

The Victoria Vegan

#2
Dec '06

Vegan News and Resources

Published by:
Friends of Animals

Vegan Pride!

That's right – I'm vegan, and I'm proud of it! I take pride in what veganism stands for, and how it's opened my eyes to many other important issues. It's given me opportunities to change myself for the better and lighten the impact of my 'eco footprint'.

What is veganism about, some might be asking? Going back to the roots, as defined by Donald Watson, co-founder of the Vegan Society in the UK in 1944 we see:

"Veganism is a way of living which excludes all forms of exploitation of, and cruelty to, the animal kingdom, and includes a reverence for life. It applies to the practice of living on the products of the plant kingdom to the exclusion of flesh, fish, fowl, eggs, honey, animal milk and its derivatives, and encourages the use of alternatives for all commodities derived wholly or in part from animals."

In a sense, it's simply 'peaceful living'. Giving due respect to all, through our daily choices we're working to create a world free from the exploitation of all animals, both human and nonhuman.

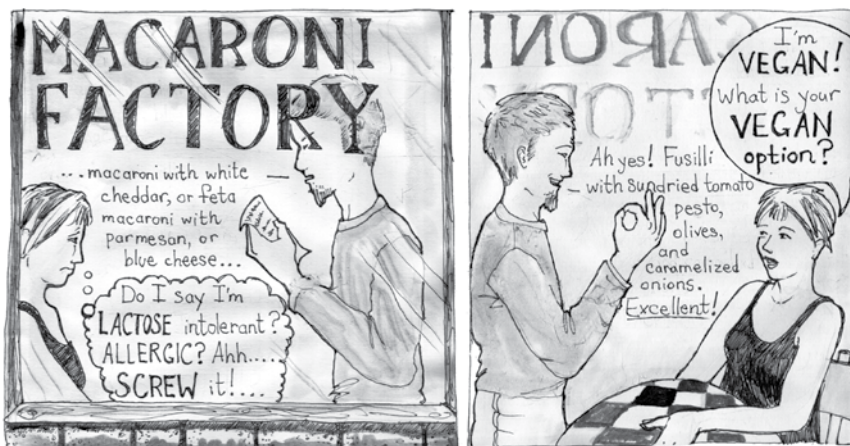
And it's exceptionally empowering. For those of us who have the means, we can choose what's on our grocery bills and plates, as well as what we wear, and essentially everything we buy. Every time we're at the store, we can choose to purchase products that not only prevent the suffering of animals right now, but also help to build a vegan society. In Victoria, especially, it is easier than ever to avoid compromising our ethics at the checkout. The power is ours!

When looking at food, organic options are abound! And it's getting cheaper (or conventional food is getting more expensive)! We've also got a plethora of local food options as well, from right here on the island, and BC and Washington (while not a part of our national construct, they are indeed 'local', geographically speaking). And, of course, there are piles of vegan products available, like veggie meats and cow-free dairy-like products.

The same thing goes for non-food items. There are now plenty of vegan alternatives. (Pleather is becoming hugely popular, with characteristics more desirable than leather – some might eschew fake leather though, not wishing to be mistaken for wearing cow skins). There are also more eco-friendly products made from hemp, organic cotton and other materials (soy is so very soft!) which can be found in the 'alternative' shops, and are increasingly finding their way into the mainstream as well.

It's great to see businesses validating our values, and responding progressively as well. Of course, the Wal-Marts are still out there, but we've now got small oases from these, like the strip along Johnson Street. Several eco-friendly products stores, hemp shops, two vegan restaurants, the Wilderness Committee, and if you head around the corners on Government, there's MEC and an all-vegetarian health food store! How do you like them apples?? (Not to mention that you'd be hard pressed to find a grocery store, or even corner store anywhere in town that doesn't stock soymilk and veggie burgers!!)

