



Greetings

Our format this time is a little different, due to technical errors, which we will have resolved with the next newsletter.

Please visit www.bwcsa.co.za to get your free MySchool / MyPlanet /MyVillage loyalty card, and support BWC while you shop!

Our cookbook information can be found <http://www.bwcsa.co.za/campaigns>

AUGUST NEWSLETTER

WORLD PRIMATE DAY 1 SEPTEMBER



PRESS RELEASE A reporter has recently highlighted the plight of wild caught (and captive bred) baboons who are used in South African labs for medical research and the like.

This is a good time to reflect on what we insist on doing to primates, despite all the clear evidence that very little benefit arises from animal research except the benefit for those with a vested interest. Given that South Africa is still using primates in research, perhaps it is right to give due reflection to September 1st, which is recognized as International Primate Day.

All animals are now recognized as being sentient, except of course, by the law, and particularly primates who we know are capable of reasoning, the ability to use tools, are aware of the future, they pass traditions on to the next generation and are capable of both their

own language and communication with us using signing. As sentient beings they can experience fear, terror, pain, anxiety as well as tremendous joy, love and fun. We are not the only species to show mercy or empathy. So do primates, and certain other species.

Spain's parliament approved a measure to extend some human rights to gorillas, chimpanzees, bonobos, and orangutans, becoming the first country to explicitly acknowledge the legal rights of nonhumans. The parliament's environmental committee approved a resolution that commits the country to the Declaration on Great Apes, which states that nonhuman apes are entitled to the rights of life, liberty, and protection from torture. The USA is working toward a similar aim.

How can we continue to allow the continued imprisonment and torture of baboons and other primates for research, using our taxes, with no disclosure? Why are we still using them? Why do we eat primates using the cute 'bush meat' phrase, which is, in fact, given our undisputed close genetic ties, nothing more than cannibalism? The 'training' of primates to be part of mindless advertisements for the sake of so called entertainment is morally reprehensible and yet we carry on. We too, are primates. Mammals. Given that we treat our closest relatives on the planet with such disdain, it is no surprise that we treat each other, on the whole, with pretty much the same apathy and disregard.

RHINO UPDATE



A letter from a subscriber reads thus: Hello, Thanks so much for the news letter. The Rhino poaching for horns is too terrible for words. Apparently it doesn't help to cut off the horns to make them less attractive to poachers because the foot soldiers track a Rhino for up to 3 days and when they locate the Rhino and find it has no horn, they kill it to ensure they don't track the same Rhino again. We have a group attacking Rhino's in the area using a little Robbie 22 helicopter. It would be easy to ascertain who they are but for the fact that they appear to move the helicopter on the back of a truck, fly low and cover the identifying

registration marks on the helicopter. Hopefully they will be caught soon! Thanks and Regards Cheryl Cattanach

*Members of the public can now call a hotline to report anyone involved in poaching or the trade in rhino horn, including hunters, pilots, vets or folk who offer to de-horn landowners Rhino 'as a safety measure'. **The number to call is 082-404-2128.***

CRITISISM OF PAIN STUDY ON MICE

We reported on this ridiculous study last month. The Canadian vivisectors are now in the spotlight, having been criticized for their tests on lab mice's responses to pain. Unsurprisingly however the scientists were found to be 'within the ethical guidelines that govern animal testing.'



The tests involved subjecting lab mice to pain, for example by injecting them with mustard oil, and then photographing their faces in order to document how their facial expression showed they were in pain. The study and the researcher, Jeffery Mogil have been criticized due to the study being "frivolous" because of the large amount of information already available on the subject and research came close to a violation of the national guidelines on animal testing. A study in which scientists spend years inflicting pain on animals, just to inflict pain, has passed so-called ethical standards, which is terrifying indeed!

Besides frivolous, the study was unethical, cruel and immoral.

RABBIT CRUELTY

Criminal charges have been laid against a Kempton Park man who breeds rabbits, stomps on their heads to kill them, and sells them to restaurants.

