.DaveNoisy.com> – also see [www.OrganicAthlete.org](http://www.OrganicAthlete.org)

### Support The Victoria Vegan

You can support the Victoria Vegan by subscribing to the newsletter, becoming a member of Friends of Animals, or sending us a donation! Visit us online at [www.FriendsOfAnimals.org](http://www.FriendsOfAnimals.org) or use the form below. Thank you!

— **YES! I want to help FoA and the animals.**

Enclosed is my donation to support Friends of Animals in fighting animal abuses. (All memberships include a subscription to FoA's quarterly magazine.)

\_\_\_ \$25 \_\_\_ \$50 \_\_\_ \$75 \_\_\_ \$100 \_\_\_ \$500 \_\_\_ Other \$ \_\_\_\_\_

Make checks payable to Friends of Animals Please charge my \_\_\_ Visa \_\_\_ Mastercard

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Mail to: Friends of Animals, #205-777 Post Rd, Darien, CT 06820