It's spreading, and I believe we vegans are at the forefront of the movement. We're taking into consideration fellow animals,



and also making it clear that we need to be more eco-friendly. Veganism doesn't just stop with 'food', it is a guideline for expanding our awareness, it's about progress, and perhaps most importantly, it is about being progressive.

As ambassadors of 'peaceful living', it's helpful if we stay on top of issues, and help lead the way to a more friendly future. And the biggest part of this is being accepting of ourselves – vegan pride!!

- Dave Shishkoff, Canadian Correspondent, Friends of Animals

About The Victoria Vegan

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

Special thanks to Julie Muir for the editorial cartoon, and to Heather Steel and Noah Lewis for editing.

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

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

Interwebs

Much more can be found on our website - vegan resources for Victoria, a discussion forum, email sign-up for this newsletter, and a TVV archive!

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 We would love to hear from you!



Vegan-Related News Clips

Local and international news relating to veganism.

Fireworks

[ED]No links, but this is a hot topic in the city, and I'm hoping to get out to support this ban, with the interests of other animals in mind. Email Dave if you'd like to help out with this.

Future Known Soon for Sandown Racetrack

[ED]Many might be surprised to learn that there's horse racing (and gambling) just north of Victoria in Saanich, hopefully this is the last we hear of it!

<http://www.canada.com/victoriatimescolonist/news/sports/story.html?id=97657c09-64b2-42ae-8382-47f226c4609e>

Scientists Can Learn Without Animal Testing

[ED]A special feature in the Times Colonist, with contributions from students. In this article, Sara Harding, a Grade 8 student at Royal Oak Middle School, outlines why animal testing (vivisection) is both unethical and bad science, and that existing alternatives are actually more useful. I'd love to send her on a fact-finding mission to follow-up on this, and find out why animals are still being used!

<http://www.canada.com/victoriatimescolonist/news/life/story.html?id=603dc255-7c32-4b8e-957f-f7f7b85242c0>

Rearing Cattle Produces More Greenhouse Gases Than Driving Cars, UN Report Warns

[ED]An incredible report, detailing how the old saying 'a vegetarian driving a car is more efficient than a meat-eater riding a bicycle' is actually true! A must-read.

<http://www.un.org/apps/news/story.asp?NewsID=20772&Cr=global&Cr1=environment>

Tropical Seas Are Threatened by Famine as Warming Quickens, Satellite Survey Shows

[ED]On the opposite end of the cheery scale, rising temperatures are making life difficult for plankton, which much life in the ocean (as well as on land!) are dependant on for food. If we don't stop warming the oceans, we could see much of the life in the oceans perish.

<http://www.guardian.co.uk/fish/story/0,,1965873,00.html>

NYC Bans Trans Fats

[ED]An amazing prospect for the Big Apple (requires compliance by July 2008), hopefully other cities will follow suit! Anyone in Victoria want to help get things rolling here?

<http://www.suntimes.com/news/metro/161747,CST-NWS-transfat06.article>

Consumer Reports: 83% of Chicken Bodies Have Campylobacter or Salmonella

[ED]This is an incredible increase, a similar study in 2003 indicated the presences of these pathogens in 49%. Things are not getting 'better'.

http://www.consumerreports.org/cro/food/chicken-safety-1-07/overview/0107_chick_ov.htm

(Tip: if you download the online PDF version of the newsletter, the links can be clicked, saving the typing!)

Sports Section: Vegan and Vegetarian Athletes

Plant-Based Nutrition for Athletes

Up until a few years ago, being vegan and being an athlete might have been considered 'murky waters'. Luckily, things have changed for the better! Vegan athletes are popping up in the top of their fields all over the place, including Ironman triathletes, pro cyclists, runners, body builders, and beyond. Being vegan and being an athlete are proving very compatible, and most nutritional issues have been resolved. So why bother with the headache of figuring it out for yourself, when you can meet up with other like-minded athletes?