The person in question showed a welfare official how the rabbits are dispatched, by placing a sick rabbit on the floor and stomping on his head. The rabbits head was flattened and he died.



cries when in pain



cries when in pain



cries when in pain

FACEBOOK.COM/JABE.KAI

While this is abhorrent, why is the public at large outraged by this when thousands of cows, chickens, sheep and pigs also endure miserable lives and are then slaughtered after seeing and hearing their companions hoisted, stunned (if they are 'lucky' to have it done properly) sliced across the neck and eviscerated, knowing it is their turn next? Why is it acceptable to participate in the immense suffering of some animals by eating them or their byproducts, but to be horrified by what happens to others?

We trust that the accused will be punished to the fullest extent of the law!

DID YOU KNOW?

Spring is in the air, and with summertime comes Watermelon! Watermelons are an excellent source of vitamin A, which helps maintain eye health and is an antioxidant; vitamin C, which helps strengthen immunity, heal wounds, prevent cell damage, promote healthy teeth and gums; and vitamin B6, which helps brain function and helps convert protein to energy. It also has the highest concentrations of lycopene of any fresh fruit or vegetable, which helps fight heart disease and several types of cancer — prostate cancer in particular, and is a good source of potassium, which helps muscle and nerve function, helps maintain the body's proper electrolyte and acid-base balance, and helps lower the risk of high blood pressure. Watermelon also contains the amino acids citrulline and arginine, which can help maintain arteries, blood flow and overall cardiovascular function.



Try this: Carve the flesh from a watermelon, removing the seeds. Blend / blitz the melon, then mix in 4-6 Tbsp. rose water and 2Tbs raw sugar or 1Tbs Agavè syrup. Chill well before serving. Garnish with mint sprigs and rose petals.

EAT YOUR GREENS!



Mom was right! Your greens are good for you (we all knew that, right?) Broccoli and Brussels sprouts have the ability to stop the spread of cancer as eating the vegetables encourages the body to produce a substance known as 13C (indole-3-carbinol) which fights cancer and helps prevent cancer cells from flourishing.

A study in *Cancer Prevention Research*, showed compelling evidence indicating that 13C could have anticancer effects and other health benefits. While the study focused on breast cancer cells, it seems likely that it can fight other cancers. Researchers at the University of Michigan found that a substance found in broccoli and broccoli sprouts killed cancer stem cells and prevented new tumors from growing in human cell cultures in the lab. This link (<http://www.care2.com/greenliving/27-top-cancer-fighting-foods.html>?) is to a full article which gives the reasons.

MAGIC MUSHROOMS

While I cook with them often, the plain old white button mushroom (WBM) is high on my 'loathe' list, because, well, they're boring! Face it, Enoki are so pretty with all their long thin stems and tiny heads, King Oysters don't shrink (they go further) and have a good texture, and they are easy to slice* Shitake, especially dried, have great flavour and are wonderfully chewy but button mushrooms, well they are cheaper, I will give you that! What is news is it turns out, they do have powerful health building properties. At the Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA) at Tufts University, scientists have now documented how WBMs boost the immune system by increasing the production of proteins that fight disease-causing pathogens. Researchers found that the immune system boosting effect of white button mushrooms was related to dosage -- the more mushrooms, the more pronounced the immune response. Another group of scientists published a study in *Cancer Research* that suggests consuming 100 grams of WBMs per day could suppress breast tumor growth in women. The research team concluded: "White button mushrooms may be an important dietary constituent for reducing the incidence of hormone-dependent breast cancer in women." The mushrooms are affordable, easily available and most people enjoy mushrooms.



So dust off the old mushroom pasta sauce recipe, pile them on toast or mashed potato with onion and herb gravy, have them with garlic olive oil and lots of chopped parsley, add them to soya mince.....

*Use your egg slicer to cut mushrooms! It's so much faster!

A LIFE CONNECTED

This splendid short film can be viewed on line, on Cape Town Television (www.capetowntv.org.za) or at the upcoming BWC film festivals. You can also read the complete transcript (<http://www.nonviolenceunited.org/pdf/VeganTranscript.pdf>).

It starts thus

People everywhere are making choices more connected with their values. We are simplifying our lives, buying less and living more because we know that the Earth provides enough to satisfy everyone's need, but not everyone's greed

We recycle because we know the Earth's resources are limited and that we must share those resources with those yet to come. We buy fair labor and fair trade goods in order to... well, be fair. We buy organic to keep chemicals off the land and out of our water, to protect wildlife, to keep farm workers and their children safe and to keep our bodies healthy.