If you are active, and want to discuss nutrition with other vegan or vegetarian athletes, join our meeting! Dave is a bike racer at the velodrome, rides for OrganicAthlete, and is interested in forming discussion or training groups with other veggies, and perhaps even starting a local OrganicAthlete chapter.

Meeting

The first meeting will be on January 3rd, at 6:30pm at Green Cuisine (room on the left.) Come at 6pm if you'd like to order food first! The format will be an open discussion, people can field questions and concerns, and we'll try our best to answer questions.

People from all disciplines are welcome, from individual sports like cycling, running, swimming, to team sports like rowing, soccer, and whatever it is you do! Training groups are also possible! One does not need to be vegan, though discussion will be focused on plant-based foods. All are welcome!

Email Dave at VeganTrackie@gmail.com to RSVP. Visit his informative vegan cycling blog <http://Cycling.DaveNoisy.com> – also see www.OrganicAthlete.org and www.VeganFitness.net – a message board full of active vegan and vegetarians!

Vegan Accomplishments

Vegans competing at the top of their sports!

- Christine Vardaros, US pro cyclocross racer, has been finishing consistently in the Top 10 in European and Worlds events, watch for her in the upcoming US National CX Championships on Dec 17th! (She's also on the OrganicAthlete ProTeam!)
- Robbie Hazeley, pro-body builder, finished 10th (out of 50!) at the recent Mr Universe!
- Scott Jurek won the Spartathlon, a grueling 246km(!) ultra-marathon race in Athens in 22hrs and 52mins – nearly an hour and a half in front of the next competitor!
- OrganicAthlete is proud to announce the Team Vegan pro cycling team for 2007! There will be 3 men and 2-3 women racing for the organization in pro races in California and other west coast locations (maybe even Victoria!) OA is also having a membership drive right now, hoping to get 500 members – sign up if you support what they're doing! www.OrganicAthlete.org



Christine Vardaros in action!

Eco-Athlete!

Did you know that you can recycle your energy bar wrappers in Victoria?



Check out the Recycling section on the back page!

OrganicAthlete



Vegan Action of the Month

Pomegranates are Wonderful; Animal Testing Isn't: Friends of Animals Boycotts Juice Company

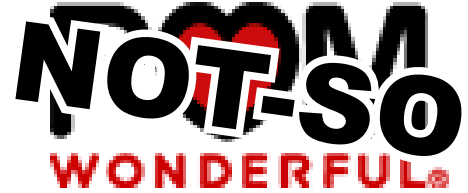
Hard to miss in many grocery stores, pomegranates abound, but unfortunately POM Wonderful, one of the main suppliers of this delicious and nutritious fruit juice, has been supporting cruel animal testing. FoA has been calling for a boycott since we discovered this in September.

Action: Contact your grocery store!

Please take a moment to write your favorite grocery store(s) and let them know about the animal research that POM has been supporting, and encourage that they find an alternate source. Also, please boycott their fruits and juices, and encourage your friends and family to do so as well! Finally, contact POM to notify them of your pledge to boycott POM products at:

POM Wonderful
11444 West Olympic Blvd.
Los Angeles, CA 90064

Phone: (310) 966-5800
Email: customerservice@pomwonderful.com



For more information on this, read the FoA media release:
<http://www.friendsofanimals.org/news/2006/september/pomegranates-are-won.html>

Join the FoA-Victoria email list to keep up to date on FoA events, meetings and other activities:
Email Dave@FriendsofAnimals.org or visit the group online:
<http://groups.google.com/group/foa-victoria-news>

Vegan Cooking

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

Mum's Sugar Cookies

The holidays never tasted so sweet. This easy fun recipe can be made in no time and will fill your house with a festive cookie smell. Get your kids to ice the cookies while you get down to the important things in life - making sure Grandma doesn't spike her eggnog.

3/4 cup sugar
1 cup vegan margarine
egg replacer, to equal 1 egg

1 tsp vanilla extract
1/2 tsp salt
2 1/4 cup flour
1/4 tsp baking soda

Preheat oven to 375*
In a large bowl, stir together the sweetener, margarine, egg replacer and vanilla. Stir in the salt, flour and baking soda and mix until well combined. Divide the dough in half and roll out each half on a lightly floured surface. Cut into desired shapes, place on baking sheet and bake 8-10 minutes. Makes 25-50 cookies, depending on size.

Decorating Icing for Cookies

1 cup powdered sugar
2 tsp soy milk

2-3 tsp corn syrup
assorted food coloring

In a small bowl, stir together the sugar and soy milk. Stir in 2 tsp of corn syrup (adding more corn syrup 1/2 tsp at a time if you want a thinner icing). Separate the icing into small bowls and stir in various colors. Dip cookies or paint them with a brush and let the icing harden. Icing recipe makes approx 1 cup.

Re-printed with permission from *The Garden of Vegan* by Sarah Kramer (www.GoVegan.net) Arsenal Pulp Press

Vegan Vittles

Vegan foods found around town

Vitasoy 'Peppermint Chocolate Soymilk' and 'Holly Nog' & So Nice 'Noel Nog'

It's the holiday season, and our friendly soymilk companies have provided us vegan versions of some holiday favorites!

Most people in Victoria are likely familiar with at least seeing So Nice's Noel Nog, which appears in the fridge, nestled in with the rest of the So Nice cartons from Thanksgiving thru the end of December! It's rich and creamy, and a delight on its own, or on cereal, or for a special treat: replace the milk or water in pancakes with Noel Nog - yum!

Vitasoy has Holly Nog as an offering to nog fans. Not quite as thick as the So Nice, it does offer a 'lightly spiced' flavor (organic cinnamon and nutmeg!) which is pleasant and tickles the tongue.

New on the shelves this year is Vitasoy's Peppermint Chocolate soymilk. I picked up the carton with trepidation, unsure how it might taste...but when I got it home and cracked it open...oh my - delightful!! Just the right amount of mint, and would be just as good cold as warm (why haven't we heard of minty hot chocolate before??)

So Nice Noel Nog is available at most shops, and at time of publication, Seed of Life, Lifestyle Markets (Douglas) and Planet Organic are all carrying the Vitasoy varieties.

Artists Wanted: Logo/Heading Contest



The Victoria Vegan could use a logo and a better heading! If you're artsy, submissions are welcome, and we'll have some great prizes for the artist of the chosen designs! Email Dave for more info.

The Vegan Book Report

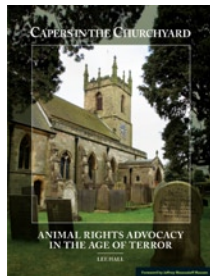
Capers in the Churchyard, Animal Rights Advocacy in the Age of Terror,
by Lee Hall
Reviewed by Dave Shishkoff

A timely book, *Capers* is an overview of the last couple decades of animal advocacy, and examines methods and activities that have proven to be positive, questionable, or even negative towards the goals of animal rights.

It interrogates the outcome and net result of these efforts. It questions tactics such as using threats and intimidation. It reflects deeply on various outlooks, from abolitionist and animal rights, through to husbandry reform and militant welfarists and back to veganism. It interrogates the outcome and net result of these efforts. It questions how many of these actions can actually be considered 'animal rights' and if these results are truly benefiting animals or simply playing into the very hands of the industries that exploit them.

Lee Hall digs deeply into these issues, and clarifies the definition of animal rights, hopefully allowing more of us to focus on a common goal, rather than the 'anything goes' approach we've seen over the last two decades. An approach which one must agree has had limited results and severely confused the issues.

Lee Hall is the Legal Director for Friends of Animals. For Canadians, the best bet is to order the book from Amazon.com or a copy can be borrowed from the Friends of Animals Victoria library. Email Dave.



Advertise Here!

As a way to offset the expense of producing this newsletter, we're open to making space available to advertisers! Some suggestions might be to offer a coupon, such as 10% off, or highlight your vegan products!