We conserve water save energy, and plug into the power of Mother Nature. We are realizing that when we make connected choices, we not only build better lives for ourselves ☐☐ we build a better world for everyone.

COOKBOOK

Hi Toni I am so glad I ordered the cook book from you, turns out I now have been forced to become a vegan due to health issues, my liver is very compromised due to a very serious case of Hepatitis, I have just spent over 3 weeks in hospital. And the main reason I bought the cook book is I collect cook books and it was for a very worthy cause, not expecting to have to use it daily. Joanne

MEAT FREE MONDAY Pledge your support for the www.supportmfm.co.za campaign, a Fry's initiative, in association with BWC, The Vegan Society, WESSA, ARA and the Animal Anti-Cruelty League and win! Also, you can support us with your purchase <http://www.supportmfm.co.za/buy-online> of a shopper, bracelet or booklet. Of course, our cookbook is just the thing to get you going too, with 89 easy and delicious recipes! <http://www.bwcsa.co.za/campaigns>

ATTENTION VEGETARIANS if you are vegetarian, you can contribute by starting with one dairy and egg free Monday weekly - the milk and egg industry contributes significantly to pollution, and end-of-lay birds are destined for the slaughterhouse as are dairy cows who are unable to produce sufficient milk.

VIVISECTION

This is a must read! It's a light hearted (but serious) look at using vivisectors for experiments, as 'only moderate suffering' is experienced by animals.

July 31, 2010 — Negotiation Is Over (originally published in "The Ecologist" – February 2003)
by Derrick Jensen

To the dismay of many of my friends, I'm not unalterably opposed to vivisection. In fact, I'd wholeheartedly support it, were vivisectors to make one minor administrative change. It would be that scientists perform the experiments not on nonhumans but on themselves and their colleagues. Scientists keep telling us how beneficial the experiments are for Science with a capital S, Progress with a capital P, and of course Man with a capital M. If the experiments really are Necessary with a capital N, the scientists should be willing to make this sacrifice (with a small s) for the greater good. In any case, because of strict regulations, according to no less an authority than Lord Sainsbury, British Science Minister, advocate of genetic engineering and owner of a very large supermarket chain, experiments generally cause no more than "moderate" suffering. If this is actually true, scientists shouldn't too much mind throwing their hats into this ring.

Vivisector restraints.

Now, I'm sure you can spot the problem: too many important experiments for the number of vivisectors. Just in Europe an animal is killed every three seconds in a laboratory. In Britain it's one every twelve seconds, in Japan one every other second, and in the United States one per second. I'm not sure even full-ride scholarships and high salaries will suffice to bring in enough scientists to fill this bill. But that's okay, because every problem carries within it the seed of its own solution. The solution comes through the words of Sainsbury, or rather his existence: add another category of those eligible to be vivisected. This would, of course, be those politicians who speak or vote in favor of experimenting on live animals. Given the importance of these experiments to everything from the economy to national security to shiny-clean hair to new cosmetics, I think the politicians will be glad to serve the public in this manner.

Unfortunately, this won't entirely solve the problem: I just don't think we have enough politicians (and I'll bet you never thought you'd hear someone say that). At first I toyed with the notion of putting vivisectors' families on the short list, but decided to keep them in reserve in case they're needed to provide "spare parts," as the xenotransplantation literature so elegantly puts it, for those humans rich enough to afford their own personal organ donors. The use of vivisectors' families should eradicate the technical and moral problems caused by the current planned use of pigs, and should also bring in some extra cash for the corporations that hire the vivisectors (and that's always been the real point, hasn't it?): some estimates put the market for pig organs to transplant into humans at \$6 billion per year, just in the United States. But we still have the problem of numbers, don't we? Not enough vivisectionists, not enough politicians. Naturally, CEOs of companies that profit from vivisection need to go on the list, and in these desperate straits—how could we possibly live without draize eye tests?—I think we'll just need to add everyone who works for those companies, too. Certainly the stockholders. Especially the stockholders.

I suspect, however, that we still won't have enough: our culture's appetite for subjects on which to inflict "moderate suffering" seems insatiable. We need to forcefeed agrochemicals and Drano to dogs through tubes directly into their stomachs, and we need to transplant the hearts and kidneys of pigs into the necks of baboons. We immobilize monkeys, lizards, cats, dogs, take off the tops of their heads. We break the necks of baboons. We addict macaques to cocaine, electroshock them if they will not use. We create superviruses that kill everyone they contact. We cut out portions of the brains of marmosets, and leave them as stupid as the experimenters themselves. We cut off the heads of live animals using scissors, then study their brains. We put live animals in freezers and let them try to claw their way out. We teach chimps American Sign Language, then put them in cages the size of cupboards: when they sign they want out, we ignore them, inject them with pesticides. We separate monkeys from their mothers, give them HIV, then put painful coils in their eyes to track where they look.

There are simply not enough CEOs and stockholders. I'll bet you never thought you'd hear someone say that, either. But I've got a plan. Make vivisection duty mandatory for every human who supports animal testing. We are, after all, animals. It will be just like jury duty. You get a note from the county advising you your turn has come, and you are to report next Tuesday. You call the evening before to see if the experiment has been cancelled. It hasn't, but you learn they only want males. You are, so you show up the next day. You learn you'll be testing Viagra. Good, you say. I don't need it (you hasten to add) but what can it hurt? You soon find out. You take the drug. Instead of cutting off your penis, as happened in experiments on beagles, rabbits, rats, mice, and monkeys, the vivisectors (who at the very least have no testicles, else they would surely refuse each time they were told to torture another) cut open your penis and insert an electrode into a branch of the pelvic nerve. They pass a charge through for a minute at a time, causing erections. They then measure the blood pressure of the erection. Their hope is that viagra will help maintain the erection. It seems to do that, but you and everyone else concerned already knew that from many previous tests. Can I go home now? you ask, your opened-penis smarting. Oh, sorry, they say. We forgot to tell you: afterwards all subjects are sacrificed. You're not too happy about that.

But that's okay, you can say as they put the final needle in your arm. Animal experimentation is extremely important, the suffering only moderate.

ARUM LILY FROGS

If you see someone selling Arum Lilies, please call City Law Enforcement on (021) 596 1400 / 1424

It is the start of Arum Lily season. A tiny endangered Arum Lily Micro Frog breeds inside the water and dew held in the cup of these Lilies. In order to curtail the gross destruction of the lilies and their inhabitants, please, don't buy Lilies sold at traffic intersections.

Request from FRIENDS OF THE BAKKERSHOOGTE PUBLIC OPEN SPACE and FRIENDS OF ZEEKOEVLEI AND RONDEVLEI



MEDICINE – KILL OR CURE?

According to Prof Donald Light, five out of six approved drugs offer "few if any new benefits" to patients. Light, a sociologist and professor of comparative health policy at the University of Medicine and Dentistry in New Jersey in the US claims that Big Pharma firms hyped-up medicines, spent large sums to get doctors to prescribe them and, terrifyingly, downplay serious side effects.



Cholesterol-lowering statins were a classic example of the drugs industry overselling a product as a cure-all that would prevent heart attacks, despite clear evidence that the side effects outweighed any potential benefit. When the "toxic side effects" of prescription drugs were taken into account along with their misuse, they prove to be "a significant cause of death". Incidentally a US Dr has seriously recommended that statins be handed out free when consumers buy fast food, so that instead of actually taking responsibility for their health and well being, US public could just take a (dangerous) pill with their burger and fries!

In a paper presented to the American Sociological Association (ASA) Prof Light indicated that pharmaceutical companies were guilty of downplaying or hiding information about serious side-effects of new drugs while overstating the drugs' benefits. Doctors may get misleading information and then misinform patients about the risks of a new drug.

Think about it; pharmaceutical companies are not in business to make people well, they are in business to make money. They depend on a pill popping population which has all manner of ills, real, imagined or created. I say created, because, for example, things like normal lowering of libido in older people is now seen as something to 'cure'....