We're making business-card sized ads available for \$25 per month. Email Dave for more details: Editor@TheVictoriaVegan.com

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- **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 for more info.
- **Wed Dec 20th 6pm** – Second 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 (help out!), and more! Email Dave to RSVP.
- **Fri Dec 22nd 6pm** – Vegan rawfood catered dinner at Mo:Le restaurant, \$25 or \$35, contact Lisa for details and to RSVP: (250) 383-2424, L.Adam@telus.net, 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 for more info.
- **Wed Jan 3rd 6pm** – Plant-based nutrition for athletes meeting! See 'Sports Section' for more details. Side room at Green Cuisine, come at 6pm if you're getting food, meeting starts at 6:30! Please RSVP with Dave.
- **Tue Jan 9th 6pm** – Vegan rawfoods potluck with VIVA-Raw, guest speaker Cosmo Meens, at the Mo:Le Restaurant, 554 Pandora Ave, bring a RAW vegan dish, ingredients list, dishes and utensils, \$2 donation, www.IslandVeg.com for more info.

Also, check our website for updates: www.TheVictoriaVegan.com
To suggest an event, email Events@TheVictoriaVegan.com by the 10th of the month.

Vegan Venues

Shops and restaurants that are vegan friendly!

Restaurants

- **The Joint** – 1219 Wharf – 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 – all-vegan, buffet-style restaurant with fabulous desserts
- **ReBar** – 50 Bastion Square – www.RebarModernFood.com - a tasty selection of vegan fine-dining options

Foods

- **Lifestyle Markets** - 2950 Douglas St. & 343 Cook St. - 250-384-3388 (Douglas St.) - www.LifeStyleMarkets.com - wide selection of grocery and healthfood items
- **Planet Organic** - 3995 Quadra St. - 250-727-9888 - www.planetorganic.ca - wide selection of grocery and healthfood items
- **Seed of Life** – 1316 Government – 250-382-4343 - vegetarian natural foods shop, great bulk selection

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
- 250-386-2100

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>

More resources online: www.TheVictoriaVegan.com

Recycle! TetraPaks, Soft Plastics & Energy Bar Wrappers

While our curbside recycling bins now can accept all hard plastics, we've still got soymilk tetrapaks, soft plastics and energy bar (foil) wrappers to deal with, and luckily Pacific Mobile Depot can take care of this!

Each week of the month they do pick-ups in various areas of town. Check the website to see when they are near you.

Please be sure to rinse the soymilk containers (both Tetrapaks and gable-style cartons) with soapy water and flatten, and ensure the soft plastics (all soft plastics, bags, etc.) are clean.

www.PacificMobileDepots.com



Everything Else!

- **Free Sprit Botanicals** - 549 Johnson St. - www.FreeSpiritBotanicals.com - soy wax candles, essential oils, soaps and more
- **The Good Planet Co.** - 1005 Broad St. - www.TheGoodPlanet.com - organic cotton bedding, clothing, and more
- **Lush** - 1001 Government St. - 250-384-5874 - ca.lush.com - body and bath, all vegan products labeled!
- **Phoenix Organic Farm B&B** - 5480 West Saanich Road - www.PhoenixFarm.ca - organic and farm-fresh Bed and Breakfast, very vegan friendly!
- **Shift Natural Fashion** - 574B Johnson St. - www.HempanCompany.com - Herbivore tshirts & stickers, soy wax candles, and more!
- **The Soap Exchange** – 1393 Hillside – www.VictoriaSoapExchange.com - vegan cleaning products, and in reusable, refillable containers
- **Tattoo Zoo** - 1215 Wharf St - www.TattooZoo.net - vegan owned, and the only shop in town with vegan inks!

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 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. (Membership includes a subscription to FoA's quarterly magazine.)

___\$25 ___\$50 ___\$75 ___\$100 ___\$500 ___ Other \$_____

Make checks payable to Friends of Animals

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