Prof Light's comments have been dismissed by the Association of the British Pharmaceutical Industry (ABPI), but Prof Light, who has also written articles for both Lancet and the British Medical Journal, said that data from independent reviewers suggested that 85 % of new drugs provided few, if any, new benefits.

Of course all these new drugs require animal testing, and lots of it, so millions of animals suffer and die for products that are essentially worthless, or at best, just another variation of something already available.

With statins, two major trials of found little evidence they reduced the risk of heart attacks. One major meta-analysis of a number of studies, found that "statins were not associated with reduction in the risk of all-cause mortality".

Light also accused companies of swamping drugs regulators with large numbers of "incomplete, partial, sub-standard clinical trials," which has resulted in drugs being approved before known efficacy or adverse side effects.

Furthermore, and alarmingly, studies indicate that when patients complained of adverse reactions, doctors were likely to dismiss them.

EDUCATION

In Cape Town, Heather Howe and Diane Smith presented to 200 Fish Hoek pupils, over a 2 day period, which was favourably received and there was a great deal of interaction by the children. The best comment came from one of the boys who said: "Miss, eating animals sucks!"



CANCER CURES ARE NOT AROUND THE CORNER

Despite the spending of many, many billions of rands spent on grants around the world to work towards cancer cures, the many millions of animals subjected to horrifying suffering, it was found that some new therapies increased survival from 10.8 months to 12.9 months, while with others, the benefit was a couple of weeks. The shocking costs of cancer treatments may give sufferers a couple of months more, at best, under less than ideal conditions. Of course, suggesting dietary and lifestyle changes won't make anybody any money, and never mind that the disease may also be self-limiting or reversible by natural treatment options. Read the article <http://healthnew.biz/2010/08/more-cancer-treatment-failure/>

BULLS

The news that Catalonia has now banned bullfighting in their region of Spain is outstanding news indeed and action that we hope will travel further afield.

What is not generally known, however, is that in village festivals taking place in north-eastern Spain these days, an iron structure containing balls of flammable material is attached to the horns of a bull. The balls are set alight, and the bull is let loose on the streets, where he is subjected to the deafening sound of firecrackers while the locals tease and dodge him. This cruelty, known as correbous (bull runs), remain popular in some parts of Catalonia. The sheer terror these bulls endure can only be imagined.



The bull fighting ban, effective from 2012, was a victory for Catalan animal rights campaigners, who are determined to see an end to other 'sorts' involving bulls, though they are usually not meant to lead to the death of the animal. This is irrelevant, as the stress alone has resulted in bulls dying of heart failure. Proponents say that the bull 'works only twice a year' as if this justifies terrifying them for entertainment. The most infamous of them are the Pamplona bull runs, in which men run alongside

fighting bulls drawing up to a million tourists to the northern city. Similar runs are held in many places. Other spectacles involve throwing darts at bulls, killing them with lances or chasing them with cars until they die.

POINT TO PONDER

VEGAN

Compassion.
Nonviolence.
For the People.
For the Planet.
For the Animals.

Feed the hungry.
Save indigenous people.
Stand up for workers' rights.

Be kind to animals.
Stop factory/animal farms.
Save 100 animals every year.

End deforestation for grazing.
Save an acre of trees per year.
End grazing on public lands.

Tell the government
to stop killing wildlife for
farmer profits.

Stop wars for resources.
Help end corporate rule.
Stop the violence.

Help stop climate change.
Stop the #1 polluter of water.
Support a sustainable planet.

Live your values.
Live with compassion.
Make the world a better place.



I have no spare ribs!

www.bwcsa.co.za

BANKING DETAILS

Beauty without Cruelty | Standard Bank - Branch: 025109 - Savings Acc: 077 491 645

NPO#002-882

Donations Tax Exemption Number # 8/11/13/4836.

"Teaching a child not to step on a caterpillar is as valuable to the child as it is to the caterpillar." Bradley Miller.

Toni Brockhoven



BEFORE PRINTING THIS E-MAIL
please consider the environment

Public Liaison & Media ; Beauty Without Cruelty
Campaign Manager ; No Foie Gras SA
www.bwcsa.co.za
www.nfgsa.co.za
P O Box 1156 Milnerton 7435
Non-violence begins with a fork. Elizabeth Frians